



SKINCARE

PHYSICIANS & SURGEONS

SKINCARE NEWS

What you need to know!

When administered properly, injectables such as Dysport® and Botox® can actually prevent muscle movement that eventually leads to fine lines and furrows.

Not all lasers are created equal — and results are highly technique sensitive.

Make informed decisions. As with any cosmetic procedure, it is crucial to consult with your physician about which procedure or combination of treatments is best suited for you.

Make safety a priority. All injectables and advanced laser treatments should be administered in a medical setting by a board-certified physician or highly trained nurse practitioner.

Don't let price be your guide. Experience and quality should always come first in the decision making process. A great "deal" could turn out to be hazardous to your health.

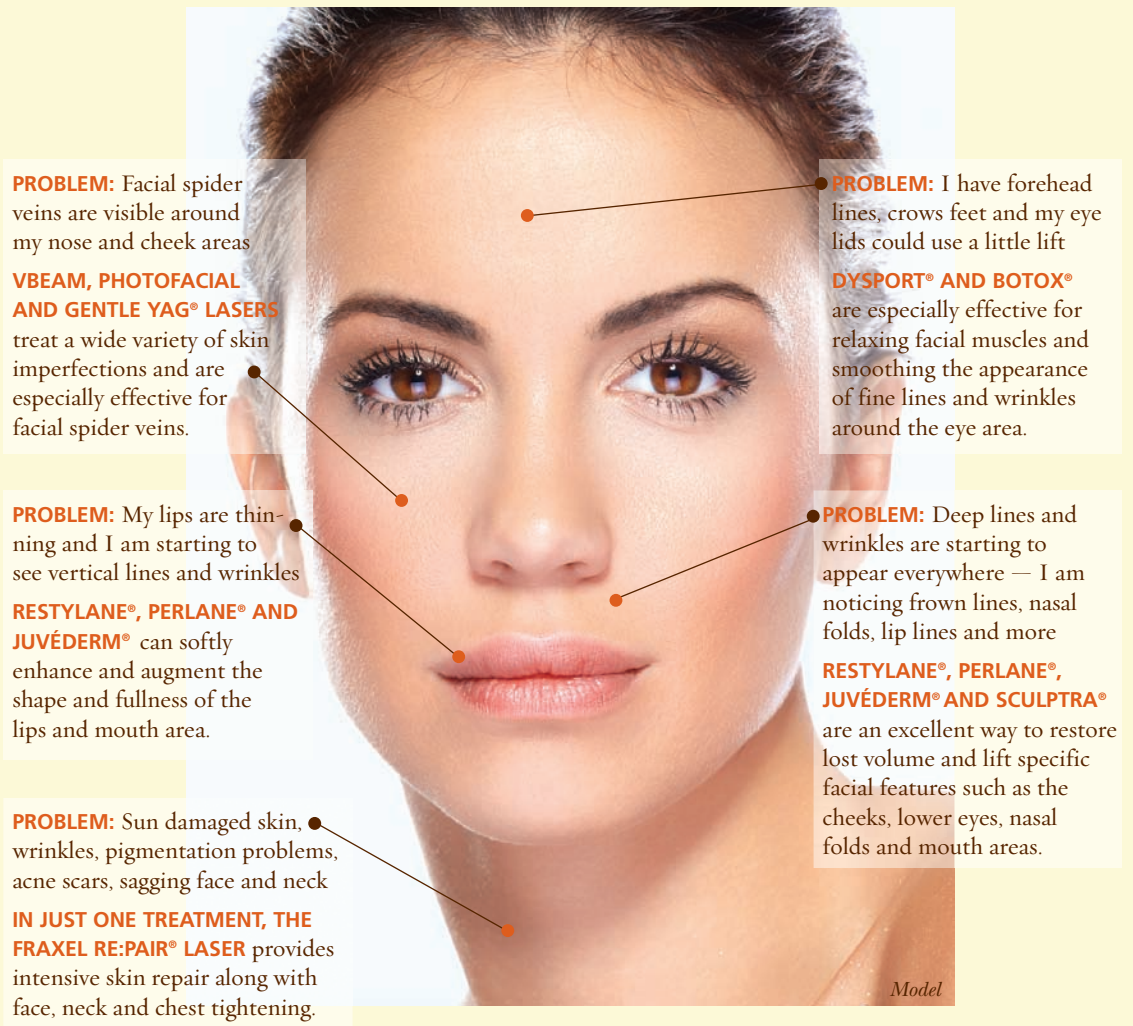
Yardy Tse, MD is Board Certified by the American Board of Dermatology and a Fellow of the American Academy of Cosmetic Surgery. Practicing in San Diego for over 14 years, Dr. Tse is recognized by physicians and patients alike for her expertise in the diagnosis and treatment of skin cancer, laser surgery and cosmetic medicine.

Questions?
Call SkinCare Physicians & Surgeons to schedule a cosmetic consultation with Dr. Yardy Tse.

NEW YEAR - NEW LOOK

Aesthetic Injectables and Advanced Lasers can BOOST your appearance!

Aesthetic injectables and advanced lasers are the perfect solution if you are looking to treat yourself to a younger, more refreshed look for 2011. Incredible results can be achieved with little discomfort or downtime. Aesthetic injectables address a sunken, aged or tired appearance, while advanced lasers target a variety of skin imperfections and conditions. With 11 of the most powerful lasers on site, Dr. Tse has the liberty of pairing numerous cosmetic and laser treatment options for the most aesthetic outcome.



PROBLEM: Facial spider veins are visible around my nose and cheek areas

VBEAM, PHOTOFACIAL AND GENTLE YAG® LASERS treat a wide variety of skin imperfections and are especially effective for facial spider veins.

PROBLEM: I have forehead lines, crows feet and my eye lids could use a little lift

DYSPORT® AND BOTOX® are especially effective for relaxing facial muscles and smoothing the appearance of fine lines and wrinkles around the eye area.

PROBLEM: My lips are thinning and I am starting to see vertical lines and wrinkles

RESTYLANE®, PERLANE® AND JUVÉDERM® can softly enhance and augment the shape and fullness of the lips and mouth area.

PROBLEM: Deep lines and wrinkles are starting to appear everywhere — I am noticing frown lines, nasal folds, lip lines and more

RESTYLANE®, PERLANE®, JUVÉDERM® AND SCULPTRA® are an excellent way to restore lost volume and lift specific facial features such as the cheeks, lower eyes, nasal folds and mouth areas.

PROBLEM: Sun damaged skin, wrinkles, pigmentation problems, acne scars, sagging face and neck

IN JUST ONE TREATMENT, THE FRAXEL RE:PAIR® LASER provides intensive skin repair along with face, neck and chest tightening.

Model

Age, skin elasticity and texture, and the amount of sun damage are important factors when determining the combination of treatments that might be right for you. Dr. Tse works closely with each patient to identify the best solutions for optimal results. **Call 760 633-1000 for a cosmetic consultation.**

See our Liquid Face Lift SPECIAL on page 3. This soft tissue augmentation combines dermal fillers along with Dysport and Botox for a youthful and natural looking appearance.

STOP BASAL CELL CARCINOMA

BEFORE IT SPREADS TO SURROUNDING TISSUE



A MESSAGE FROM DR. YARDY TSE, FOUNDER, SKINCARE PHYSICIANS & SURGEONS

It's the time of year that often wreaks havoc on our skin. Many of my patients are challenged with dry and flaky skin, clogged pores and an overall dull complexion. It is important to give your skin the extra attention it needs for a more balanced and refreshed appearance.

Here are a few rejuvenating tips!

Practice good skin care habits.

Follow a simple daily cleansing routine.

Exfoliate regularly. Gently remove a thin layer of dead skin cells, excess dirt and oil for soft and youthful looking skin.

Add an antioxidant to your program.

Regular application of vitamins A and C not only protects your skin and accelerates exfoliation, but also improves the appearance of fine lines and skin texture.

Liberal apply sunscreen daily.

Yes, this is still important in the winter months!

Try a multitasking treatment.

There are many options such as topical smoothers, aesthetic injectables and laser resurfacing — all which combat the visible signs of aging.

Make 2011 about “the skin you are in”! At SkinCare Physicians & Surgeons, we are experts of the skin. It is our goal to help you achieve the best skin possible.

Best wishes for a healthy and happy new year!

Yardy Tse, MD
FAAD, FACMS, FAACS
Founder,
SkinCare Physicians & Surgeons

☎ 760 633-1000

Basal cell carcinoma, the most common type of skin cancer, often develops on sun-exposed areas of the body, including the face, ears, neck, chest, hands, arms and legs. Although fair-skinned people have a higher risk of skin cancer, people of all skin tones may be affected. Most individuals do not realize that approximately 90% of non-melanoma skin cancers are a direct result of repeated sun exposure over the years.

Pay attention to warning signs. It is extremely important to pay attention to potential signs of Basal Cell Carcinoma — it may develop as shiny, pearly or waxy bumps, flat, flesh-colored lesions or brown scar-like spots. Abnormal blood vessels may be visible in the center — and spots may ooze, crust or even bleed.

Take preventative action. Minimize sun exposure between the hours of 10am and 4pm. Wear a wide-brimmed hat, long-sleeved shirt and long pants when out in the sun. Liberally apply an SPF30 or greater to all exposed skin. Reapply every 1 to 2 hours. And above all, avoid tanning booths — the UV light used in these facilities significantly increases your risk of developing skin cancer.

When to see your dermatologist. According to the Skin Cancer Foundation, individuals should see their dermatologist annually for a full body skin screening. If you find suspicious spots or any changes in your skin, you should contact your dermatologist immediately. Though basal cell carcinoma usually grows slowly over time, it can invade surrounding tissues and destroy nerves, bone and cartilage.

Once detected, what is the best method for treating Basal Cell Carcinoma? Mohs surgery is a highly specialized surgical technique for

the complete removal of skin cancer. The Mohs procedure has the highest cure rate for the treatment of all skin cancers. As a Fellow of the American College of Mohs Surgery, Dr. Yardy Tse has extensive training in this specialized surgery. Dr. Tse is proficient in all aspects of this procedure including anesthesia, anatomy, surgery, pathology and reconstruction. She applies precision and surgical techniques to remove the least amount of normal tissue in order to achieve the most aesthetic outcome.



Basal Cell Carcinoma removed using Mohs surgery



Reconstructive surgery after Mohs surgery



Patient 1 month after Mohs surgery, reconstruction and laser treatment

Reconstruction requires an experienced hand. “Each reconstruction is highly individualized — my patients are seeking the best possible cosmetic result and require guidance through the healing process,” says Dr. Tse. With an arsenal of 11 of the most advanced lasers, Dr. Tse has the liberty of combining reconstructive treatment options for her patients. **For more information on skin cancer, Mohs surgery or any skin concerns, call our practice at 760 633-1000.**

WINTER SPECIALS

TO GET YOU OFF TO A FRESH START!

LIQUID FACE LIFT — A NON-SURGICAL APPROACH FOR RESTORING LOST VOLUME AND RELAXING FACIAL WRINKLES

A Liquid Face Lift is a soft tissue augmentation combining dermal fillers, along with Dysport® and Botox® to restore lost volume to specific facial areas such as the cheeks, forehead, eyes, and the chin.

- Dysport® and Botox® relax facial muscles — smoothing the appearance of fine lines and wrinkles
- FDA approved fillers such as Restylane®, Perlane®, Juvéderm®, and Sculptra® are used to restore lost volume and lift specific facial features
- Natural, immediate and long-lasting results — without surgery



Before Liquid Face Lift

After Liquid Face Lift

SPECIAL – Achieve a refreshed and natural looking appearance! Purchase 2 or more products between January 15 and March 15, 2011 and receive 20% off. Treatments must be complete in one visit.*

LASER HAIR REMOVAL — PREPARE FOR A HAIR-FREE SPRING!

- Advanced technology — the LightSheer™ Diode laser effectively removes hair for most skin types
- Silky, smooth, hair-free skin — with long lasting results
- Eliminate ingrown hair and razor bumps
- Treatment performed by a trained medical professional



Before Laser Hair Removal After Laser Hair Removal

(photo courtesy of Lumenis Aesthetic)

SPECIAL – Remove unwanted and stubborn ingrown hairs! Purchase a series of 5 or more laser hair removal treatments between January 15 and March 15, 2011 and receive 20% off!*

SCLEROTHERAPY — REMOVE UNSIGHTLY SPIDER AND VARICOSE VEINS

- A well proven procedure that safely treats varicose veins and spider veins which often appear on the thighs, calves and ankles
- Achieve better looking legs — without invasive surgery
- Treatment requires little or no downtime



Before Leg Vein Therapy

After Leg Vein Therapy

SPECIAL – For better looking legs! Schedule two or more sclerotherapy treatments between January 15 and March 15, 2011 and receive 20% off.*

Products gone bad? Know when to toss skin care products.

Government regulations have not enforced expiration dates on skin care and make-up products, so aside from prescription products with firm expiration dates, it is ultimately up to the consumer to determine when a product has passed its prime. If a product seems discolored, runny or lumpy, has separated, has a strange odor, or feels different on the skin, then it should be thrown away. Also remember — once opened, products begin to oxidize and degrade. And, once you begin to touch your products, you expose them to bacteria. Don't forget to replace sunscreens once a year!

Infants, sunscreen and sun exposure.

You should get your physician's permission anytime you use a product on a baby or child. According to the American Academy of Pediatrics, the preferred method of sun protection for babies under 6 months in age, is to avoid sun exposure all together. Dress your infants in lightweight long pants, long-sleeved shirts, and brimmed hats. If adequate clothing or shade is not available, parents may apply a minimal amount of sunscreen (recommended by a physician) to small areas, such as the face and back of the hands. Infants are sensitive to many products and may have allergic reactions, making it extremely important to use a sunscreen containing zinc oxide or titanium dioxide.

My teenager is suffering from acne — what can I do to help? Nearly 17 million people of all ages and races in the U.S. have acne, making it the most common skin disease in the country. In this day and age if you do not want acne, you do not have to have it — there are many safe and effective medical treatments that can completely eliminate acne for adults and teens. **Call 760 633-1000 to schedule an appointment.**

All before and after photographs in this newsletter are of actual patients and have not been retouched. Results may vary among patients. All other photos are of models.

**May not be combined with any other offers or specials.*

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Online Product Special NEOCUTIS Bio Restorative Skin Cream with PSP

Fragrance and color free, this intensive skin cream is clinically proven to reduce the appearance of fine lines, wrinkles and overall skin texture after just two months of daily use!

Save 20% when ordered online at www.SkinCareSanDiego.com
Offer good from January 15 – March 15, 2011 and may not be combined with any other offers or specials.

WINTER PASSPORT EVENT

New Year — New Look
Thursday, January 27, 2011
6:00 - 8:00PM
700 Garden View Court,
Suite 100
Encinitas, CA 92024

Our Passport Events are a great opportunity to learn more about our practice, the latest in skin care innovations and our minimally invasive procedures. These events are also a special way of saying "thank you" to our patients.

Complimentary cosmetic consultations, skin screenings, makeovers, the latest in aesthetic injectables and more!

You won't want to miss our fabulous gift giveaways.

Call 760 633-1000 or visit
www.SkinCareSanDiego.com
to RSVP for this special event!

☎ 760 633-1000



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PHYSICIANS & SURGEONS
OF ENCINITAS, INC

700 GARDEN VIEW COURT, SUITE 100
ENCINITAS, CALIFORNIA 92024

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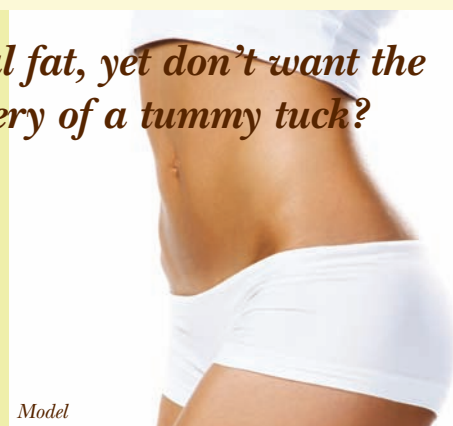
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Looking to target abdominal fat, yet don't want the extensive and painful recovery of a tummy tuck?

Tumescent MicroLiposculpture may be the right solution for you!

After hundreds of sit-ups and many core exercises, sometimes the belly still retains a large amount of fat. Women often experience a lifetime of weight fluctuations due to having children, hormones and menopause. If you have found that you exercise regularly, but still cannot get rid of the tummy bulge, you are probably an excellent candidate for Tumescent MicroLiposculpture.

Tumescent MicroLiposculpture is the safest and most effective treatment available for spot reducing. Developed in 1985 by Dr. Jeffrey Klein, Dermatologist and Cosmetic Surgeon, this advanced surgical procedure utilizes microcannulas to remove localized deposits of fat, allowing for controlled attractive contouring. Performed under local



Model

anesthesia, patients can expect superior results and rapid post operative recovery — without the risks associated with other forms of liposuction or tummy tuck procedures.

Dr. Tse has 14 years of Tumescent MicroLiposculpture experience. Patients take great comfort in knowing that Dr. Tse personally performs the procedure.

SPECIAL – Schedule an abdominal MicroLiposculpture treatment between January 15 and March 15, 2011 and receive 20% off. *