



SKIN CARE

PHYSICIANS & SURGEONS

SKIN CARE NEWS

A Continuous Aging Process

It is important to realize that it is never too early to start good preventative skin care habits – and that aging is not just based on a number. You will often find that individuals who properly care for their skin over the years look significantly younger than their actual age.

SKIN AGING

fine lines develop, pores begin to enlarge, possible scars associated with acne and slight discoloration

PREVENTION

sunscreen, a gentle skin care regimen and acne treatment if necessary

AGING SIGNS

fine wrinkles, enlarged pores, collagen breakdown, skin discoloration, dull skin tone and slight skin sagging

PREVENTION

sunscreen, topical smoothers such as Retin-A, peptides, AHAs and desired aesthetic injectables

AGING SIGNS

fine lines to full wrinkles and sagging, dull skin tone, pigmentation problems and sun damage

PREVENTION

sunscreen, antioxidants such as Vitamin A and C, and stronger multitasking treatments such as chemical peels and laser treatments

AGING SIGNS

defined wrinkles, dark spots, pigmentation problems, heavy eyelids and sagging jowl lines

PREVENTION

sunscreen, aesthetic injectables, chemical peels, laser treatments, mini-face lift, eyelid lift and more

AGING BEAUTIFULLY

20 30 40 50 60+

UNDERSTANDING INTRINSIC AND EXTRINSIC AGING OF THE SKIN

Intrinsic aging is a continuous process that begins in our mid 20's and continues for decades.

It is often referred to as the natural aging process. The visible signs of intrinsic skin aging appear as the skin's epidermis turnover slows down resulting in rough, dull flaking skin, thinning skin and fine wrinkles. There are a number of extrinsic, or external factors that often act together with normal aging to prematurely age our skin. It is no surprise that most premature aging is caused by sun exposure. Other external factors that prematurely age our skin are repetitive facial expressions, sleep positions and smoking.

THE SUN. Just a few minutes of sun exposure each day over many years can cause significant changes to our skin. Freckles, age spots, spider veins on the face, rough and uneven skin texture, wrinkles, loose skin, a blotchy complexion – and skin cancer – are all directly linked to sun exposure. According to Dr. Tse, "The skin simply loses its ability to repair itself – and the damage accumulates over time." Scientific studies have shown that repeated exposure to the sun breaks down collagen and attacks our elastin. Our skin essentially becomes sun-weakened – resulting in a loose, wrinkled and leathery appearance.

SLOW PREMATURE AGING. While you cannot stop the intrinsic or "natural" aging process, you



can slow premature aging by practicing good skin care habits and diligently protecting your skin from the sun. Start each day by wearing a quality "broad-spectrum" sunblock of SPF 30 or greater and reapply every 1 to 2 hours. This is a must if you want to fight the aging process – proper and consistent sunscreen use alone allows some repair as well as protection from further sun damage.

REDEFINE YOUR AGE. There are a number of treatment options available such as topical smoothers, aesthetic injectables and laser resurfacing - all which combat the visible signs of aging. **Call to schedule a full skin analysis – Dr. Tse will examine your skin, discuss your expectations, and make recommendations based on your skin type and concerns. 760 633-1000.**

AGING BEAUTIFULLY IS AN OBTAINABLE GOAL



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

There is nothing worse than the feeling and appearance of dry, itchy skin in the fall and winter months. Regardless of season, however, we all experience a variety of skin changes as we age. Moisture levels decline, resulting in dryness and rough, uneven texture; collagen is depleted often as a result of sun damage; and jowls and sagging eyelids become part of the aging process.

Combating the aging process is a concern that many of my patients share. We offer liposculpture, mini-facelifts, eyelid lifts, and aesthetic injectables, among other treatments to eliminate or reduce the appearance of blood vessels, birthmarks, rosacea, age spots, spider veins and sun damage.

We are also excited about new treatments such as Evolence®, the next generation dermal filler that has recently been FDA-approved to last through 12 months after just one treatment. I am board certified by the American Board of Dermatology and a Fellow of the American Academy of Cosmetic Surgery.

We look forward to seeing you this fall and want to wish you a healthy and joyful holiday season!

With warmest regards,

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

☎ 760 633-1000

PIGMENTATION PROBLEMS

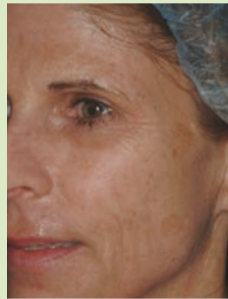
Accurate diagnosis is critical for effective treatment!

Regardless of ethnic background or skin color, eventually most of us will struggle with pigmentation problems. Interestingly enough, misdiagnosis is not uncommon – many individuals spend a great deal of time and money attempting to combat pigmentation problems with little or no success. Skin pigmentation disorders occur because the body produces either too much or too little melanin. Skin may appear uneven, blotchy, or discolored in concentrated areas. These pigmentation problems are most often a result of a history of unprotected sun exposure or hormone changes.

A FEW FACTS

- Melasma, also known as chloasma, is a specific medical condition with specific clinical findings and characteristics.
- Brown spots or areas of discoloration can surface from any cause or inflammation of the skin.
- There are many skin conditions such as acne, cuts or burns, and dermatitis that can cause inflammation and lead to hyperpigmentation.
- Certain skin colors and ethnicities tend to hyperpigment more easily than others.
- Diligent protection from the sun over the years can eliminate skin pigmentation problems all together.

There are numerous safe and effective topical treatment options available for combating various pigmentation problems, such as hydroquinone, tretinoin, AHA's and kojic acid. However, proper diagnosis by a physician is crucial for positive treatment results. **Call 760 633-1000 for a skin consultation.**



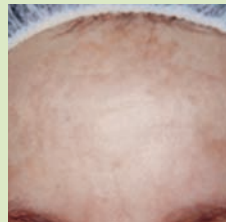
Premature aging
& sun spots



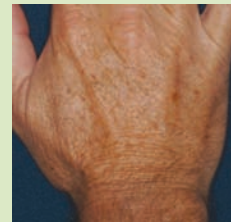
Treatment -
Fraxel re:pair



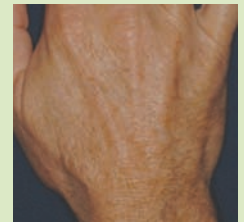
Rough, dull, aged
& damaged skin
(photo courtesy of SkinMedica)



Treatment -
Vitalize Peel



Age & sun spots



Treatment -
Alexandrite Laser

FALL FEATURE PRODUCT

**EPIQUIN® MICRO FOR AGE SPOTS,
SUN DAMAGE AND FACIAL DISCOLORATION!**

Ask us about EpiQuin® Micro – the prescription moisturizing lightning cream that reduces skin discoloration associated with conditions such as melasma and post-inflammatory hyperpigmentation. For all skin types, this cream is formulated with retinol and multitasking antioxidants

vitamin C and E in a microsponge release system. This unique microsponge technology provides continuous treatment in a controlled fashion throughout the day. You can expect improvement in as little as 4 weeks! **Call 760 633-1000 to find out if EpiQuin Micro is right for you.**

HOLIDAY SPARKLE

Refresh, Rejuvenate & Sparkle for the Holidays!

In addition to our emphasis on general dermatology and skin cancer, SkinCare Physicians & Surgeons specializes in a variety of cosmetic procedures. Lasers and advanced treatments provide relief for wrinkles, acne scars, sun damage and more! Dr. Yardy Tse is board certified

by the American Board of Dermatology and a Fellow of the American Academy of Cosmetic Surgery. Dr. Tse works with each patient to customize and pair treatment options for the most aesthetic outcome.



Model

DYSPORT® – THE LATEST FDA APPROVED TREATMENT TO SMOOTH AWAY LINES AND WRINKLES!

- A safe and effective non-surgical treatment
- Relaxes facial muscles
- Reduces and smoothes away frown lines and wrinkles
- Immediate results – see and feel the effects within 24 hours
- Longer lasting results – up to 4 months

SPECIAL Achieve a youthful and less stressed look with Dysport® — Purchase one area and receive 25% off all additional areas (a savings of \$65 or more). Offer expires December 31, 2009,

FRAXEL® RE:PAIR LASER – TAKE YEARS OFF YOUR APPEARANCE!

- Advanced laser treatment for face and neck tightening
- Correct problems like wrinkles, sun damage, skin texture and acne scars
- Also used to rejuvenate the neck and chest

SPECIAL Redefine your age – Receive a Fraxel re:pair laser treatment by January 15, 2010 and get a filler (one syringe) absolutely FREE – a \$550 value!

VITALIZE PEEL – LOOK FRESH AND RADIANT THIS FALL!

- One of the safest yet strongest chemical peels available — for all skin types
- Improves skin texture and pigmentation
- Especially effective for photodamaged skin and acne

SPECIAL Rejuvenate your skin — Schedule a Vitalize Peel series of 3 or more by January 15, 2010 and receive 20% off!

KNOWLEDGE CENTER

MC1R - Do you have the gene that increases your risk for developing melanoma?

- * Just because you have dark skin and have not had a sun burn in years does not mean you are clear of melanoma. A recent study from the University of Pennsylvania found that 27 percent of dark-haired individuals have a gene variation called MC1R that may double their chances of developing the deadly skin cancer, melanoma. While there is currently no screen for the gene, researchers advise daily and proper application of sunscreen and an annual visit to your dermatologist.

Do you suffer from acne?

- * You are not alone – nearly 17 million people of all ages and races in the United States 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. Call 760 633-1000 to schedule an appointment.

Skin Tags – what are they and how do I get rid of them?

- * A skin tag is a benign flap of tissue that hangs off by a connecting stalk. Skin tags usually appear in middle age and are not painful or dangerous. However, they can become irritated and often occur in areas of friction such as the neck, under the collar or under the breast from a bra rubbing. Talk to your dermatologist if you have bothersome skin tags. Skin tags should always be clinically removed by a professional.

HOLIDAY SPARKLE SPECIAL –

* SEE PAGE 4 FOR DETAILS!

CALL 760 633-1000 TODAY TO SCHEDULE YOUR APPOINTMENT!

**Offers may not be combined with any other offers or specials.*

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.

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Inside

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- * REFRESH, REJUVENATE & SPARKLE FOR THE HOLIDAYS

DON'T MISS OUR
holiday sparkle special!

ASK ABOUT EPIQUIN® MICRO!
The Latest in Moisturizing Lightning Creams.



Model

New Year New You

WINTER PASSPORT EVENT

Thursday, January 21, 2010
6:00 - 8:00PM

700 Garden View Court, Suite 100
Encinitas, CA 92024

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

Complimentary 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!
WWW.SKINCARESAN DIEGO.COM

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SAN DIEGO, CA

DO YOU KNOW YOUR SKIN TYPE?

The health and beauty of your skin largely depends on knowing your skin type. Whether you are oily, dry, combination, sensitive or sun damaged, it is important to understand that each skin type has particular characteristics that require specific care and or treatments. **Call 760 633-1000 to schedule a complimentary skin type analysis – the first step in slowing the natural aging process!!**



Model

HOLIDAY SPARKLE

Spend \$500 or more on your next cosmetic visit and enjoy our complimentary Holiday Special!

- Skin Type Analysis • Mini Facial •
- SunForgettable Perfectly Clear Sparkle Sunscreen (SPF 30) •

Call 760 633-1000 to schedule your appointments.

*Offer expires on December 31, 2009. May not be combined with any other offer or special