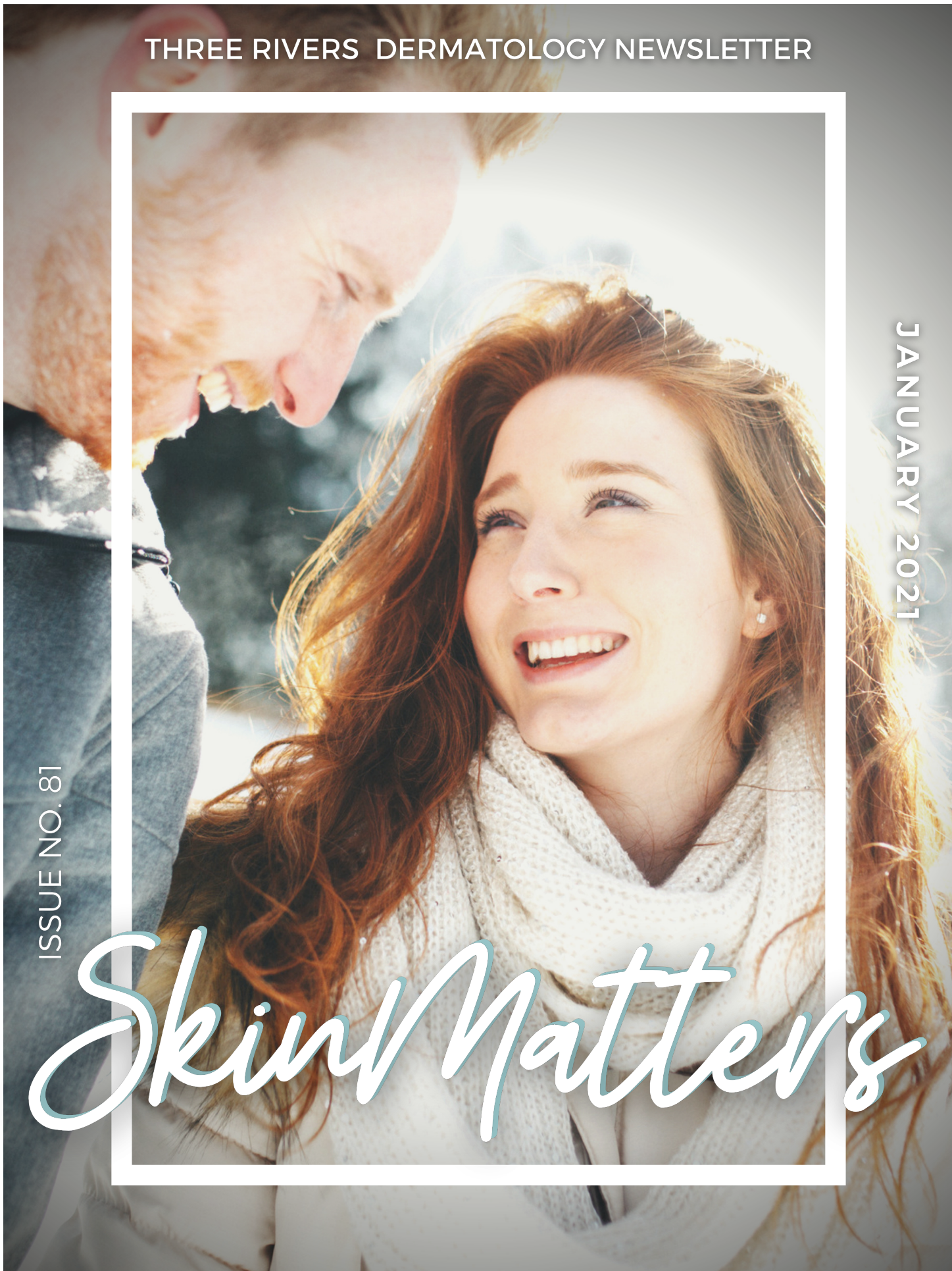


THREE RIVERS DERMATOLOGY NEWSLETTER

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Skin Matters



A LETTER FROM THE EDITORS:

Happy New Year! The last few months have certainly been busy! We have enjoyed spending time safely with friends and family both in person and virtually, but now we must get back to our regular schedules. The holidays have ended and semi-normal (COVID) life resumes. Are you focusing on your New Year's resolutions? We included an article that will help you discover New Year's resolutions you can feel great about! In addition, Dr. Sassmannshausen also shares his praises for the whole Three Rivers Dermatology & Windy Ridge Skin Care Centre team!

Did you receive an air fryer for Christmas? We have included a simple and healthy snack to try out and get you started on the path to health and wellness in 2021!

Also, be sure to check out what we are featuring this month. You will definitely want to take advantage of these spectacular values!

We are excited to see you in January! **HAPPY NEW YEAR!**

Loretta Amanda



HELLO
ISSUE

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A SEASON OF APPRECIATION

REFLECTING ON 2020

Another month has passed. And, wow, what a year it has been. This pandemic has been a challenge. The one thing that has been consistent throughout the year is that our patients still have medical conditions. They still have cancers. They still get rashes. They still need to have labs monitored as the medications that are prescribed could lead to serious problems. While steps must be taken in order to remain safe, care still must be given in the office.

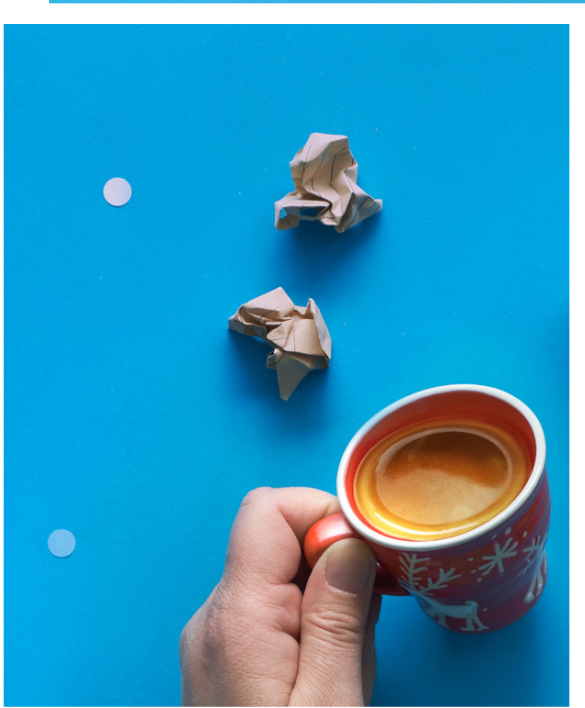
I have been very proud of my team at Three Rivers Dermatology. They have been always positive even when the numbers of sick patients increased. They always worked to help our patients. Through phone calls, video calls, in-person contact, they made sure that medications were delivered, labs were obtained and that referring offices were kept in the loop.

At the front desk, trying hard to keep a smile in their eyes, the young women tried to keep the lines moving despite the difficulties with communicating through a mask and a plexiglass shield. To the ladies at Windy Ridge Skin Care Centre, a huge high five. Skin care is still important. Educating the guest is imperative. The billing department kept on top of the insurance claims as many companies were not fully staffed and denials for our patients claims have increased. (We reversed most of them!) The nursing staff were kept on their toes. Understaffed most of the time as the schools had many children quarantining, they worked their tails off keeping the patient flow moving. This on top of the many challenging conditions we treat in the office which require much more time to figure out. The call center was always ready to help. Sometimes, the phones never stopped ringing as people were uncertain if they needed to, or wanted to, come into the office. To all of you, a gigantic thank you from the bottom of my heart. It was all of you who kept the office running.

To our patients, thank you for trusting us with your care. Sometimes we have no choice but to ask you to come into the office to have your condition treated. The trust you have put in us to keep you safe is appreciated. We will continue to be here for you as we enter the new year. Our main focus will always be patient care.

What are my expectations for 2021? Life will eventually return to normal. It will take time but, in the end, I am looking forward to once again going to a full restaurant, seeing movies, and having a celebration party with the team of Three Rivers Dermatology. Way to go team, you are the best in the business and I am so proud of all of you!

- Dr. Sassmannshausen



STICK TO YOUR NEW YEAR'S RESOLUTIONS IN 2021!

Dreading those New Year's Resolutions? You don't have to!

You've probably made numerous New Year's resolutions in the past that have gone unfulfilled. Haven't we all? For some reason, at the beginning of each year, we make these unrealistic resolutions to better ourselves only to end up disappointed and depressed when we aren't successful. Don't do that in 2021. Don't resolve to lose ridiculous amounts of weight in an unhealthy attempt for perfection. Instead, seek more realistic goals that lead to a healthier, more peaceful life. **Try these New Year's resolutions for a healthier, happier you!**

Get Moving. Incorporate activities into your day that keep you in motion. Strive for 30 minutes of activity each day. You can take a walk, ride your bike, or even join in a game of softball in the backyard with the family. Take the stairs and avoid the elevator. Park in that one space at work no one else wants—the one farthest from the front door. Even Dr. Sass does "laps" around the office throughout the day! Mix it up and keep it fun! You'll feel great doing it and it won't be long before you notice the results.



Tweak your diet. Make small, yet meaningful changes to your diet. Reduce sodium intake by opting for low or no-sodium foods. Sodium contributes to high blood pressure and causes that familiar, uncomfortable bloating we have all experienced.

You may also want to add antioxidants to your diet to help fight inflammation and heart disease. Beans, cherries, apples, plums, and even chocolate contain antioxidants. Yum!

Toss out the white bread and pasta and switch to whole-grain bread, pasta, rice, and cereals. Along with assisting with weight management, whole grains help reduce the risk of stroke, type 2 diabetes, colorectal cancer, and high blood pressure as well as other health issues. Gluten-free breads and pastas are also great alternatives.

And, of course, increase your intake of fruits and vegetables. Fruits and vegetables provide us with all those necessary vitamins and minerals our bodies need to function and look their best.

ALWAYS wear sunscreen. We've said this time and time again, but over time, the sun's harmful rays cause wrinkles, blotchiness, brown spots, and yes, skin cancer. Do yourself a favor and commit to wearing sunscreen every day. Even though it is cold and snowy out, your skin still gets sun damage through car windows, office windows, and even that short time walking to your car. Your soft, supple, blemish-free and cancer-free skin will thank you! Need some suggestions for excellent sunscreen? Talk to

Reserve some ME time. We are constantly on the go with work and family. Our lives are so busy, and finding some committed "me" time might prove to be even more difficult with everyone working from home. It's easy to become overwhelmed and exhausted. Your most important New Year's Resolution should be to take care of yourself so you are healthy and happy to take care of everyone else you love! Go ahead and schedule that facial, chemical peel, or DiamondGlow treatment you have been putting off. Commit to treating yourself the way you deserve to be treated.

You don't have to dread making New Year's Resolutions in 2021. Commit to these sensible, realistic resolutions and enjoy a safe, healthy, prosperous New Year!



As always, excellent,
caring service from Dr. Sass
and the staff. I've been a patient for over
10 years and I have one thing to say;
PLEASE DON'T RETIRE!

- PATRICIA



The team there at Three
Rivers Dermatology communicated
extremely well. Once I arrived at the office
everyone was kind and communicated very well.
The whole time I was there I felt comfortable
and informed. Thank you.

- TIMOTHY



Beautiful office!
Dr. Sass is the best!
Very upbeat and caring!
Staff is amazing!
Highly recommended!

- CATHERINE



My Husband and I have been
patients of Three Rivers Dermatology
for a number of years and appreciate the
professionalism, knowledge and courteousness
of the staff. The fact that the medical staff
and aestheticians keep abreast with new
techniques and skin products adds to our
confidence in the practice.

- PAT



GUEST LOVE



Air Fryer Buffalo-Ranch Chickpeas



Air Fryer Buffalo-Ranch Chickpeas

Craving chicken wings? Try this highly addictive spicy snack that is healthy, simple to make and will disappear quickly!

PREP: 5 MINS

COOK: 20 MINS

ADDITIONAL: 5 MINS

TOTAL: 30 MINS

SERVINGS: 2

INGREDIENTS

- 1 (15 ounce) can chickpeas, drained and rinsed
- 2 tablespoons Buffalo wing sauce
- 1 tablespoon dry ranch dressing mix

NUTRITION FACTS

PER SERVING: 177 calories; protein 7g 14% DV; carbohydrates 33.6g 11% DV; fat 1.6g 3% DV; cholesterol 0mg; sodium 1033.2mg 41% DV.

** Recipe courtesy of [allrecipes.com](https://www.allrecipes.com) **

DIAMOND GLOW™

DERMALINFUSION

Since joining the Three Rivers dermatology team about 2 years ago, I've had the pleasure of getting to know our products and try the procedures that we recommend in our office. I'm a firm believer in science-based medicine and love knowing that I will see results with a skin regimen tailored to fit my needs. That being said, one does find their favorite procedure or product... the stuff that takes our skincare regimen to the next level! Dermalinfusion, now called DiamondGlow, is a personal favorite! DiamondGlow is particularly unique because of the diamond-tipped device that does 3 things at once: it exfoliates the skin while simultaneously extracting impurities like blackheads and dead skin cells, and infusing one of 5 serums that focuses on hydration, brightening, pore decongestion, or that contains antioxidants or growth factors. Your Three Rivers Dermatology provider or aesthetician will help you find the serum that is best for you and your skin goals.



Jenifer
PA-C

DiamondGlow is recommended for essentially every skin type, making it one of the most versatile procedures available. You will notice after the DiamondGlow treatment your skin is extra soft and well hydrated. Makeup goes on better and smoother, and if using any topical products or prescriptions, their effect is maximized due to the clean, exfoliated surface to which they are applied. The best part, in my opinion, is that there is zero downtime associated with the treatment, making it ideal for folks always on the go or a last-minute treatment before a big event. For optimal results, I recommend a DiamondGlow session once every 4 weeks, but this is again customizable depending on your needs. One thing is for certain, I always walk out of my treatment incredibly relaxed and feeling like a million bucks! So come see us and experience DiamondGlow for yourself!

***We can't wait to help you
get your glow on!***



90-DAY

SKIN-FIT CHALLENGE



IT'S TIME TO
GET YOUR SKIN
IN SHAPE...

INSTANT \$100 OFF WITH ANY NEW 90-DAY
CHALLENGE SIGN-UP IN JANUARY 2021

CLICK [HERE](#) TO LEARN MORE!

