

## APPOINTMENTS

### Bethesda

Monday, Thursday, Friday 8:00 to 5:00  
Tuesday 8:00 to 6:00  
Wednesday 8:00 to 7:00  
Saturday 8:00 to 12:00

### Germantown

Monday to Friday 8:00 to 5:00

### RockledgeMedSpa

Monday and Friday 8:00 to 4:30  
Tuesday, Wednesday, Thursday 8:00 to 7:00  
Saturday 8:00 to 1:30

## CANCELLATION & "NO SHOW" POLICY

Please provide us with at least 24 hours advance notice for any appointment changes, so that we may offer the time to another patient. Otherwise the cancellation may be subject to a service fee.

## PRESCRIPTION REFILLS

Prescription refill requests are processed during office hours when we have full access to your medical records. Refills are not processed on holidays, weekends or if it has been more than six months since your last exam. For efficient handling of refills, have your pharmacy contact our office directly. The Bethesda Office RX line is 301-968-1202.

## TEST RESULTS

Pathology test results are usually returned to our office in 14 days from the date of the procedure. The Bethesda Office Test Result line is 301-968-1203.

## FEES, PAYMENT & INSURANCE

We participate in many insurance plans. Please be certain to provide our office with completed and signed insurance forms, billing information (insurance card) and all required referral and authorization forms prior to, or at the time of each visit.

For our patients who do not carry medical insurance, we do ask for full payment at the time services are rendered by check or credit card. All elective cosmetic procedures must be paid for in advance.

Website: [www.dermskin.com](http://www.dermskin.com) E-mail: [info@dermskin.com](mailto:info@dermskin.com)

Dermatology  
& clinical skin care center

ROCKLEDGE MED SPA

|                            |                                |
|----------------------------|--------------------------------|
| Rejuvenation of Aging Skin | Moles, Age Spots               |
| Cosmetic Laser Treatments  | IPL Photo Rejuvenation         |
| Liposuction                | Fraxel® Repair and Restore     |
| Sclerotherapy              | Plastic Surgery                |
| Spider Vein Treatment      | Permanent Make-up              |
| Radiesse™, Juvederm®       | Complete Skin Exams            |
| Sculptra™, Evolence®       | Restylane®                     |
| Botox®, Dysport®           | Thermage™                      |
| Chemical Peels             | ClearLight™                    |
| Laser Hair Removal         | Specialized Skin Care Products |
| Skin Cancer                | Microdermabrasion              |
| Acne & Acne Scars          | Xtrac Psoriasis Treatment      |
| Wrinkles                   | Facials                        |
| PhotoDynamic Therapy (PDT) | Zerona                         |

Roberta F. Palestine, M.D.  
Joseph I. Lee, M.D.  
Alison Ehrlich, M.D.  
Khalique S. Zahir, M.D.  
Geeta M. Shah, M.D.  
Thomas C. Yu, M.D.  
Iris K. Rubin, M.D.  
Jennifer I. Whitman, PA-C

*Call today for a consultation about  
your individualized state-of-the-art treatment!*

The Champlain Building  
6410 Rockledge Drive, Suite 201  
Bethesda, Maryland 20817  
TEL: 301-530-8300 FAX: 301-530-4638

Shady Grove Adventist Medical Center II  
19735 Germantown Road, Suite 210  
Germantown, Maryland 20874  
TEL: 301-444-0153 FAX: 301-444-0158

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Dermatology  
& clinical skin care center

ROCKLEDGE MED SPA

AREA'S ONLY FULL SERVICE

*Cosmetic & Dermatology Practice*



ROBERTA F. PALESTINE, M.D.  
Medical Director

[www.dermskin.com](http://www.dermskin.com)

## Welcome to Our Practice:

Thank you for selecting The Dermatology and Clinical Skin Care Center. Your trust and confidence in choosing us for your skin care are greatly appreciated. We will do the utmost to provide you with the highest standards of medical and surgical care combined with compassion and understanding.

We are a full service office, providing general medical dermatology, dermasurgery, cosmetic dermatology, lasers, plastic surgery, and esthetician and medical spa treatments all under one roof. Under the guidance of our medical director Dr. Roberta F. Palestine, our staff works together to develop a coordinated treatment plan that is customized for the individual patient.

## Our Philosophy:

Our full service office offers a global approach to patient's skin care needs. It is the practices' philosophy to help you look your personal best with a minimum of downtime.

We are dedicated to providing the highest level of patient care. This includes providing every patient with:

- *A Caring Atmosphere:* We take time to listen and answer your questions fully.
- *Educational support:* A well-informed patient is an asset to successful treatment and prevention. We provide you with a thorough explanation of your diagnosis and treatment options.

## Our Director and Founder:



Dr. Roberta Palestine is a board-certified dermatologist who has been practicing in Bethesda, MD since 1982. She received her medical degree with honors from the University of Rochester School of Medicine in 1978, and did her dermatology residency at the world-famous Mayo Clinic, receiving the coveted Paul A. O'Leary Award in recognition of excellence in patient care. Dr. Palestine has received *Washingtonian Magazine's* "Top Docs" recognition for many years.

## In Office Treatments

**General Dermatology:** Periodic complete skin exams are a large part of what we do, since early detection of skin cancer is so important. We treat the full range of medical and surgical dermatology, including acne, warts, psoriasis, moles, eczema, rosacea, rashes, cysts, and nail and hair disorders.

**Mohs Skin Cancer Surgery:** We have on staff a certified Mohs surgeon specializing in this state-of-the-art treatment for complex skin cancers.

**Acne:** In consultation with medical staff, you will discuss the best possible treatments which can include a combination of oral prescriptions, injections, topical ointments (prescription and non-prescription), acne surgery and peels.

**Fraxel® Repair and Restore:** Laser resurfacing treatment that erases brown spots, smoothes fine lines, wrinkles and acne scars, also improves texture and pore size.

**Thermage™:** This non-surgical procedure uses radiofrequency waves to tighten the skin and regenerate collagen. Thermage Face can be done on the face, neck and eyelids. Thermage Body is performed on the arms, thighs, abdomen, "love handles" and buttocks and will help tighten loose, sagging skin and flatten unwanted bulges.

**Laser Hair Removal:** We employ several devices for permanent hair reduction. The medical staff will determine which method is best suited for your skin type during an office consultation.

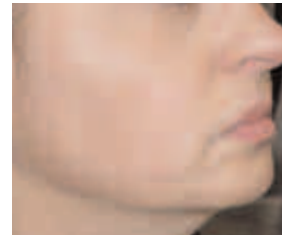
**Zerona Body Slimming Laser System** is a completely non-invasive, no down-time procedure. This low-level laser acts to emulsify (liquefy) fat, which is then eliminated through the lymphatic system. Patients average 3" to 9" of combined loss in the waist, hips and thighs.

**Chemical Peels:** We perform various depths of chemical peels customized to each patient's needs. The peels are used to improve the appearance of wrinkles, brown spots, acne and general skin texture.

**Botox® Injections:** Botox and its alternative, Dysport block the impulses from the nerve to the tiny muscles that are related to "expression lines" so that they don't contract and cause wrinkles.

**Dermal Fillers:** Restylane®, Radiesse™, Juvederm®, Evolence® and Sculptra™ are types of fillers injected in the lip area, nasolabial folds and marionette lines at the corners of the mouth for an instantaneous rebuilding of the skin. Fillers are also very effective in replacing volume lost with aging.

**Our Estheticians** are highly trained, licensed and certified. We offer consultations to analyze your skin and recommend a specialized program of total skin rejuvenation designed to address your specific skin condition. Our services include deep pore cleansing, facials, chemical peels and IPL. Working in concert with the dermatologist, our estheticians are able to offer the highest level of skin care possible.



Before and After Thermage



Before and After Fraxel



Before and After Botox Treatments



Before and After Restylane Treatments



Before and After Zerona