



SKINCARE

PHYSICIANS & SURGEONS

SKINCARE NEWS

Dermatology is a medical-surgical specialty.

As experts of the skin, Dermatologists are the only physicians who receive comprehensive specialty training in the diagnosis and treatment of over 500 skin diseases and disorders.

Dermatologic surgeons are an integral part of this specialty — with qualifications and expertise in a wide variety of both surgical and non-invasive procedures. It is no surprise that many of the dermatologic surgical procedures currently available were developed or refined by dermatologists. Dr. Tse is recognized by physicians and patients alike for her expertise in the diagnosis and treatment of skin cancer, as well as her proficiency in laser surgery and cosmetic medicine.

If you are challenged with skin conditions, imperfections, precancerous lesions or skin cancer, please call us to schedule a skin evaluation or a Skin Cancer Screening.

For intensive skin repair, see our Fraxel re:pair and Fraxel re:store specials on page 2.

Questions? Call SkinCare Physicians & Surgeons to schedule your consultation with Dr. Yardy Tse. 760 633-1000

AGING, SUN DAMAGE & SKIN CHANGES

Preventing skin problems and treating skin imperfections

As we age, it is hard not to notice the acceleration of changes in our skin — especially when many of these changes become extremely visible on the face. We may develop a variety of skin concerns and imperfections, ranging from aging and sun damaged skin to precancerous lesions. The good news — there are a variety of topical, surgical and non-invasive methods of preventing skin problems and treating skin imperfections. In fact, many of these challenges can be addressed in just one treatment!

PIGMENTATION PROBLEMS ●

Diligent protection from the sun alone can actually eliminate pigmentation problems altogether. **Fraxel re:pair and Fraxel re:store** lasers remove aging and damaged skin while stimulating the growth of new collagen. There are also numerous effective **topical options** available, such as hydroquinone, tretinoin, AHA's and kojic acid for combating various pigmentation problems. Accurate diagnosis is critical for effective treatment.

DARK SPOTS / SCARS ●

Laser treatments can produce remarkable results for a wide range of skin conditions such as brown spots and scars. **Prescription strength Renova** is also excellent for targeting brown spots, facial wrinkles and surface roughness associated with damaged skin.

FINE LINES / DEEPER WRINKLES ●

Fraxel re:pair addresses sagging and wrinkles, furrows and sun-damaged skin. **Aesthetic Injectables** are ideal if you are looking to smooth away frown lines and wrinkles with little or no downtime.

ACNE

Nearly 17 million people of all ages and races in the U.S. suffer from acne — making it the most common skin condition in the country. There are many safe and effective treatments such as **lasers and prescription strength medications** that can completely eliminate acne.



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PRECANCEROUS LESIONS

Visit your dermatologist annually for a **skin cancer screening**. Liberally apply a **broad-spectrum sunscreen** daily such as MDSolarSciences Mineral Screen Lotion SPF40. **Advanced lasers such as the Fraxel re:pair** are excellent for targeting sun-damaged skin and are FDA approved to treat precancerous lesions.

FRAXEL LASERS



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

As a dermatologist and Mohs Surgeon, I would like to stress the importance of protecting your skin from the sun's harmful UV rays. Years of unprotected sun exposure have a profound effect on our skin.

A FEW SKIN CANCER FACTS

- There were approximately 3.7 million nonmelanoma skin cancers in the U.S. in 2009.
- In most cases, skin cancer is preventable — when detected early, it is highly treatable.
- Over 90% of skin cancers are associated with sun exposure.

KNOW WHAT TO LOOK FOR!

- Rough and scaly patches on the skin
- A small spot or mole that is shiny, waxy, pale in color, and smooth in texture
- A red spot or mole that is firm
- A spot that bleeds or becomes crusty (or sores that don't heal)
- Flat, scaly areas of the skin that are red or brown
- Any growth that is suspicious

Please share this information with your family and friends! Call 760 633-1000 to schedule your annual Skin Cancer Screening. If you have had skin cancer, you should be screened every six months.

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

☎ 760 633-1000

ADVANCED TREATMENTS FOR INCREDIBLE RESULTS!

Long-term, severe sun damage creates thickening of the most superficial layer of the skin and abnormalities in the composition of the middle layer of the skin. The skin loses its ability to repair itself — and the damage accumulates over time. According to Dr. Tse, "Sun exposure breaks down collagen and attacks elastin, resulting in a loose, wrinkled and blotchy appearance." It is no surprise that many of our patients are seeking intensive skin repair along with face and neck tightening.

Target Aging and Sun-Damaged Skin with Fraxel re:pair® and Fraxel re:store™

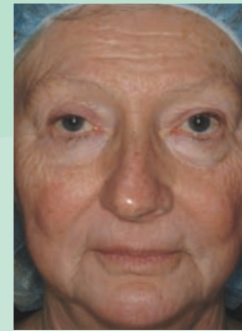
SkinCare Physicians & Surgeons offers both Fraxel re:store and Fraxel re:pair laser treatments. Fraxel re:store treats fine wrinkles while improving aging and sun-damaged skin, acne scars and skin discolorations over the course of multiple treatments with minimal downtime. Fraxel re:store also treats the delicate skin on the back of the hands, neck, chest, arms, and legs. Fraxel re:pair is a more intense laser procedure that removes sun-damaged skin, targets deeper wrinkles, tightens lax skin and minimizes scars in just one treatment.

Fraxel re:pair® for intensive repair — one treatment, minimal downtime, superior results!

Not only does the Fraxel re:pair laser lift, resurface and rejuvenate your skin, it is also FDA approved to treat precancerous lesions. If you are looking for intensive skin repair and a way to target aging and sun-damaged skin, the Fraxel re:pair laser is incredibly powerful.

Target precancerous lesions with Fraxel re:pair®.

Irregular blood vessels, brown spots, red scaly lesions, and other changes in the skin can all lead to skin cancer. Though the Fraxel re:pair does not take the place of skin cancer treatments, it does provide extensive repair when it comes to changes in the skin



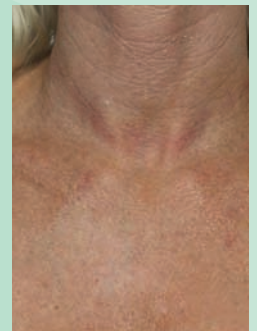
Before Fraxel re:pair



After Fraxel re:pair



Before Fraxel re:store



After Fraxel re:store

that can ultimately become more serious. According to Dr. Tse, "the procedure is simple, precise and effective — and leaves the skin with a fresh, smooth and more even finish." Clients love that they are able to address aging and damaged skin, while combating potentially harmful lesions.

Laser treatments can produce incredible results for a wide range of skin concerns.

However, results are highly technique-sensitive, making it extremely important to select a skin surgeon with extensive laser expertise. With 11 of the most advanced lasers on site and over 15 years of laser experience, Dr. Tse has the liberty of pairing numerous treatment options for her patients.

FRAXEL SPECIALS

For a more refreshed and youthful look schedule a Fraxel re:pair treatment for your FACE, NECK and CHEST and save \$1,000 OFF your entire treatment!

Schedule a series of 4 or more Fraxel re:store treatments and receive 20% off. Offers are valid between May 1 and June 30, 2011.*

Spring Forward Specials

TUMESCENT MICROLIPOSCULPTURE — IT IS POSSIBLE TO RESTORE A YOUTHFUL SHAPE!

Tumescent MicroLiposculpture continues to be the safest and most effective technique available for removing unwanted bulges. 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. Patients can expect superior results and rapid post operative recovery — without the risks associated with other forms of liposuction.

- Controlled, attractive contouring — all under local anesthesia
- Superior results and rapid recovery — without the risks associated with other forms of liposuction
- Procedure is personally performed by Dr. Tse — with over 15 years of MicroLiposculpture experience



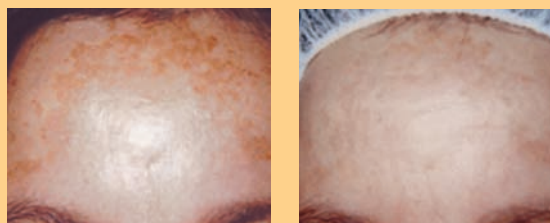
Before MicroLiposculpture After MicroLiposculpture

SPECIAL — Minimize bulges and sagging. Schedule a MicroLiposculpture treatment between May 1 and June 30, 2011 and receive 20% off!*

VITALIZE PEEL — LOOK FRESH AND RADIANT THIS SPRING!

Ideal for all skin types, this unique peel combines retinoic acid and alpha-hydroxy acid to improve skin texture and pigmentation.

- One of the safest yet strongest chemical peels available
- Improves skin texture and pigmentation
- Especially effective for photo-damaged skin and acne



Before

After

SPECIAL — Rejuvenate your skin. Schedule a Vitalize Peel series of 4 or more between May 1 and June 30, 2011 and receive 20% off!*

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.*

Online Product Specials

Colorescience Sunforgettable SPF50

Perfect for athletes and those on the go! This lightweight and non-irritating mineral powder provides instant UVA and UVB protection for optimum defense against UV rays. Self-dispensing powder brush makes this formula easy to apply and reapply throughout the day.



Neocutis Neo-Cleanse Gentle Skin Cleanser

Glycerin-rich clarifying cleanser gently removes skin impurities and make-up without over-drying your skin.



Save 20% off when ordered online at www.SkinCareSanDiego.com

Offer good from May 1 through June 30, 2011 and may not be combined with any other offers or specials.

KNOWLEDGE CENTER

Sunscreen Labels — the important ingredients to look for! Start each day by liberally applying a “broad-spectrum” sunscreen of SPF30 or greater to all exposed areas. Don’t forget to check your labels for key ingredients — make sure your products contain both zinc oxide and titanium dioxide. Also pay attention to expiration dates on your products. Throw away expired products and products that seem discolored, lumpy, have separated, have a strange odor, or feel different on the skin.

Sunburns & Melanoma! Sunburns can cause long-lasting damage to the skin. According to the Skin Cancer Foundation, just one blistering sunburn in childhood or adolescence more than doubles a person’s chances of developing melanoma later in life.

Fraudulent Skin Care Products.

Purchase products online with caution! There has been an increase in the falsification of name-brand products — especially when purchased online through unapproved sources. It is extremely important to purchase ONLY dermatology grade skin care products through reputable sources (company manufacturers or dermatology practices).

COMPLIMENTARY MINI SKIN CANCER SCREENING MAY 12, 2011

May is Skin Cancer Awareness Month!

It is a great time to help educate friends and family about skin cancer and melanoma. We will be performing complimentary mini Skin Cancer Screenings at our upcoming SPRING Event on May 12, 2011.

Don’t forget to RSVP — 760 633-1000.

WWW.SKINCARESAN DIEGO.COM

Inside

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SPRING PASSPORT EVENT

Spring Has Sprung

Thursday, May 12, 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! Always on the forefront of new technology, SkinCare Physicians & Surgeons specializes in the diagnosis and treatment of skin cancer, laser procedures and cosmetic medicine. 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



SKINCARE PHYSICIANS & SURGEONS OF ENCINITAS, INC

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ENCINITAS, CALIFORNIA 92024

VISIT OUR WEBSITE FOR MORE
INFORMATION AND
TO PURCHASE PRODUCTS ONLINE!
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Slow PREMATURE AGING with proper and consistent use of sunscreen!

While it is not possible to stop the natural aging process, you can actually slow premature aging by practicing good skin care habits and properly protecting your skin from the sun.

Start each day by liberally applying a quality broad-spectrum sunscreen of SPF30 or greater to all exposed areas — and reapply every 1 to 2 hours. Proper and consistent sunscreen use alone allows for some repair as well as protection from further sun damage.

MDSolarSciences Sunscreen Products

We are very excited to introduce our new line of products from **MDSolarSciences**. Broad-spectrum products such as **Mineral Screen Gel SPF30+**, **Ultra Mineral Screen Gel SPF50+** and **Mineral Screen Lotion SPF40** contain titanium dioxide and zinc



Model

oxide — active ingredients for maximum absorption of both UVA and UVB rays. Feel free to call us to see what sunscreen is right for you!

MAY IS SKIN CANCER AWARENESS MONTH.

**Help spread the word in our fight
against the most common form of
cancer in the United States!**