



SKIN CARE

PHYSICIANS & SURGEONS

SKIN CARE NEWS

What You Need to Know

- * Just one blistering childhood sunburn nearly doubles the lifetime risk of developing any type of skin cancer.
- * Melanoma is the second most common form of cancer for adolescents and young adults 15-29 years old.
- * Basal cell carcinoma and Squamous cell carcinoma, the most common forms of skin cancer, are a direct result of unprotected sun exposure.
- * The intensity of the UV radiation received in a tanning salon may be as much as 15 times greater than that of the sun.
- * Frequenting tanning salons before the age of 35 can increase your risk of getting melanoma by 75 percent.
- * New self-tanning lotions and creams can duplicate a natural glow without exposing you to harmful UV rays.
- * Check your labels carefully. Most sunless tanners do not provide protection from the sun.
- * When a skin tumor is detected early, the majority of cases are curable.

Unprotected outdoor activities and frequenting tanning salons in your early years can amount to a lifetime of damage.

Skin cancer, the most common cancer in the United States, often strikes individuals who have suffered deep, intense sunburns, particularly in childhood and adolescence. Most cases of Basal cell carcinoma and Squamous cell carcinoma, the most common forms of skin cancer, are a direct result of unprotected sun exposure. It is no surprise that young people often spend more time outside than adults, which is why it is critical to encourage sun protective habits such as covering up and proper use of sunscreen. Remind your children that there is no such thing as a safe tan — all tans are a reflection of sun damage.

EDUCATE YOUR CHILDREN ABOUT THE DANGERS OF TANNING SALONS!

New research continues to surface about the dangers of indoor tanning. Despite these risks, indoor tanning seems to be increasingly popular with young people — and particularly young women. The intensity of the UV radiation received in a tanning salon may be as much as 15 times greater than that of the sun. A review from the International Agency for Research on Cancer found that seven worldwide studies have reported a 75% increase in the risk of melanoma in those who had exposure to tanning beds before the age of 35.



ENCOURAGE ADOLESCENTS TO USE SELF-TANNING LOTIONS FOR A HEALTHY GLOW!

Many teens insist that looking tanned makes them feel more attractive. Dr. Tse states “it is unfortunate that teens face pressure to conform to ideals presented in popular culture and in advertising, even with all we know about the dangers of tanning.” Encourage adolescents to use self-tanning lotions and creams for a natural-looking glow and to avoid harmful UV rays. And remember — most sunless tanners do not provide protection from the sun, so cover up and wear a good broad spectrum sunscreen.

To learn more about a program of prevention, screening and early detection, please call 760 633-1000.

A STATE-OF-THE-ART DERMATOLOGY PRACTICE



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

Summer is here! Barbecues, outdoor activities and family vacations are just a few of the many upcoming events posted on your calendar this summer. Before you head out to enjoy the sunshine, take a few precautions to protect yourself against the dangerous side effects of the sun, while lowering your risk of skin cancer.

PREVENTION STARTS HERE!

- Avoid peak hours of sunlight (10:00am – 4:00pm)
- Wear protective clothing (Cover-up with a long sleeved shirt, SPF woven clothing & a wide brimmed hat)
- Use a sunscreen of SPF 15 or greater
- Teach children about sun protection
- Do not patronize tanning salons
- Examine your skin regularly
- Schedule an annual skin cancer screening

I am board certified by the American Board of Dermatology and a Fellow of the American College of Mohs Surgery. We are dedicated to our patients and strongly believe in healthy skin care habits. Call 760 633-1000 to schedule your annual skin screening.

With warmest regards,

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

☎ 760 633-1000

MEDICAL SPAS – THE LATEST CONTROVERSIAL TREND

Is a Physician present to direct and oversee your procedure?

This is the first question you should ask yourself (and the medical spa) before consenting to your next laser, Botox or cosmetic filler injection treatment. It is important to recognize that there are risks to any treatment and that cosmetic procedures are indeed the practice of medicine. Under current law, the Medical Board of California states that these procedures may be performed only by physicians — or delegated to registered nurses, nurse practitioners, and physician assistants

while under the direct supervision of the physician.

There is an alarming trend for many spas to “rent” the licenses of physicians in order to engage in the practice of medicine. These businesses may be guilty of health care fraud. According to the Medical Board of California, a physician must be present to direct and oversee your procedure, and accept liability for patients treated by these businesses. If not, this business and the physician are in violation of the law.

Take Years Off Your Appearance with a Mini Face and Eyelid Lift!

WRINKLES, SAGGING JOWLS AND HEAVY EYELIDS ARE A RESULT OF THE NATURAL AGING PROCESS.

A mini face and eyelid lift could be just what you need to achieve a more youthful and brighter look! Our mini face lift tightens the skin of the neck and lower face, restoring the clean jawline that you had in your youth. An eyelid lift precisely removes the excess skin from the upper eyelids thereby improving the sagging, heavy appearance. Excess fat can also be removed from the inside of the lower eyelids to address under eye “bags”. The key advantage of this approach is that there are no stitches or scars in the highly visible under eye area.

Dr. Tse and her team take great care to ensure natural looking results — all under local anesthesia. Dr. Tse is board certified by the American Board of Dermatology and a Fellow of the American Academy of Cosmetic Surgery. Call 760 633-1000 to schedule a consultation today!



Before Mini Face Lift



After Mini Face Lift



Before Eyelid Lift



After Eyelid Lift

SPECIAL Schedule a mini face and eyelid lift by October 31, 2009 and receive 20% off your entire procedure.

May not be combined with any other offers or specials.

SUMMER RADIANCE

Is Mineral Make-up Really That AMAZING?



The answer is — Yes! Not only do these special minerals provide you with a flawless glowing finish, they also have proven protective and corrective benefits. Researchers have discovered the advantages of natural physical, broad-spectrum sunscreens found in mineral make-up. In fact, these natural minerals guard against the damaging effects of UV rays, while giving the skin a natural looking luminous finish without clogging pores or drying skin. When used over

time, one can fight the aging process and visibly see the return of healthy skin.

Not all brands of mineral-based make-ups are made the same. With high quality ingredients and 12% zinc oxide and titanium dioxide — the most effective, broad-spectrum sunscreen — Colorscience® is our mineral line of choice. Call 760 633-1000 today and learn more about Colorscience® and schedule a complimentary makeover.

SPECIAL Let your skin glow from the inside out! Schedule a complimentary mineral makeover and receive 20% off your mineral product purchases through September 30, 2009. *May not be combined with any other offers or specials.*

TUMESCENT MICROLIPOSCULPTURE — THE SAFEST AND MOST EFFECTIVE WAY TO SPOT REDUCE!

Great looking hips, thighs and abs are just an hour or so away! Our Tumescent MicroLiposculpture techniques safely remove fat and allows for controlled, attractive contouring. This procedure is the only effective way to “spot reduce” and is the safest form of liposculpture around. You will take great comfort in knowing that Dr. Tse personally performs the procedure. Dr. Tse is certified by the American Board of Dermatology, a Fellow of the American Academy of Cosmetic Surgery, and a Cosmetic Surgeon with 12 years of Tumescent MicroLiposculpture experience.

There is a lot of marketing hype around various fat and cellulite melting devices, without proven safety or efficacy. Many of these procedures may promise more than they can deliver. Random, double-



Before MicroLiposculpture After MicroLiposculpture

blinded, placebo controlled studies — the most rigorous scientific methods of testing a procedure — have not been performed on most of these devices. Call 760 633-1000 to schedule a consultation.

SPECIAL Schedule a MicroLiposculpture treatment by September 30, 2009 and receive 20% off*.

May not be combined with any other offers or specials.

Financing Available

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.

KNOWLEDGE CENTER

The truth about sunscreen labels

- * When selecting a sunblock, look for the words “broad spectrum” on the label. This assures that you are protected from UVB and UVA rays. Wear an SPF of 15 or greater daily and remember that no product is truly “waterproof” so always reapply every two hours.

Have you scheduled your annual skin screening?

- * In addition to examining your skin regularly for moles and changes in shape, color or size, the Skin Cancer Foundation recommends that you see your dermatologist annually for a professional screening to help detect cancer in its earliest stages. A pimple-like lesion that won't heal or a scaly, rough patch can all be warning signs of skin cancer.

Vitamin C for firm and younger looking skin

- * Topical application of the powerful antioxidant vitamin C reduces damage caused by free radicals from the sun, which prematurely age the skin.

Vitamin A for improved texture and elasticity

- * In addition to building new collagen, the topical application of the antioxidant vitamin A improves the appearance of fine lines, enhances skin texture and accelerates exfoliation. Talk to your dermatologist about the various options available, including prescription treatments such as Retin A and Renova.

MINIMIZE BRUISING AFTER COSMETIC TREATMENTS WITH THE VBEAM® PERFECTA LASER!

In addition to treating conditions such as facial veins, two studies have shown that the Vbeam® Perfecta Laser minimizes bruising and expedites the healing process after cosmetic treatments such as Botox and Fillers (Restylane, Juvederm, Perlane and Evolence). Call today and learn more about how the Vbeam® Perfecta Laser can improve your outcome! 760 633-1000.

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Inside

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REDEFINE YOUR AGE & take years off your appearance!



Model

Join Us

WE APPRECIATE YOU!

Thursday, September 24, 2009
6:00 – 8:00pm
700 Garden View Court, Suite 100
Encinitas, CA 92024

We are excited to have an event dedicated to our patients! Complimentary makeovers, the latest in next generation fillers and more!

COSMETIC & LASER TREATMENTS

Thursday, September 17, 2009
6:30 – 7:30pm
Morgan Run Resort and Club

This is a great opportunity to hear Dr. Yardy Tse speak about the latest in skin care innovations and minimally invasive procedures.

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

☎ 760 633-1000



SKINCARE

PHYSICIANS & SURGEONS
OF ENCINITAS, INC

700 GARDEN VIEW COURT, SUITE 100
ENCINITAS, CALIFORNIA 92024

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TO PURCHASE PRODUCTS ONLINE!
WWW.SKINCARESAN DIEGO.COM

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EVOLENCE – IMMEDIATE AND LONGER LASTING RESULTS!

Evolence is the first and only filler FDA approved to last through 12 months after only one treatment. This next generation filler corrects moderate to deep facial wrinkles and folds with minimal to no downtime.

For immediate results that last, call 760 633-1000!



Courtesy of Ortho Dermatologics.

SPECIAL Receive \$50 off each syringe through September 30, 2009.



Model

ASK US ABOUT DYSPORT?

The latest FDA approved treatment to smooth away lines and wrinkles

This simple and effective, non-surgical treatment is used to relax facial muscles — reducing and smoothing away frown lines and wrinkles. A youthful and less stressed look can last as long as 4 months. Call 760 633-1000 today to learn how you can achieve longer lasting results with Dysport.