



SKINCARE

PHYSICIANS & SURGEONS

SKINCARE NEWS

Fraxel re:pair®

One treatment
Remarkable results
Minimal downtime

- * Tightens face, neck and chest
- * Improves sun damaged skin
- * Removes wrinkles
- * Improves pigmentation problems
- * Reduces acne scars
- * Smooths skin texture
- * Minimizes pores
- * Rejuvenates neck and chest

The results are extremely VISIBLE!

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. Dr. Tse personally performs Fraxel re:pair at SkinCare Physicians & Surgeons.

SPECIAL

Redefine your age

Schedule a Fraxel re:pair treatment for your FACE, NECK and CHEST by June 30, 2010 and **save \$1,000 OFF** your entire treatment!

*Offer good from May 3, through June 30, 2010. Must be completed in one treatment. Consultation required. Offer may not be combined with any other offer or special.

IS IT POSSIBLE – TO GET OLDER AND LOOK YOUNGER?

Combating damaged and sagging skin, wrinkles and pigmentation problems

It is a fact — age and years of sun exposure accelerate changes in the skin!

And while you cannot stop this process, there are a number of things that you can do to combat the visible signs of aging and damaged skin. Our skin becomes rough, dull and flakey, thin and lax, wrinkles begin to appear — and pigmentation problems can seem unstoppable. These skin changes seem to appear so suddenly — yet, most are a direct result of unprotected and excessive exposure to the sun over many years.

PROTECT YOUR SKIN. Scientific studies have shown that years of repeated sun exposure breaks down collagen and attacks our elastin, all resulting in a loose, wrinkled and leathery appearance. It is important to wear protective clothing and to liberally apply a sunscreen of SPF30 or greater daily. Proper and consistent use of sunscreen alone allows some repair as well as protection from further damage.

BRIGHTEN YOUR LOOK. There are many multi-tasking treatments available such as topical smoothers, aesthetic injectables and laser resurfacing — all which target the visible signs of aging. Aesthetic injectables are a safe and effective approach for a refreshed and natural looking appearance. Dysport® and Botox® are used to relax facial muscles, while dermal fillers such as Restylane®, Juvéderm®, Perlane®, and Sculptra® are used to restore lost volume and lift certain facial features.



Model

IS IT POSSIBLE TO TARGET MANY VISIBLE SIGNS OF AGING IN ONE TREATMENT?

YES — The Fraxel re:pair® can truly take years off your appearance — just one treatment can produce remarkable results with minimal downtime. Not only does this laser target aging and damaged skin, but it is FDA approved to treat precancerous conditions — conditions that can put you at a higher risk for developing skin cancer.

FRAXEL RE:PAIR® — SIMPLE, PRECISE AND EFFECTIVE. The process removes old, damaged skin and stimulates the growth of new collagen. According to Dr. Tse, “the procedure is simple, precise and effective — and leaves the skin with a fresh, smooth and more even finish.”

Call 760 633-1000 today for a Fraxel re:pair® consultation —learn about our SPECIAL and how you can take years off your appearance!

BENIGN, PRECANCEROUS OR MALIGNANT?



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

As pioneers and leaders in the field of cosmetic procedures and skin surgery, Dermatologic Surgeons are board certified physicians — with unique qualifications and experience in the use of a wide variety of both surgical and non-invasive methods of treating the skin.

Virtually all laser treatments and cosmetic procedures such as tumescent liposculpture, blepharoplasty, face lifts, the use of many aesthetic injectables, chemical peels and laser hair removal — all were pioneered by Dermatologic Surgeons.

WE ARE THE EXPERTS OF THE SKIN

- Diseases and disorders of the skin, hair, nails, veins and nearby tissues
- Benign and malignant growths and skin cancers
- Aging and sun-damaged skin
- Cosmetic improvement of the skin

With over 14 years of Dermatologic Surgery experience and 11 of the most powerful lasers around — I believe in making you look like you, only better.

With warmest regards,

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

☎ 760 633-1000

SUBTLE CHANGES IN THE SKIN CAN OFTEN SIGNAL EARLY SIGNS OF SKIN CANCER

Years of sun exposure has a profound effect on our skin. Premature aging, skin cancer and many other skin changes are a direct result of excessive UV exposure. It is important to realize that many skin changes commonly understood to be a result of “aging” can actually be premalignant conditions — conditions that put you at higher risk for developing skin cancer.

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

Sun Damage.

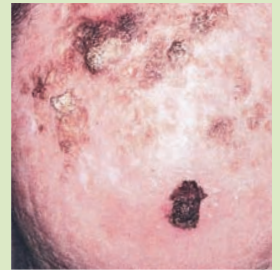
Long-term, severe sun damage creates thickening of the most superficial layer of the skin and abnormalities in the composition of the middle layer of the skin. The skin loses its ability to repair itself — and the damage accumulates over time. Sun exposure breaks down collagen and attacks elastin, resulting in a loose, wrinkled and blotchy appearance.



Atypical Mole. Although it is common to acquire moles over the years, their formation can be stimulated by sun exposure. Some moles are considered to be “normal” and others are “atypical”. Atypical moles are often found in sun exposed areas and can increase one’s risk for developing malignant melanoma — the most serious form of skin cancer.

Actinic Keratosis. Red, scaly lesions which often appear on the face, ears, backs of hands (actinic keratosis) and on the lips

(actinic cheilitis) are considered to be precancerous conditions — and will often develop into squamous cell carcinoma.



Early detection is critical – what may appear to be harmless changes in the skin are often early signs of skin cancer. Sunburns, irregular blood vessels, atypical moles, brown spots, red scaly lesions, and other changes in the skin can all lead to skin cancer. Precancerous skin conditions are usually treatable — but must be detected early! Visit your dermatologist annually for a skin cancer screening — and always be on the lookout for new growths or moles, changes in existing moles or sores that don’t heal. **Call your dermatologist immediately if something looks suspicious.**

Know your A, B, C, D, E’s.

- **Asymmetry** — one half does not match the other; moles that are not perfectly round.
- **Border Irregularity** — the edges are ragged, notched or blurred.
- **Color** — the pigmentation is not uniform. Shades of tan, brown and black are present. Dashes of red, white, and blue add to the mottled appearance.
- **Diameter** — the width is greater than six millimeters (about the size of a pencil eraser). Any growth of a mole should be a concern.
- **Evolution** — any change in a mole may be a sign of melanoma. In addition to changes in size, shape and color, moles may also evolve to develop new signs and/or symptoms, such as itchiness or bleeding.

Call 760 633-1000 to schedule your annual skin cancer screening today!

Spring has sprung!

Spring is one of the best times of the year to focus on the health and appearance of your skin. Lasers, advanced treatments and aesthetic injectables can provide remarkable results for a more refreshed and youthful look!

PLUMP, LIFT & RESTORE – COMBINE DYSPORT® WITH RESTYLANE®, PERLANE®, JUVÉDERM® OR SCULPTRA® FOR A YOUTHFUL AND VIBRANT LOOK!

- A safe and effective non-surgical treatment
- Relax facial muscles and smooth away frown lines and wrinkles
- Immediate and long-lasting results

SPECIAL – Achieve a youthful and vibrant look Purchase two or more products and receive 20% off! Treatments must be completed in one visit.*

Offer good from May 3 through June 30, 2010.*



TUMESCENT MICROLIPOSCULPTURE – THE SAFEST AND MOST EFFECTIVE TECHNIQUE AVAILABLE FOR SPOT REDUCING!

- 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 14 years of MicroLiposculpture experience

SPECIAL – For a more youthful shape Schedule a MicroLiposculpture treatment and receive 20% off!

Offer good from May 3 through June 30, 2010.*



Before MicroLiposculpture



After MicroLiposculpture

- Treatment is performed by a trained medical professional

SPECIAL – Prepare for a hair free spring

Purchase a series of 5 or more laser hair removal treatments and receive 20% off. Offer good from May 3 through June 30, 2010.*

LASER HAIR REMOVAL – ELIMINATE UNWANTED AND STUBBORN INGROWN HAIRS!

- Advanced technology — the LightSheer™ Diode laser effectively removes hair for most skin types
- Silky, smooth, hair-free skin — with long-lasting results
- Eliminates ingrown hair and razor bumps

A BRIGHTER LOOK WITH LATISSE!

This once a day prescription treatment produces fabulous results. Patients can expect to see longer, thicker and darker eyelashes in as little as 8 weeks — with full results in 16 weeks.

SPECIAL – Purchase a 3 month supply and receive your 4th month FREE!

Offer good from May 3 through June 30, 2010. Call today for a consultation.

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.

**Offer may not be combined with any other offer or special.*

Patient Safety — Aesthetic Injectables

- ★ Over 1.2 million doctors are allowed to perform injectables in the U.S. — and less than 7% qualify as “experts”. Dermatologic Surgeons are considered to be experts in aesthetic injectables. They are board certified physicians who are qualified to perform injectable procedures and administer products that are FDA-approved for aesthetic use.

Tanning Salons — A lifetime of damage

- ★ New research continues to surface about the dangers of indoor tanning. Unfortunately, despite these risks, indoor tanning seems to be increasingly popular. 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.

Melanoma and Marathon Runners

- ★ You may be strengthening your heart and your lungs, but you also may be building up sun damage and developing skin cancer. According to a recent study, marathon runners have an increased risk of developing melanoma, the most dangerous form of skin cancer. When compared to non-runners, these marathon runners had more “atypical” moles, more lesions of suggestive basal and squamous cell carcinoma, and more age spots — all directly related to excessive exposure to UV rays.

Inside

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- * PRECANCEROUS SKIN CONDITIONS
- * SPRING SPECIALS
- * POWERFUL ANTIOXIDANTS

May 13, 2010 SPRING PASSPORT EVENT

*A special way of saying
"thank you" to our patients!*

Complimentary makeovers, the latest in aesthetic injectables, fabulous gift giveaways and more!

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

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



SKINCARE

PHYSICIANS & SURGEONS
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ENCINITAS, CALIFORNIA 92024

VISIT OUR WEBSITE FOR MORE
INFORMATION AND
TO PURCHASE PRODUCTS ONLINE!
WWW.SKINCARESAN DIEGO.COM

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Model

www.SkinCareSanDiego.com

Log on and check our new website!

Online product specials, Aging Beautifully, Educational information - and our interactive Face/Body section!

ONLINE PRODUCT SPECIAL!

SkinMedica Environmental Defense Sunscreen™ SPF30

Excellent oil-free, broad-spectrum sunscreen with antioxidants for optimum defense against UV rays, environmental pollutants and free radical damage.

Save 20% when you order online at www.SkinCareSanDiego.com.

Offer good from May 3 through July 31, 2010.*

☎ 760 633-1000

THE POWER OF ANTIOXIDANTS

Prevent wrinkles, minimize pigmentation problems and improve skin tone!

Regular application of skin care products containing antioxidants such as vitamins A, C and E can be extremely beneficial in protecting our skin against the exogenous oxidative stressors of daily life. The powerful antioxidant, vitamin C, reduces damage caused by free radicals from the sun, which prematurely age the skin. In addition to building new collagen, the application of the antioxidant vitamin A improves the appearance of fine lines, enhances skin texture and accelerates exfoliation.

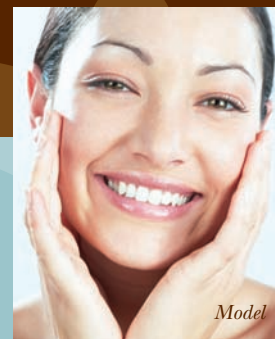
Many sunscreens now contain powerful antioxidants for ultimate defense against

UV rays, environmental pollutants and free radical damage.

See our online product special – SkinMedica Environmental Defense Sunscreen™ SPF30 — www.SkinCareSanDiego.com.

The bottom line — antioxidants will protect your skin and optimize skin health.

Talk to your dermatologist about the various options available, including prescription antioxidant treatments such as Retin A and Renova.



Model

Ask us about Skinceutical's CE Ferulic and Phloretin CF — concentrated antioxidant products for combating the visible signs of aging.