



## Skin Care: 3 Ways to Stay Healthy

by Dr. Stacey Tompkins, MD of North Coast Dermatology Medical Associates

If you're like most people, you've probably seen the doctor recently on an issue pertaining to your skin. That's because according to a new study at the Mayo Clinic, dermal disorders are the number one reason people visit their doctors in the United States.

From all other non-acute conditions, skin problems like rashes, lesions, acne and pre-cancerous pigmentation were top causes for visiting the doctor over a five year period.

Researchers studied a medical database of more than 142,000 individuals, discovering in the process that skin issues exceeded all other health concerns like joint disorders or back pain, which respectively ranked as the second- and third-most reason to visit the doctor. Of the individuals studied, demographics like age and gender were nearly identical to that of the United States, with the exception to race which varied only slightly from the rest of country.

Conditions fluctuated by age including younger patients visiting their doctors for rashes and acne, while older patients received



**NC Dermatology Medical Associates has moved to Suite D 308!**

care for lesions or pre-cancerous conditions.

You can take a proactive approach to keeping your skin healthy. Save a trip to the doctor this year by keeping close watch on your skin. Here's how:

### 1. Wear Sunscreen

The best way to reduce your risk of skin cancer and pre-cancerous moles or pigmentation is by the daily use of sunscreen. Always apply lotion containing at least an SPF 15 active ingredient on a daily basis. For the face, always use an SPF 30 or greater to keep skin looking young and healthy.

### 2. Lather, Rinse, Repeat

Keeping skin acne-free involves careful at-home care including the use of proper face wash while keeping your skin clean on a regular basis. Be careful not to overdo it, though; over-zealous scrubbing using harsh ingredients can exacerbate the condition. Use gentle products with active ingredients designed to combat acne.

### 3. Limit skin's exposure to harmful environments

Rashes and lesions can often occur as a result of exposure to harmful environments. Avoid direct contact with plants, animals or chemicals that are suspected to cause harm to the skin including poison oak, pets if you have allergies, and ammonia, bleach, drain cleaners and other toxic, volatile chemicals. Wear gloves, long pants and other protective gear when entering hazardous environments.

This is an excerpt from the original article that ran in The Coast News. To read the article in its entirety, visit [www.NorthCoastHealthCenter.com/news](http://www.NorthCoastHealthCenter.com/news)

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# North County Radiation Oncology Center Joins Scripps Clinic

## Scripps expands cancer services in region with new site in Encinitas

Pacific Radiation Oncology in Encinitas have joined Scripps Clinic Medical Group in an agreement completed April 1, 2015.

The agreement expands Scripps' radiation oncology services in North County and adds yet another highly specialized treatment option – CyberKnife stereotactic radiosurgery – to Scripps Health's comprehensive cancer treatment offerings.

"We are pleased to welcome Pacific Radiation Oncology in Encinitas into the Scripps Clinic family," said Robert Sarnoff, MD, president of Scripps Clinic Medical Group.

"Their physicians and staff are known throughout North County for using the most effective and appropriate treatments and setting an example for radiotherapy excellence in the region."



## PHARMACIES PLAY A LARGE ROLE IN PATIENT COMPLIANCE

When it comes to the current state of health care in the United States, blame is cast in many directions. The reality is that one of the biggest stressors on our health care system can be explained in two words: patient compliance.

Patient compliance is defined as the degree or extent to which a patient follows or completes a prescribed diagnostic, treatment or preventative procedure. When it comes to prescriptions, the numbers are particularly surprising.

"If I asked you what percentage of prescriptions written in America go unfilled, what would you say?" asked Jason Sabouri, co-owner of North Coast Medical Pharmacy.

You might be surprised to learn that the number is 30 to 40 percent. So for every 100 prescriptions written, 30 to 40 of them never get properly administered to the patient.

Sabouri used an example of a patient seeing a doctor for a respiratory issue. That patient might be prescribed an inhaler. They might

not ever pick up their inhaler, or perhaps they pick it up but find it is too difficult to use. This same patient might end up checking into the hospital because the issue was left untreated. Now you've got a patient whose issue could have been treated with proper use of a prescription, but now they are hospitalized for an entirely treatable issue. Multiply this scenario by the number of prescriptions that never make it into the hands of the patient and it is easy to see how this could strain our health care system.

North Coast Medical Pharmacy employs a two-pronged business model that helps to combat this problem. First, they are an independent pharmacy. This is increasingly rare as chain pharmacies are pushing out their independent competitors across the country. In fact, North Coast Medical Pharmacy is the only remaining independent and family-run pharmacy in Encinitas.

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## Integrative Endocrinology - Hormones Make the World Go Round

If you do not know what an endocrinologist is you are not alone. Endocrinology is a young field, with hormones having been first discovered in 1905. Each hormone plays a critical role in health and wellness. Examples of endocrine organs are thyroid, adrenal, pituitary, ovary, testicle, pancreas, fat cells and parathyroid. The interplay between these hormones and the rest of the body is an intricate dance of the utmost complexity.

If you are one of the minority that are proactive about your health, kudos to you. Even those who are proactive can benefit from a health advocate. Hopefully you find this advocate in your doctor. If that is not the case, it is time to make your health your most valuable asset and highest priority. If you'd like to learn more about endocrinology and hormonal health, visit [www.centerforhormonalhealth.com](http://www.centerforhormonalhealth.com), or call 760-753-ENDO (3636). **Dr. Danielle Weiss, MD**



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# YCO FACIAL PLASTIC SURGERY... Creating Beauty One Face at a Time

Have you found yourself looking in the mirror and wishing you could turn back the clock? Maybe you've been hesitant because you don't want to look as if you've had work done. Or maybe, like many people, you have a fear of general anesthesia. Perhaps you think you can't afford it. The team at Yco Facial Plastic Surgery wants to put your worries to rest.



"There are ways you can look more youthful and refreshed, and still maintain your natural appearance," Dr. Mario Yco said. He added that a successful treatment or procedure shouldn't completely change your appearance, but should rejuvenate your face.

Having worked in the industry for many years, Patient Coordinator Valerie Watt said that one of the biggest hurdles for many patients is general anesthesia. "Ninety percent of our procedures are performed under IV sedation," she said. IV sedation allows the surgeon to manage a patient's anxiety and keep them comfortable.

If you think facial procedures are out of your budget, you might be surprised to learn that there are treatments and procedures at a variety of price points. There are also financing options available.

Yco Facial Plastic Surgery offers facial plastic and

nonsurgical procedures. "We do everything from the neck up," Dr. Yco said. "We offer a wide range of surgical options from a mini lift to a full facelift. Nonsurgical options include light and laser skin and hair treatments as well as Botox and injectables for facial contouring."

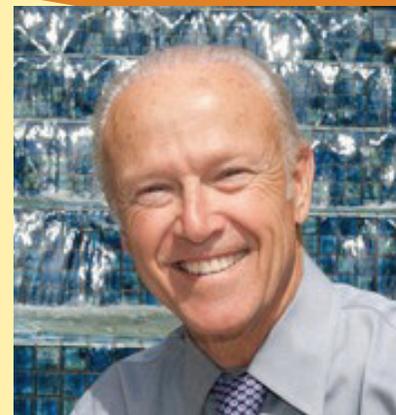
Dr. Yco has focused exclusively on head and neck for more than 25 years. He is double board-certified by the American Academy of Plastic and Reconstructive Surgery and the American Academy of Otolaryngology Head & Neck Surgery.

Anyone can benefit from the services offered at Yco Facial Plastic Surgery. "With many procedures being preventative, we see men and women of all ages," Dr. Yco said.

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# North County Dental Office Where Experience Overcomes Fear

For many people, the idea of visiting the dentist causes a knot to form in the pit of their stomach. Fear, anxiety and apprehension take over, and overshadow their good common sense. We all know that good oral health and healthy teeth are an integral part of our total health.



**Dr. Michael Myers, DDS**

So why is it that 50% of Americans do not routinely see a dentist? The overriding answer is FEAR.

People find many reasons to put off seeing a dentist ... "I don't have the time.", "It's too expensive.", "My teeth feel fine." But the bottom line is that they are afraid.

Dr. Michael Myers and his staff at North Coast Family Dentistry are sensitive to that fear and have spent the better part of the last 40 years trying to allay people's fears and promoting dental health and comfort.

Dr. Myers believes that what sets his office apart is experience. "We have been serving our patients here in Encinitas for over 36 years. Many of my staff members have worked with me for 10 to 20 plus years. They have established strong relationships with our patients and have been able to respond to their unique dental needs and fears. We are proud of the loyalty our long-term patients have shown to our practice."

"We are committed to excellence", says Dr. Myers, "both in the delivery of dental care and in customer service. North Coast Family Dentistry is a dental practice firmly committed to the belief that you have the right to choose your own dentist and that you deserve the highest quality of care and personal attention. We've built our practice on the essential elements of trust, respect, and communication. Our patient reviews on various social media websites speak to this point. We encourage our patients to communicate to us their individual concerns and goals. We work hard to achieve those goals and communication is the key to this success."

North Coast Family Dentistry is a full service general dental practice focusing on restorative and cosmetic dentistry. From teeth whitening (Zoom!) to veneers to traditional crown and bridge or implants, Dr. Myers and his staff enhance the natural beauty of your smile.

This is an excerpt from the original article that ran in the Encinitas Advocate. To read the article in its entirety, visit [www.NorthCoastHealthCenter.com/news](http://www.NorthCoastHealthCenter.com/news)

# ORTHODONTIST OFFERS IMPROVED OPTIONS FOR CREATING A BEAUTIFUL SMILE

When you think of orthodontics, do you think of a mouth full of painful metal braces? Dr. Terrie Yoshikane of Yoshikane Orthodontics wants to assure you that there is a better way.

Recent advancements are making orthodontics appealing to patients of all ages.

"Orthodontics is not just for kids," Dr. Yoshikane said. "It doesn't have to hurt, and you don't need to have metal in your mouth."

"In most instances, we can use Invisalign to get the same results as braces," she said. "We can correct the bite and create big, beautiful smiles with less pressure than traditional braces."

Dr. Yoshikane is the first — and only — orthodontist to reach the Invisalign "top 1 percent" in San Diego County, a distinction given only to the top 100 orthodontists in the nation.

Another option for discreet tooth alignment is Damon Clear Braces. "They allow the teeth to move freely and with little discomfort," Dr. Yoshikane said.

Not only are metal braces a thing of the past, so are the molds made of goopy material that went in your mouth. "We use the Itero intraoral scanner to make a digital 3-D model on the computer instead," Dr. Yoshikane said. "And, we use digital x-rays taken in-house to reduce the exposure to our patients."

Dr. Yoshikane is also excited about a new device called



AcceleDent. "It is FDA-cleared and helps your teeth move 30 percent to 50 percent faster," she said. "With it, our patients notice very little discomfort during their treatment."

"We are most excited about the combination of Invisalign and AcceleDent to help patients achieve the smiles they desire — no metal, less discomfort and less time to finish."

The patients' overall satisfaction is the goal for the team at Yoshikane Orthodontics. "We work hard to give our patients the most gentle treatment options and individualized care possible," Dr. Yoshikane said. They also want patients to feel like part of the family. "We welcome patients to our warm, comfortable office and enhance their care with the most high-tech products and equipment available," she said. "We care for them like family."

The special care she gives to the patients at her practice extends to her charitable efforts. "I have been the orthodontist for Fresh Start Surgical Gifts for more than 15 years," Dr.

Yoshikane said. "We donate our time and services to care for cleft palate and other surgical patients."

Dr. Yoshikane has a deep sense of community and loves practicing in Encinitas. "We have been lucky to be part of this community for more than 25 years and have been proud to give back by sponsoring the local schools, sports teams and participating in the annual Switchfoot Bro-Am events."



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