

DO YOU NEED TO TAKE TIME OFF THIS SUMMER? how about 10 years?



Dr. William F. Groff
Board Certified Dermatologist

Introducing our new cutting edge technology, "ThermiRF." This new technology tightens & tones loose skin and jowls to help resume the jawline without the downtime of a face lift.

We are consistently at the forefront of new facial rejuvenation techniques including ThermoRF, a radiofrequency-based technology that is FDA-Approved to reduce the appearance of loose skin. This new technique is designed to directly heat the tissues deep beneath the surface and record the actual temperatures to ensure optimal treatment temperature without overheating and burning.

One of the ThermoRF procedures is ThermoTight, which is beneficial for patients who want a non-surgical way to achieve tighter, firmer skin in specific areas of the body such as under the chin and arms.

Un-Retouched Actual Patient.



With ThermoRF, there are no incisions or stitches. This advanced technique typically results in minimal side effects and little to no recovery time. ThermoTight can yield optimal results after just two or three treatments and many patients have been very pleased with the outcome.

This is the BEST Non Invasive Skin Tightening technology in my 14 years of practice!

Scan QR Code For ThermoRF Video



BODYSculpTING



Sabrina G. Fabi, M.D.
Board Certified Dermatologist & Cosmetic Surgeon

Sometimes no matter how much we diet or exercise, we find ourselves with stubborn deposits of fat we wish we could eliminate. It is not necessarily fat that accumulates, but loose skin over the elbows, knees, and abdomen as well as a drop of the buttocks that patients wish they could tighten. Luckily, we have multiple technologies to address these concerns in a single, no downtime treatment.

CoolSculpting is an FDA-approved, non-surgical device that can be used to treat unwanted love handles, bra-line, stomach fat, and now for the first time inner and outer thigh fat. The device works by drawing the fat bulge into a clamp, lined by 2 cooling panels that precisely control cooling to destroy fat cells, thereby leaving the surrounding skin unharmed. The procedure is non-invasive, so patients can return to

Un-Retouched Actual Patient.



their normal activities immediately after. Results are noticeable as early as 3 weeks, but are most dramatic 2-4 months after treatment.

We are excited to be one of the only practices in San Diego to offer CoolSculpting to patients. This safe and effective treatment has become popular among patients who are close to their ideal body weight, but have stubborn pockets of fat they want reduced without undergoing fat removal surgery. Enjoy slimming and natural results with the innovation and convenience of CoolSculpting.

Scan QR Code For CoolSculpting Video



RESEARCH

Ever been part of a clinical trial?
Or interested in participating?

Give our Research Department a call to hear more or see if you're eligible. We want to help you look your best, even while serving Science.

You may qualify to be part of the following studies:

- Sun damage
- Deep facial wrinkles
- Sagging skin
- Volume loss

Please note: Participants may only participate in one study at a time and space is limited.

To see if you qualify or for additional information, please contact 858-657-1004.



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Remembering
RICHARD FITZPATRICK, MD



7/21/44 - 7/12/14

SUMMER 2014

COSMETIC LASER DERMATOLOGY

SICK OF SHAVING? TRY LASER HAIR REMOVAL

Summer's BEST Treatments

GET THE SKINNY ON:

BODYSculpTING

Model, Not Actual Patient.



Sick of Shaving? TRY LASER HAIR REMOVAL

Scan QR Code For Laser Hair Removal Video



Leysin Fletcher, PA-C
Physician Assistant

Laser hair removal is the answer you are looking for!

At Cosmetic Laser Dermatology we pride ourselves in having the latest technology that will give you the results that you are looking for in as few as 3-4

Are you tired of those in-grown hairs? Are you sick of having to shave every single morning? Would it be nice to not have to wax every month? Do you want to be bathing suit ready for that last minute invite to the beach? If you answered yes to any or all of the above questions...

treatments. In as little as thirty minutes we can treat any area that you are interested in achieving permanent hair reduction. Laser Hair Removal is an excellent way to put a stop to those incredibly irritating and unattractive in-grown hairs. You will notice fewer in-grown hairs and reduction of the scars they produce even after your first treatment.

Waxing can be quite uncomfortable and inconvenient. With the recent advances in Laser Hair Removal we are able to provide faster and almost painless treatments. Waxing can be quite bothersome in that you are asked to grow your hair out prior to treatment. With Laser Hair Removal you can shave right up to your treatment. Consider Laser Hair Removal your answer to never having to wax again.

Call now to set up your complimentary consultation with our Physician Assistant and Laser Hair Removal Specialist Leysin Fletcher.

Model, Not Actual Patient.

REMOVE UNSIGHTLY VEINS for summer



Mitchel P. Goldman, M.D.
Medical Director
Board Certified Dermatologist
& Cosmetic Surgeon

Scan QR Code For Vein Removal Video



Are you worried about exposing your legs during the summertime? Do you avoid the pool and the beach because you want to keep your varicose veins covered up? Take back your summers by getting rid of those unsightly veins! There are two procedures available that can help defeat varicose veins.

Sclerotherapy is an innovative, non-invasive treatment to reduce the appearance of varicose and spider veins. This treatment involves the injection of what is known as a "sclerosing agent" into the primary vein from which the smaller, highly visible veins are breaking off. This procedure is extremely safe in the hands of board-certified vein treatment experts, such as those at Cosmetic Laser Dermatology in San Diego.

Un-Retouched Actual Patient.



If you have larger, bulging veins, you may be a candidate for a phlebectomy. A phlebectomy is a minimally invasive procedure in which those large veins are removed through minor incisions. A local anesthetic is used in order to keep discomfort to a minimum. We often perform phlebectomies in conjunction with sclerotherapy for optimal results. In fact, we are one of the few practices in San Diego to even offer phlebectomy.

Which procedure is right for you depends on a variety of factors, and I recommend that you come in for a consultation to determine the best treatment of your varicose or spider veins. We are all board-certified dermatologists who pride ourselves on our cutting-edge technologies and high level of patient care.

stop your face from falling WITH ULTHERA!



Kimberly J. Butterwick, M.D.
Board Certified Dermatologist
& Cosmetic Surgeon

Scan QR Code For Ultherapy Video



A patient said to me the other day, "I don't mind a few wrinkles, I just hate the sagging of my face." This is a very common complaint from patients and most do not want to go under the knife. What to do?

Ulthera is the only FDA-cleared, non-invasive treatment for lifting the skin on the neck, chest, cheek, jowls, and brow. It utilizes micro-focused ultrasound waves which penetrate the skin to 3 different layers: superficial skin, connective tissue fibers, and deeper tissue called the fascia—the same plane that is lifted during face lifts. It is performed with simultaneous ultrasound imaging so we can see the tissue planes as we are treating.

Ulthera only takes 1-2 hours with patients able to return to work the next day. Ulthera heats and stimulates cells to form new collagen with new elasticity and firmness. Results are generally seen over a 3 to 6 month period. Few or many areas can be treated: from just a small under-eye area requiring only the superficial depth, to the full face and neck, at all 3 depths. Even saggy areas of the body respond to treatment such as chest, arms, knees, abdomen, and buttocks.

Most patients will notice tighter skin and approximately 30% of what surgery would achieve depending on skin type and age. Ulthera can be combined with fillers, lasers, and liposculpture as needed. Treatments repeated at 1-3 year intervals will help slow down the sagging process and maintain a very natural, refreshed appearance for years.

Un-Retouched Actual Patient.



DEFY GRAVITY.

A MORE YOUTHFUL PROFILE STARTS WITH
THE APPLES OF YOUR CHEEKS.



VOLUMA[®] XC

JUVÉDERM VOLUMA[®] XC is the first and only FDA-approved injectable gel to instantly add volume to your cheek area.

As you age, it's not just about lines and wrinkles. Your face can also lose volume and sag. JUVÉDERM VOLUMA[®] XC instantly adds volume, creating contour and lift. It's the non-surgical filler your doctor uses to help restore a more youthful profile for up to two years with optimal treatment.

See before and afters at
JUVEDERM.COM

Actual patient. Results may vary.

APPROVED USE

JUVÉDERM VOLUMA[®] XC injectable gel is for deep injection in the cheek area to correct age-related volume loss in adults over the age of 21.

IMPORTANT SAFETY INFORMATION

You should not use JUVÉDERM VOLUMA[®] XC if you have a history of severe allergies/allergic reactions, or if you are allergic to lidocaine or hyaluronic acid. The safety of JUVÉDERM VOLUMA[®] XC injectable gel for use during pregnancy or while breastfeeding has not been studied. The safety in people with a history of excessive scarring or pigmentation disorders has not been studied. Tell your doctor if you are on therapy used to decrease the body's immune response, or using products that can prolong bleeding, such as aspirin, ibuprofen, or other blood thinners. The long-term safety of repeat treatments and the safety for use in people with very thin skin in the cheek area has not been studied. The most common side effects with JUVÉDERM VOLUMA[®] XC include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching, and generally last 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see the About Safety page at www.juvederm.com or call the Allergan Medical Information line at 1-800-766-0171.

JUVÉDERM VOLUMA[®] XC injectable gel is available by prescription only. © 2014 Allergan, Inc. ® marks owned by Allergan, Inc. APC31BN14

RICHARD FITZPATRICK, MD

July 21st, 1944 - July 12th, 2014



It is with a heavy heart that I inform you that our beloved Dr. Fitz has passed away after a 10 year battle with cancer.

Dr. Fitzpatrick's second greatest love, after his family, was his long and varied career in dermatology—which included 36-years of private medical and surgical practice in San Diego. After graduating from Princeton University in 1966, Fitz studied medicine at Emory University, achieving membership in Alpha Omega Alpha, and completed an internship in general medicine at the University of Southern California. Thereafter, he entered the Navy, serving as a general medical officer achieving the rank of Commander from 1971–1974, and completed his residency in dermatology at UCLA in 1978. He then moved to San Diego and opened Dermatology Associates in La Jolla and Encinitas. In addition to being a general dermatologist, Fitz's expertise in lasers and cosmetic procedures led to numerous National Awards. These awards include the Leon Goldman Award, the Elliot Drake Lectureship Award and the Caroline and William Mark Award from the American Society for Laser Medicine and Surgery, where he served as President from 2000–2001. He was a co-founder and President of SkinMedica and served on the boards of the American Society for Dermatologic Surgery as well as the American Cancer Society, where he was President in 1991. He was a consultant to dozens of pharmaceutical and laser companies and was instrumental in the development of multiple laser and light-based procedures for the treatment of photoaging and skin cancer. His commitment to the community was represented by his membership on the Encinitas Rotary Club, as well as numerous youth organizations in Rancho Santa Fe.

In addition to treating tens of thousands of patients, Fitz conducted nearly 130 medical research projects and published over 130 medical papers, 3 medical textbooks and nearly 60 textbook chapters. He influenced the lives of countless physicians by lecturing extensively throughout his career. He traveled world-wide training physicians on the latest advances in laser surgery. While he contributed to

wide variety of medical therapies, he was best known for his pioneering work on the treatment of vascular malformations, skin cancer, photoaging, tattoos and pigmented lesions. He will be sorely missed as a mentor and friend to many, but his influence on advancing patient care will continue for decades more.

On a personal note, Fitz and I were friends and colleagues for 28 years. We wrote many of our papers, textbooks and clinical studies together, and we always had a fun time doing it. From being founding members of the Space Dermatology Foundation, founding SkinMedica with our partner, Kim Butterwick, to doing what others thought was impossible, collaboration made our time together exciting; although our most exciting time together was watching the Chargers beat the Raiders at Qualcomm Stadium.

In his battle against prostate cancer for the past 10 years, Fitz was the most courageous and strongest person/patient/doctor I've ever known. He battled back many times through his "nine lives," always returning to the office ASAP, never wanting to take a vacation and always striving to leave no stone unturned. He was able to work until a few weeks before his passing, and died peacefully at home surrounded by his cherished family.

- Mitchel P. Goldman, MD

Scan QR Code For Celebration of Life Video

