

The Dermatology Institute

DUPAGE MEDICAL GROUP

We Care For You



for healthy beautiful skin

skin deep



the gold standard for
treating skin cancer

Mohs skin cancer surgery

the perfect complement

*Make aesthetic services part of your
skin care regimen.*

q&a

*Our dermatologists answer
your questions.*

SUMMER 2010

the gold standard for treating skin cancer

Mohs skin cancer surgery

Microscopically controlled surgery was developed in the 1940's by Dr. Frederick Mohs as the most precise way to remove skin cancers. The basic principle behind the Mohs technique is to remove the entire skin cancer without taking any more normal skin than is absolutely necessary, resulting in a 99% cure rate and the smallest scar possible.

Often times what is seen on the skin surface only represents a part of the actual skin cancer, the “tip of the iceberg” so to speak. With our eyes alone we cannot see the “roots” of the skin cancer that are under the skin surface. The microscope is used to trace out and map the exact extent of the tumor. The surgeon then removes only the cancerous tissue. The Mohs technique offers the highest cure rate of any technique available.

Mohs surgery is reserved only for certain cases:

- The tumor is located on a structure that is so important that one wishes to remove only the diseased tissue and preserve as much normal skin as possible (face, hand, fingers, ears, genitals, etc.)
- The cancer has been previously treated and has come back.
- The extent of the cancer is not clearly visible
- The tumor occurs in an area where it is not effectively curable with other methods.

Our Mohs surgeons, Dr. Bhatia and Dr. Tung are both fellowship trained in Mohs surgery and facial reconstruction. They are fellows of the American College of Mohs Surgery (ACMS) www.mohscollege.org





The perfect complement

Make aesthetic services part of your skin care regimen

When it comes to your skin, don't you want the best care possible? That's why you see a dermatologist. But how do you keep your skin looking and feeling best between regular dermatology appointments? That's where our aesthetics services teams really shine.

Conveniently located within our practice, our aestheticians offer great services and products to make your skin the best it can be. Even if you have a challenging dermatologic condition, our highly trained aestheticians offer the perfect solution to address your skin issue. And they also offer exclusive products perfectly matched to your skin type. So if you want your skin to be its healthiest, if you want to address a problem area or if you just want to look younger and better, our aesthetic services are a perfect complement to your dermatologic care.

Staff

Ashish Bhatia, M.D.
Jeffrey Hsu, M.D.
Rebecca Tung, M.D.
Laura Collins, A.P.N., D.C.N.P.
Megan Hotchkiss, P.A.-C.
Meghan Nolan, P.A.-C.
Christopher Arico, P.A.-C.
Melissa Seneczko, L.E.
Lee Ann Beyer, L.E.

2155 CityGate Lane
Suite 225, Naperville

630 547 5040
dupagemedicalgroup.com

Aesthetic services in Naperville

Services

Advanced refining therapy
Chemical/facial
& body peels
Clarifying acne treatment
Clarifying back treatment
Clinical customized facials
CO2 laser resurfacing
Cosmetic laser surgery
Laser hair removal
Laser tattoo removal

Liposculpture
& lipotransfer
Omnilux light therapy
PDT —
photodynamic therapy
PPx deep pore
cleansing therapy
Sclerotherapy
Silkpeel — dermalinfusion/
microdermabrasion

Products

Botox®
Juvederm™
Perlane®
Prevelle™
Radiesse®
Restylane®
Sculptra™

Q & A



Kelle Berggren, M.D.

Q Is Accutane off of the market?

A Isotretinoin (Accutane) is a medicine that revolutionized the treatment of acne. Accutane works by decreasing the size and output of oil glands, making skin cells less “sticky”, so less able to form blackheads and whiteheads and by reducing the number of bacteria in the oil gland and on the skin surface. Accutane is generally used for cystic scarring acne or acne resistant to oral antibiotics. The drug does have side effects, but they are extremely rare.

The answer to the above question is yes and no. Hoffman-La Roche Inc. discontinued the manufacturing and distribution of Accutane when it became available as a generic drug. Now more than 95% of prescriptions for Accutane are dispensed in the generic form.

Ashish Bhatia, M.D.

Q What is Rosacea?

A Rosacea is a common skin disorder that may cause facial redness, flushing and bumps. It affects both men and women, usually on the cheeks, forehead, chin and nose. With recurrent flares, visible blood vessels can develop. These are easily treated with lasers, but in men, a bulbous red nose called rhinophyma may develop, requiring surgery. Early diagnosis and treatment may prevent this. Risk factors for rosacea include fair-skinned individuals at any age. Individuals should avoid triggers such as hot drinks, spicy foods, caffeine, and alcohol. Good sun protection and avoidance is a must. Topical and oral medications can help control rosacea, but there is no cure. Visit your dermatologist to learn more.

Our dermatologists answer your questions

James J. Herrmann, M.D.

Q What are “dermal fillers” and what do they do?

A “Dermal Fillers” are sterile, safe gels that are injected into the skin to plump up deep folds and wrinkles and restore lost volume in our face that is seen with aging.

The dermal fillers include hyaluronic acids such as (Restylane, Perlane, and Juvéderm), Radiesse which is a calcium based gel, and Sculptra which is composed of poly-L-lactic acid.

The fillers are primarily used on the cheeks, the fold between the nose and cheeks, the corners of the mouth and lips.

These fillers can last anywhere from 6-9 months with the hyaluronic acids, 9-18 months for Radiesse and up to 2 years with Sculptra. You will see immediate results with the hyaluronic acids and Radiesse. Sculptra is injected over a series of 2-4 sessions and the improvement is more gradual over time.

Our patients love the fillers. They see quick results and love the way they make their appearance more youthful and fresh. We can help you decide which filler is the best for you.





Sharon Fang, M.D.

Q How do I choose and use a sunscreen?

A Choose a sunscreen that is water-resistant, broad-spectrum (protects against UVA and UVB) with an SPF (sun protection factor) of at least 30. The SPF number only indicates a sunscreen's effectiveness against UVB rays (what causes a sunburn). Currently no rating system exists for UVA rays (what causes the skin to age and wrinkle). Excessive exposure to both UVA and UVB can lead to the development of skin cancer. Ingredients such as oxybenzone, avobenzone (Parsol 1789), and mexoryl offer good broad-spectrum protection. Physical sunscreens contain titanium dioxide and/or zinc oxide which offer good UVA and UVB protection, and are especially useful for people who have sensitive skin or are allergic to chemical sunscreens. Remember that protective clothing such as long-sleeved shirts, pants, a wide-brimmed hat, and sunglasses are also helpful ways to protect against the sun.

Alix J. Charles, M.D.

Q I was told I have a Pre-Cancerous Skin Lesion, do I have Skin Cancer?

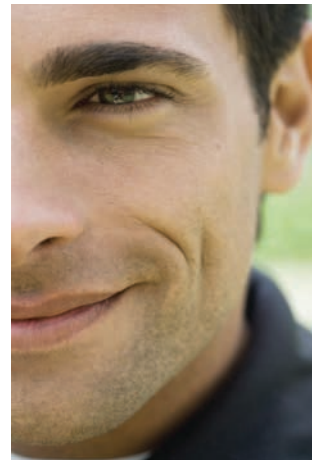
A These lesions are called Actinic Keratoses (AK's). They are common lesions caused by years of sun exposure. They appear on areas that receive the greatest sun exposure, the face, neck, ears, arms, hands, and bald scalp. No matter where they develop, they are considered to be the earliest stage in the development of skin cancer. Changes to the cells cause the skin to become rough and scaly. Left untreated, AK's can progress to a squamous cell carcinoma, a type of skin cancer. The most common treatment is cryosurgery, which is the application of a cryogenic (extremely cold) substance to the lesion. This freezes the skin causing the lesion to flake off. Other therapies include applying a topical cancer-fighting cream and Photodynamic Therapy.

Jeffrey T.S. Hsu, M.D.

Q What is the deal with Dysport?

A Dysport is so similar to Botox that it can be called Botox's first cousin. This new wrinkle relaxer is approved to treat forehead wrinkles and frown lines between the eyes. Dysport has been used in Europe for over 20 years and gained FDA approval to be used in the United States in 2009.

When injected, Dysport relaxes the targeted muscles for up to 4 months. After treatment, the overlying skin becomes smooth and unwrinkled, while the untreated facial muscles continue to function, allowing for normal facial expression. These properties make Dysport an excellent alternative to Botox. The cost of Dysport treatment is comparable to Botox.



Rebecca Tung, M.D.

Q What causes crow's feet?

A Crow's Feet are those fine wrinkles which creep up around the eyes as early as the late twenties. These wrinkles seem to be the tell-tale sign of age since they often expand and deepen over time. The primary cause stems from thinning of delicate eyelid skin due to sun exposure and repetitive movements such as smiling and squinting. Skin also loses its elasticity and firmness due to reduced amounts of collagen production. Fend off these unwanted signs of aging with easy in-office procedures that address the 3 R's:

- **relax** muscles which create the lines with Botox or Dysport
- **refill** lost volume in the skin with fillers like Restylane and Juvederm
- **resurface** with fractional lasers like the Mixto and Pearl or chemical peeling

Wearing a hat, sunglasses, sunscreen and an eye cream can help to maintain your results.

our physicians & locations



James J. Herrmann, M.D.
Wheaton



Kelle Berggren, M.D.
Wheaton



Alix J. Charles, M.D.
Hinsdale



Sharon Fang, M.D.
Lombard



Ashish Bhatia, M.D.
Naperville



Jeffrey T.S. Hsu, M.D.
Naperville



Rebecca Tung, M.D.
Naperville



Hinsdale

908 N. Elm Street
Suite 202
Hinsdale, IL 60521
630 286 5050

Lombard

1801 S. Highland Avenue
Suite 220
Lombard, IL 60148
630 873 8700

Naperville

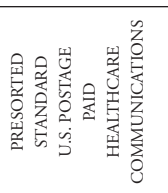
2155 CityGate Lane
Suite 225
Naperville, IL 60563
630 547 5040

Wheaton

199 Town Square
Suite A
Wheaton, IL 60189
630 871 6690

skindeep

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Naperville, IL 60563
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