

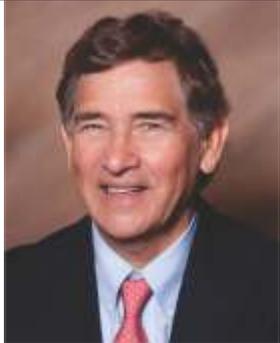


PIMA DERMATOLOGY

ADULT / PEDIATRIC / COSMETIC / LASER & SKIN SURGERY

A center of excellence providing medical, surgical, and cosmetic dermatology services in a caring, professional environment.

FALL/WINTER 2014 - 2015 THE UPDATE



COSMECEUTICALS AND THE SKIN

By Gerald N. Goldberg, MD

First of all, what exactly is a cosmeceutical?

A cosmeceutical is a product with a demonstrated medical benefit that does not require a prescription. There is a tremendous array of skin care products out there which claim to have medical value, making sorting out the ingredients that may be of value for your skin baffling. In our quest to find products to improve and maintain our skin that are well-tolerated and healthy, we often gravitate to product labels that read "natural" or "organic". We feel they must be safe and effective. I always remind patients that poison ivy and stinging nettles are good examples of "natural" substances that might not be optimal for applying to our skin.... and may actually be downright harmful!

There is a lot of marketing hype in the media about this ever growing area of "cosmeceuticals". I would like to review some of the scientifically studied ingredients that may actually

have some value for your skin in an attempt to develop a rational approach to skin care health and maintenance. Let's focus on the ABC's of vitamins for this discussion.

Vitamins and the Skin

Some of the most commonly used vitamins in our topical skin care products are vitamins A, B, C, D, and E. Vitamin A, for topical use, originally came out in the form of Retinoic Acid in the 1970s and was used almost exclusively for acne treatment. I personally recall using Retin-A topically for my acne as a college student in 1971! The product was initially very irritating. Over the years, many delivery forms, including better tolerated cream-based formulas, were developed. Retin-A (Tretinoin) was well-studied for acne and was excellent at unplugging pores, enhancing cell turnover and exfoliating the skin surface. Through the decades, a number of other Vitamin A products called "Retinoids" (i.e., Adapalene, Tazarotene) were also developed primarily for acne.

In 1988, some landmark studies from Dr. Vorhees in Michigan revealed

additional health benefits of Retin-A to help reverse some signs of skin aging on facial skin. He demonstrated that when applied regularly, the skin had more even color, improved tone, texture, increased collagen and blood vessels; in other words, more youthfulness! His studies opened up a more scientifically-based approach to the study of skin products for aging and skin health. Newer products from many commercial companies use various forms of Vitamin A in their products (such as Retinol) which is useful, albeit probably about tenfold less potent than Retin-A. A Retinoid remains the most important single skin product with proven value for ongoing skin health. Retinoids, such as Retin-A (Tretinoin) or Adapalene, require a prescription, while the Retinol products (like SkinMedica Retinol Complex) do not.

What about the B vitamins? Probably the most well-examined vitamin B skin cream is the vitamin B3 creams first studied and made commercially available by biochemists from our very own University of Arizona over a decade ago. These creams go by the trade name of NIA 24 and have been shown to thicken aging and sun

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damaged skin, restore the normal skin barrier function, and even lighten skin pigmentation. They further showed that this cream works well (and even better) in conjunction with a Retinoid and that the two creams work in a complementary fashion to improve and maintain healthy skin.

Vitamin C ("Ascorbic Acid") has been very essential for skin health after first being discovered in the 18th century as a cause for skin and mouth sores in the skin deficiency condition known as "scurvy". In the late 20th century, Linus Pauling advocated "mega doses" of vitamin C to cure the common cold and other common ailments. Clearly adequate vitamin C in the diet is helpful in building skin collagen which supports blood vessels and strong skin. Vitamin C is one of several important "antioxidants" which also help repair sun damaged skin. What about topically applied vitamin C? This also has been studied extensively by researchers over the last two decades and many forms, including creams and serums, are commercially available. The topically applied products can be significantly more effective than oral preparations. Vitamin C has been shown to increase skin collagen, thereby improving skin tone and texture, repairing UV skin damage and decreasing skin pigmentation as well. Topical vitamin C is a common ingredient in many creams, cosmetics, and even sunscreens. Products such as iS Clinical Pro-Heal Serum and SkinMedica C + E Complex are examples of commercially available topical vitamin C products.

There has recently been a lot written and some significant controversy over Vitamin D. It seems everywhere

you look someone is discussing the benefits of vitamin D and the risks of vitamin D deficiency. First, let's review some biochemistry and physiology of vitamin D. Vitamin D is absorbed from foods we ingest in an inactive form which requires the skin and Ultraviolet B light to further convert the vitamin D into an active form (D3). Fair skinned people are able to convert vitamin D much more avidly than darker skinned people. Active vitamin D3, which is further regulated by the kidney, is an important factor in calcium metabolism which helps to build strong bones, as well as other more recently discovered anti-cancer and immunologic benefits. In addition, over the last two decades, topical vitamin D has been a valuable adjunct in the treatment of certain skin diseases such as psoriasis. Inability to absorb vitamin D from nutrients (i.e. Celiac Disease, Kidney Disease), having dark skin in non-sunny climates, or complete sun avoidance may lead to vitamin D deficiency. Depending on skin type and where you live, as little as 5 to 30 minutes of sun exposure twice weekly may be all one needs to maintain a healthy vitamin D level. Sunscreens CAN effectively block UVB conversion of vitamin D! While a full discussion of the use of sunscreens and vitamin D is a topic for further discussion, suffice it to say that the American Academy of Dermatology recommends that one should check his/her vitamin D level and if deficient, take a vitamin D3 supplement (i.e. ~100units/day). Topical vitamin D is primarily of value in the treatment of psoriasis and some select skin conditions which are aided by vitamin D's effect to help normalize certain skin cell functions.

Vitamin E ("tocopherol") has been hailed as the "elixir of youth" over the

centuries and is also a well-known antioxidant. The antioxidant effects are useful to protect and repair the skin from the oxidative stress of UV and chemical injury. In the 1920s, tocopherol was discovered from the oil of unsprouted wheat and was found to be a useful antioxidant to aid in patients with heart disease and some cancers. There is considerable controversy as to its proper dose and value in these conditions. There is a well-entrenched old wives' tale that topically applied vitamin E can help improve skin scars. Surprisingly, no data exists to support this claim! In addition, tocopherol is a fairly common cause of contact dermatitis. However, it is a useful addition to many cosmetic and cosmeceutical products and there is data to suggest that it may act synergistically with vitamin C in enhancing a product's antioxidant levels and skin protective properties.

In summary, what topically applied vitamin products could one use to maintain optimal skin health? I recommend using a gentle cleansing product (Betaplex Gentle Foaming Cleanser, NIA 24 Gentle Cleansing Cream) and something to protect the skin from damage in the morning and a reparative product at night. For instance, one might use a vitamin C serum in the morning (iS Clinical Pro-Heal) under a broad-spectrum (SPF 30+) water-resistant sunscreen (Tizo 3). In the evening, consider alternating a retinoid ("tretinoin") with a vitamin B product such as NIA 24 Intensive Recovery Complex. We have these products available for purchase and welcome you to explore samples. Please ask Sarah or one of our associates for samples or further help in selecting a skin care program to help keep your skin healthy for the long-haul!

SkinMedica's TNS Essential Serum® - THE MUST-HAVE PRODUCT - Now Available!



Give skin damage the one, two punch with SkinMedica's TNS Essential Serum® (*Tissue Nutrient Solution*). This celebrity-loved, science-driven, age-defying product utilizes natural human growth factors to reduce the visible appearance of fine lines, wrinkles, uneven texture, and decreased skin elasticity. The airless pump contains dual chambers, one filled with proteins, antioxidants and amino acids, and the other the APS Corrective Complex. The combination is a powerful serum to treat and maintain a healthy, youthful complexion. \$270



Meet JUVÉDERM VOLUMA™ XC

the LATEST Addition to Our BEAUTY TOOL BOX

By Jennifer Allison, PA-C



Just like the dermal filler known as JUVÉDERM™ XC, JUVÉDERM VOLUMA™ XC is used for specific corrections for the face to counter the effects of aging. Both dermal fillers are hyaluronic acid (HA). The modified HA is derived from a naturally occurring complex sugar. HA is a hydrating substance found in our skin. As we age, HA slowly diminishes, causing our skin to lose structure and volume. We see this as fine lines, wrinkles and sagging facial skin. Voluma injectable gel is the first and only filler FDA-approved to instantly add volume to the cheek area. It gives a subtle lift, helping to restore contour and a more youthful profile, for up to two years – exceptionally long for a HA filler.

Most side effects are moderate and can last approximately two to four weeks. The most common side effects are temporary injection-site reactions such as redness, pain/tenderness, firmness, swelling, lumps/bumps, bruising, itching, and discoloration. Voluma contains lidocaine, a numbing medication, which helps to make the injection process more comfortable. After 24 hours, you should be able to resume your normal activities.



For correction of fine lines and wrinkles, do not forget Juvederm XC. Juvederm XC is used to instantly improve vertical lip lines, smile lines, marionette lines and the corners of the mouth. It provides natural-looking correction for up to one year.

What singles the professional injectors at Pima Dermatology out as qualified injectors of Voluma XC and Juvederm XC is our training and decades of experience with dermal fillers. We are passionate about helping our patients look and feel their best. As an added benefit of choosing to receive treatments through our practice, 48 to 72 hours following the injection, if needed, we offer our patients complimentary Laser treatment to decrease signs of bruising (a \$75 value). For more information about enhancing your skin with dermal fillers, please visit www.pimaderm.com.

BEST PLACE TO WORK

It is with great pride that we announce Pima Dermatology is a 2014 Copper Cactus Awards' BEST PLACE TO WORK finalist (we were also a finalist in 2012)! Out of 500 nominees, we were selected as one of only 14 businesses that made the Best Places to Work finalist category. The Blue Cross Blue Shield of Arizona Best Place to Work honors businesses that encourage and support professional growth, education, and development for employees.

The Copper Cactus Awards is presented jointly by Wells Fargo and the Tucson Metro Chamber of Commerce and serves to recognize and celebrate the accomplishments of Southern Arizona's best small businesses in categories such as innovation, work environment, growth and community stewardship.

Nominations were submitted by members of Southern Arizona's community in support of locally owned small businesses, business leaders and charitable non-profit businesses. For more information, please visit www.tucsonchamber.org.



Fractional Laser Skin Resurfacing:

Bringing Your Most Beautiful Skin to Light

By Maria Cano, Cosmetic Associate



Do you want healthier, younger skin? Consider Fractional Laser Skin Resurfacing. Over the years, we have had many patients seeking a more youthful appearance with little to no downtime. It is now easier than ever to improve the way your skin looks and feels, without surgery or lengthy recovery times. You don't need to hide your face while bruises fade or scars heal; this treatment really is quick and convenient. The purpose of Fractional Laser Skin Resurfacing is to return skin (that has in some way deteriorated, whether it be from aging, sun damage, smoking, environmental stressors, etc.) back to a more even tone and color. It can quickly and easily improve a multitude of skin flaws. It is the solution that can give you more youthful, touchable, and beautiful skin.

Fractional Laser Skin Resurfacing can improve the appearance of age spots, sun damage, skin tone and texture, wrinkles, surgical scars, acne scars and stretch marks. The Palomar Starlux Laser uses laser energy microbeams in the areas of affected tissue that extend through the epidermis into the dermis, stimulating new collagen. The coagulated tissue initiates a natural healing process that accelerates the formation of new, healthy tissue resulting in healthier, younger skin.

Skin rejuvenation works on many skin types. Different options can knock out the deepest wrinkles, improve the most challenging scars, and help correct a wide variety of other skin imperfections. Most treatments last no more than 30-45 minutes, depending on the condition being treated. Patients usually resume regular activities the same day following treatment. More aggressive procedures may require a few days of healing. Depending on the options, most patients feel minimal discomfort during and after the treatment. Expect to experience temporary redness, warmth, and swelling at the treatment site, which typically lasts only 2-4 days. We will discuss potential side effects and your post treatment expectations with you based on the type of treatment you will receive. Other non-ablative laser treatments include: Excel V and Gentle YAG. Ideally, these non-ablative lasers can be combined with other skin rejuvenating modalities and skin care. We are here to recommend the best treatment options and products to bring your most beautiful skin to light!

Before Starlux



After Starlux



A Visit from ACROSS THE POND

By Sarah Cadrobbi, Marketing & Cosmetic Manager



Pima Dermatology reveres teaching and is always excited to host physicians to enhance their education in dermatology. We hosted Dr. Firas Al-Niaimi for a preceptorship in September to further broaden his knowledge in lasers. Dr. Al-Niaimi completed his full specialist training in dermatology in Manchester and subsequently completed a prestigious dermatological surgery and lasers fellowship in the world renowned dermatology institute of St. John's at Guy's and St. Thomas' Hospital in London. Visiting us from "across the pond", Dr. Al-Niaimi flew for over 19 hours to observe and experience our practice. He had exposure to a variety of laser treatments and cosmetic procedures. Along with a VIP pass to the inner workings of our office, his trip to the Old Pueblo wouldn't be complete without the authentic Southwest: Saguaros, the San Xavier Mission, and of course, Fry Bread!



Dr. Al-Niaimi said "Dr. Goldberg and his team were exceptional and made me feel very welcome." Summing up his time spent with us, he stated, "I left back home with lots of pearls and new techniques that I will be able to offer to my patients. I will be forever grateful to Dr. Goldberg and his team. The whole experience can be summed up in one word: awesome!" We thank Dr. A. for his time spent with us. A very fond "cheerio" to our new friend!

Dr. Firas Al-Niaimi, San Xavier Mission, September 2014



SUN Protection Recommendations: A Clinical Update



By Liza Byrne, PA-C

Why Do We Need Sun Protection?

Skin cancer is the most dreaded outcome of excessive sun exposure. Additionally, ultraviolet rays from the sun (UVA and UVB) result in photo aging and wrinkling, sun spots, loss of skin elasticity, telangectasias, and large pores in the skin.

Sun Protection Strategies

Be aware of the strength of the sun at your location. Seek shade at midday (10am-3pm). Wear protective clothing including a broad-brimmed hat, long sleeves and sunglasses. Apply a broad-spectrum sunscreen (UVA and UVB) with a minimum SPF 30. Be aware of risk for UV exposure in daily activities such as driving or sitting outside. Avoid tanning beds and sun lamps.

Sunscreens and their Ingredients

Sunscreens have been used safely for decades to protect our skin for damaging ultraviolet rays. The ideal sunscreen provides protection against UVA and UVB rays (broad spectrum), a minimum of SPF 30, and is water-resistant for a minimum time of 40 minutes. There are a number of currently FDA approved sunscreen ingredients and several more are awaiting approval.

Sunscreen Safety Concerns

All sunscreen ingredients have been tested extensively by the FDA and are safe. However, some people do raise concerns about the safety of these ingredients. For example, one of the UV filters most questioned is oxybenzone. In an animal study, a hormonal effect was shown when this ingredient was used in very high doses. When the study was repeated in humans however, there was no hormonal effect shown. We know for certain that the risk of not applying sunscreen is greater than any risk of exposure to sunscreen chemicals.

2011 FDA Regulations and Key Rulings:

A sunscreen may include a "broad-spectrum" claim only if it passes a "critical wavelength" (CW) test. This is the wavelength at which the 90% of the total area under the absorption curve resides. A sunscreen may

include a "skin-cancer protection" claim only if it has an SPF equal to or greater than 15. Sunscreens with an SPF of less than 15 must include a "skin cancer/skin aging" alert.

Sunscreens may only use the "water resistance" claim if they pass the water-resistance test. Additionally, specific information on how long the sunscreen can maintain its SPF must be stated. For example, "water resistant (40 minutes)" or "water resistant (80 minutes)".

Elimination of the Terms "Sunblock, Waterproof, and Sweat Proof":

These terms have been eliminated because they've been shown to mislead the consumer. No product completely blocks ultraviolet rays and they all eventually rub or wash off. All sunscreens must include "application directions". Users are instructed to apply the sunscreen liberally 15 minutes before exposure. Reapplication instructions depend on the product's water resistant status.

Pending Decisions

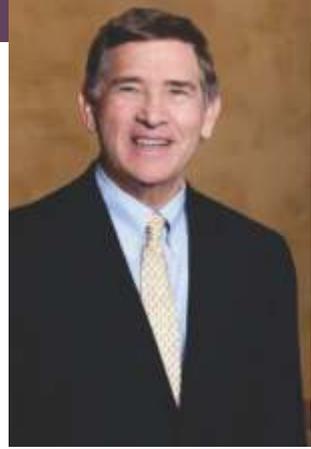
The maximum allowable SPF has not been determined at this time. Currently, the FDA proposes capping the maximum SPF at 50, as there is inadequate data supporting any benefits above SPF 50. Very high SPFs (80-100) may be misleading to the consumer thus resulting in a false sense of security. Spray formulations are still under investigation due to the potential of inhalation and lack of data regarding how much product actually adheres to the skin.

Strategies for Optimizing Sunscreen Effectiveness:

Consider sunscreen application a daily routine – like brushing your teeth. Apply sunscreen liberally 30 minutes prior to exposure in order to allow time for the sunscreen to be absorbed. For extended outdoor activity, use a broad-spectrum sunscreen with an SPF 30 or higher. Consider a water resistant product when swimming or sweating. Reapply sunscreen every 2 hours while outdoors and immediately after swimming or sweating. Pay particular attention to facial coverage.

Best Doctor in America

By Sarah Cadrobbi, Marketing & Cosmetic Manager



A very special congratulations to Dr. Goldberg, Medical Director and Owner of Pima Dermatology, for being listed once again as one of the Best Doctors in America. He is featured in Tucson Lifestyle's "419 Local Physicians" 2014 issue. With over 30 years of experience as a dermatologist and Laser surgeon, he is certified in more than 25 Laser modalities and has performed over 25,000 Laser surgeries to date. Dr. Goldberg is also a Clinical Professor of Dermatology at the University of Arizona and has been educating and training Dermatology Resident Physicians for over two decades. His tremendous dedication, sincere compassion, and unprecedented expertise is reflected by his constant enthusiasm to see patients each day - many who have been treated by him for years and even decades, from generation to generation.

Best Doctors® commissions an extensive and "exhaustive" peer review survey of the medical profession. More than 45,000 doctors who were identified in previous research as the "best" in their specialties are contacted by Best Doctors, Inc. and asked the following question, "If you or a loved one needed a doctor in your specialty, to whom would you refer them?" Each doctor surveyed has the opportunity to comment confidentially (and candidly) on other physicians listed in his/her specialty, and to make additional nominations.

NEW PRODUCTS TO LOVE

SkinMedica Retinol Complex: Your Skin's New Best Friend

Retinol offers the many benefits of vitamin A with less irritation. It unclogs pores, boosts collagen to reduce fine lines, and speeds cell turnover to even out discoloration and smooth the skin—sometimes in as little as four weeks. It is a great option for those with sensitive skin who have tried Tretinoin / Retin-A in the past but had difficulty tolerating it. These retinol complexes deliver targeted release of retinol to enhance tone and texture. Skin feels silky and refined and the appearance of fine lines and wrinkles are minimized. Added bonus, it reduces the appearance of dark spots, resulting in a more even skin tone. Available in .25%, 0.5%, and 1.0% strength. Price: \$60, \$75, and \$90



Clinicians Complex:
A New Gold Standard in Skin Lightening
Looking to remedy dark spots without a prescription? Clinicians Complex 6% Skin Bleaching Cream is a powerful jar cream that

combines three bleaching agents: hydroquinone, kojic acid, and bearberry extract. It is designed to lighten skin discoloration and pigmentation. Rich in vitamins C and E along with fruit acids, this cream rejuvenates, exfoliates, and protects your skin. Price: \$65



Jane Iredale Refill-Me™ Refillable Loose Powder: Makeup Made Easy
Travel lightly and bring a good brush. The new refillable loose powder brush is easy to use. Simply twist off the base and fill with your favorite loose powder. Twist the brush base back on and turn to the open position to allow powder to flow through. Only one jar of the Amazing Base Mineral Loose Powder is needed to fill the brush two times! Tip: Don't forget your hands when you're driving! Easy to dust on and provide your hands and arms with SPF 20 when you're on the go! Price: \$35





EVERYONE is at risk for SKIN CANCER: Know the Signs and GET TREATED

By Matthew W. Beal, MD

Skin cancer is the unchecked growth of abnormal skin cells. It is most frequently the result of exposure to ultraviolet light, either from the sun or indoor tanning devices, which triggers mutations in DNA that cause skin cells to multiply rapidly. Everyone is at risk for skin cancer, as one in five Americans will develop some form of skin cancer in their lifetime, resulting in more than 3.5 million skin cancers diagnosed in the United States annually. Although there are many types of skin cancer, the majority of diagnoses fall under the categories of either non-melanoma skin cancers (both basal cell carcinoma and squamous cell carcinoma) or melanoma skin cancer.

very small cuts around the tumor to both ensure a clear margin as well as spare as much healthy surrounding tissue as possible.

Melanoma is the abnormal growth of pigment cells in the skin as a result of ultraviolet-induced mutations in DNA. It is the deadliest form of skin cancer, killing one American every hour. Melanoma can occur anywhere on the body but it is most frequently found on the upper back, torso, lower legs, head, and neck. It may appear suddenly without warning or can develop from or near an existing mole. Although it can strike anyone, certain genetic factors confer an increased risk. They include: red or blonde hair and blue or green eyes, having more than 50 moles or more than one unusual mole, having a blood relative who has had melanoma, or having a previous diagnosis of melanoma or other previous cancers such as breast, thyroid, or pancreatic cancer.

Melanoma incidence rates have been increasing for the last 30 years, and melanoma is now the most common form of cancer diagnosed in young adults aged 25-29 years old. There will be almost 140,000 new cases of melanoma diagnosed in 2014. Melanoma frequently spreads to lymph nodes and many internal organs, making early detection and treatment essential. The five-year survival rate for people whose melanoma is detected and treated before it spreads to the lymph nodes is 98 percent. Conversely, the five-year survival rates for regional lymph node stage and distant metastatic stage melanoma are 62% and 16%, respectively. New, rapidly growing moles or moles that bleed, itch, or change color are often early warning signs of melanoma and should be examined by a dermatologist. If caught early, treatment with simple local excision is often effective and curative. Pima Dermatology, along with the *American Academy of Dermatology*, recommend an annual skin cancer screening. Our providers are highly educated and experienced in the detection and treatment of all types of skin cancers. If you haven't already, we encourage you to schedule your annual screening with us. *To schedule an appointment with Dr. Beal, please call 520.795.7729.*



Basal Cell



Squamous Cell

Basal cell and squamous cell carcinoma (collectively referred to as the non-melanoma skin cancers) are the most common form of skin cancer. They occur in the top layer of the skin and can appear on any sun-exposed areas of the body but most frequently arise on the face, ears, neck, and bald scalp. Basal cell carcinomas typically appear as a pearly bump, whereas squamous cell carcinomas frequently look like a scaly, red area. Both can ulcerate, bleed, or become tender, and although they

commonly spread slowly, if left untreated, they can lead to serious disfigurement and/or loss of function.

Any new, growing lesion that bleeds, ulcerates, or is tender should be evaluated for potential non-melanoma skin cancer by a dermatologist. Your dermatologist will typically sample the lesion via biopsy to determine if in fact a skin cancer is present and, if so, what type of skin cancer (either basal cell or squamous cell) is growing. The information obtained from the biopsy will direct definitive therapy, with either scraping and burning (in a technique called electrodesiccation and curettage) or simple, in-office surgical excision. For lesions growing in high-risk areas (such as the ear, eyes, nose, or lips) a technique called Mohs micrographic surgery may be warranted. In this technique, a specialized dermatologist takes



Goodbye to an Old Friend

We celebrate the life and legacy of our longtime friend and former practice partner of over 18 years, Robert Friedman, MD, who passed away after a prolonged illness on August 27, 2014.

Dr. Friedman worked alongside Dr. Goldberg and the Pima Dermatology team from 1984 until 2002, when he retired, at our previous location on Rosemont. He was a delightful physician, colleague, and friend to all who had the pleasure of knowing him. With a hardy sense of humor and a brilliant mind, he was fast on his feet with puns, and exuded warmth and a loving nature. Dr. Friedman lived life with gusto exploring the world, reveling in extensive hiking (especially at Sabino Canyon), and spending time quietly strolling on the majestic Coronado beach.

He made a lasting impact on his patients. Even with his retirement over a decade ago, to this day, patients still ask about Dr. Friedman, remembering his kindness and ease of care. Dr. Friedman was beloved by his family, his friends, and his patients, and will be deeply missed. He is survived by his wife Patricia, daughters Diana and Lara and their mother Sharon, sons Bobby and Jason, sister Harriet, grandchildren Sophia, Alex, Ty, Aaron, Aiden, and Kaia.



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