

D&A DERMATOLOGY

MEDICAL + AESTHETIC SKINCARE

Fall Newsletter 2013



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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!



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**

\$500 OFF



TREATMENT PACKAGES

\$100 Non-Refundable Deposit Due At Time of Booking Procedure
First Treatment Must Be Scheduled By January 31st



Before 3 months after One CoolSculpting procedure 4 month after Three CoolSculpting procedures

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Neck tightening: Leave the loose skin to the turkeys!



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!



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.

PERLE: Product of the Month

DISCOVER FALL'S PERFECT ACCESSORY!



NEOCUTIS
Exclusive Swiss Technology
available through physicians
www.NEOCUTIS.com

FEATURE OF THE MONTH

Start your day with
PERLE
Skin Brightening Cream

PERLE Skin Brightening Cream is a hydroquinone-free scientific breakthrough to help brighten skin and reveal fewer spots!

Formulated with patent pending MELAPLEX, a unique skin brightening complex to renew skin's luminosity and vibrance!



As seen in
InStyle Magazine
2011!

Try it today!

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.

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!



Correct Sun Damage

***Naturally Rejuvenate Your
Skin***

***Clarify and Brighten
Through
Gentle Exfoliation***

Our New Fall Special:

**The Pumpkin Peel
\$100**





333 East Benton Place
Suite 204
Chicago, IL 60601
312-861-3911

Just in time for the Holidays!

Get your D&A gift card.

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 idea 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!

