Happy Fall! We are so excited to send you our very first D&A Dermatology newsletter. We celebrated our one-year anniversary a few months ago, and we are so grateful for all the support from our fantastic patients. Our mission from the beginning has been to deliver the highest quality skincare in a comfortable environment, and we will continually strive to make each patient’s experience a perfect one.

Our newsletters are meant to educate and inform our patients about common dermatologic conditions, and about the various procedures and services offered in our office. We would love to tell you more about them and answer any questions you might have, so please feel free to call or stop by the office to learn more!

Inside this issue:

- Juvederm Special
  Receive $50 off your 1st syringe
  Receive $75 off any addition syringes

- Botox Special
  Receive a $25 gift card with the purchase of $300 of Botox
  Purchase 30 units or more and receive 10 FREE UNITS

- Sublime Laser Treatment
- Product of the Month
- The Pumpkin Peel Special
- Food for Thought
- Keratosis Pilaris (KP)
We are focusing on the neck this month with our November promotion: a treatment package of four e2 Sublime treatments and Nectifirm cream. All for just $800.

Call today to schedule your appointment for this popular procedure!

PERLE: Product of the Month

Sun spots? Melasma? Hyperpigmentation from acne?
Uneven skin tone and pigmentation problems are concerns for so many patients, and treatment can be difficult. The best approach combines in-office treatments with the right skincare products at home. Enter Perle, by Neocutis. This cosmetically elegant cream is hydroquinone-free, and contains Melaplex, a proprietary combination of 4 ingredients that has been shown to effectively lighten skin discolorations. In fact, a clinical study found that subjects who applied Perle twice daily for 12 weeks experienced a 43% improvement in skin tone. It's cosmetically very elegant: non-greasy, layers well under makeup, and is safe for even sensitive or acne-prone skin types.

Perle is the perfect choice for our November product of the month, now that patients are ready to clean up their summer sun damage. Pick up your Perle and get ready for more luminous, radiant and brighter skin!

And as an added bonus, receive a FREE economy sized Biocream with your Neocutis purchase of $85 or more. Biocream is a favorite product in our office for staff members and patients alike. This powerful anti-aging cream contains human growth factors and cytokines to reduce the appearance of fine lines and wrinkles, improve skin tone and texture, and increase firmness of the skin.

Neck tightening: Leave the loose skin to the turkeys!

If you have noticed loose, wrinkled or sagging skin on your neck, you're not alone. Many patients come into our office asking about non-surgical options to tighten and rejuvenate the skin on the neck. With the holiday season coming up, now is the perfect time to get yourself “necklace ready” with a combination of e2 Sublime treatments and Nectifirm cream.

The e2 Sublime device combines infrared light with bipolar radiofrequency to deliver heat to the deeper layers of the skin; this controlled heating will both tighten existing collagen fibers and stimulate new collagen production. Sublime treatments can be performed not only on the neck, but also on the face, including the eye area and the jawline, to treat any areas with loose or lax skin.

The procedure is painless; most patients experience some warmth in the area being treated but no other discomfort. There is no downtime, so patients may return to their regular activities immediately after treatment. This is the ideal treatment for anyone interested in tightening and toning of the skin without surgery.
Flawless Skin For The Fall

Pumpkins, pumpkins everywhere!

It’s that time of year- you can’t turn a corner without seeing a pumpkin. From muffins to lattes to front porches, they are the brightly colored mascots of fall. And as it turns out, pumpkins are packed with benefits that are great for the skin, too:

- Natural fruit acids and alpha hydroxyl acids (AHAs) help speed skin cell turnover, resulting in a smoother, brighter complexion.
- Vitamins A (beta carotene) & C are potent antioxidants that help stimulate collagen production and reverse the signs of aging.
- Pumpkin seeds are high in zinc, which has been shown to be helpful for acne.

We are very excited to introduce a special chemical peel for the fall: The Phyto Pumpkin Enzyme Peel. This relaxing and effective treatment leverages the many natural benefits of pumpkin to reverse the signs of sun damage and aging, resulting in brighter, more even skin tone and a smoother texture. Chemical peels and pumpkins: 2 things we love at D&A, together at last!

Food for Thought: Turmeric

Turmeric is a bright yellow spice from a plant in the ginger family, which is native to the Indian subcontinent. It is a commonly used spice in Indian cooking and in many curries. It is also classically mixed into a paste and applied to the faces of brides and grooms on the day before their wedding, to impart a healthy glow to the skin. Turmeric contains a molecule called curcumin that is known to have very potent anti-inflammatory properties. In addition to its use in cooking, turmeric is frequently used in Ayurveda (an ancient traditional form of Indian medicine) for its medicinal properties. As research into turmeric and our knowledge of its health benefits grows, its uses in Western medicine are expanding. Turmeric has been studied not only for the skin, but also for its effect on a myriad of other health conditions including arthritis, heart disease, Alzheimer’s disease, and cancer.

Many skin conditions are mediated by inflammation, including psoriasis, eczema, and lichen planus. Some studies have shown improvement in these inflammatory conditions with oral curcumin supplementation, an anti-inflammatory agent. Oral curcuminoid supplements are available over-the-counter, but please check with your primary care physician before starting any supplements.

Turmeric is difficult to incorporate into topical formulations such as creams and lotions, due to its bright yellow and the risk of staining the skin. DDF (Doctor’s Dermatologic Formula) has a skincare line containing purified turmeric complex that is not yellow- these products can be found online and in some stores. But an easier, less expensive and more delicious way to reap the benefits of turmeric is through your diet. There are many easy to follow curry and Indian recipes that incorporate turmeric; add this spice as a staple to your pantry and you will be doing your skin and palate a huge favor!
Chicken skin: do you have keratosis pilaris?

Keratosis pilaris (KP) refers to the development of small rough bumps and redness around hair follicles, most commonly on the upper arms and thighs (although it can occur on the face, back and buttocks as well). It is a very common skin condition, affecting about 50% of the world’s population. The bumps of KP are caused by the buildup of skin cells and keratin (a protein) around individual hair follicles. Oftentimes, the buildup around the hair follicle traps the hair underneath, and can lead to folliculitis (acne-like bumps) as well. Redness around these bumps is due to inflammation of the hair follicles. KP may sometimes be itchy, or may not cause any symptoms at all.

The cause of KP is unknown, but it may be associated with other dry skin conditions such as eczema and ichthyosis vulgaris. About 30-50% of cases of KP are hereditary. Seasonal variation is common, with the condition being worse in the winter (when skin tends to be drier) and better in the summer. Although this is a harmless condition, it can be visually displeasing to patients and cause significant self-consciousness and embarrassment if not treated. While KP is a chronic condition without a known cure, there are treatment options that can help control the symptoms and smooth out the surface of the skin. These include:

Exfoliating creams and washes to help speed skin cell turnover and loosen buildup around hair follicles.

The D&A Dermatology KP Kit is an excellent treatment regimen for KP. The kit contains an exfoliating bodywash, exfoliating lotion and exfoliating spray with details instructions for AM & PM use.

For those patients desiring a simpler regimen, Akerat cream is an effective exfoliating lotion that contains urea, lactic acid and glycolic acid. It can be applied to the affected areas once or twice a day.

A short course of a topical steroid cream or immunomodulator cream may be prescribed to treat significant redness caused by inflammation.

In-office treatments such as chemical peels and microdermabrasions provide excellent exfoliation of the skin. These are ideas choices for the treatment of KP before a big event such as a wedding or vacation.

If you or someone you know has keratosis pilaris and want to learn more about treatment options, please call our office to schedule an appointment. There are options out there for you!