

THREE RIVERS DERMATOLOGY NEWSLETTER

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*Skin Matters*

## A LETTER FROM THE EDITORS:

**Let it snow, let it snow, let it snow!**

We are celebrating our holiday season by being thankful for all of you, and grateful for the trust you place in our team to care for your family. In this month's issue, get a few last-minute gift ideas and so much more!

Dr. Sass also is talking about Santa's affliction... Rosacea.

Let's make it merry, shall we?  
Happy Holidays!

*Loretta*      *Amanda*



HELLO

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# SANTA'S AFFLICTION WITH ROSACEA...

WRITTEN BY  
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When you see Santa, please give him my card. His rosy cheeks are a tell-tale sign of rosacea. Rosacea is a common acne-like facial rash that is made up of flushing redness, red papules and pustules and tiny blood vessels called telangiectasias. What is interesting is that rosacea is one of the skin diseases that is directly stimulated by the foods you eat. While the typical triggers for rosacea are alcohol, spicy foods, and hot drinks. It could be aggravated by the carbohydrates in all the cookies Santa eats. This is linked to the diabetes that Santa likely has due to his weight. Insulin resistance will lead to stimulation of the hormonal pathways in the body. This in turn, causes an increase in the hormones which will stimulate inflammation—and rosacea.

Rosacea is very common and will present in many different ways. Most will find easy flushing and acne. It will usually present after the age of 30, though it can be present at any age. In most individuals, the treatment is very simple and works well. There are many topical medications that will often clear the pimples and lessen the redness. Oral antibiotics are used though I have found these are only needed on rare occasions.

Interestingly, rosacea can affect the eyes. Ocular rosacea is often missed or treated as dry eyes or allergies. It presents with continually red irritated eyes where they feel sandy or grainy. You can have frequent sties or tiny white bumps along the lid margin. The irritation continues even after allergy season. Ocular rosacea responds quickly to doxycycline, an antibiotic pill. Often, a low dose is all that is needed to get relief from the chronic irritation.

Don't forget that red bulbous nose of Rudolph! Rhinophyma is the lobular enlargement of the nose. W. C. Fields, for those of you mature enough to know who he is, had rhinophyma. Fortunately, this is not very common. There are some very good treatments now if you do happen to develop the large nose. Please ask.

As we enter the new year, make a point to come into the office for a skin check. Prevention is the key. And never forget your sunscreen! *Santa is always watching...*

# LAST MINUTE GIFT IDEAS



When it comes to holiday gift shopping, we have all gotten to the point where we just can't figure out what to get those last few people who are left on our shopping list... Finding that perfect last-minute gift for a friend or loved one can be stressful – but it doesn't have to be! Here are some thoughtful and interesting gifts and stocking stuffers that everyone on your list will appreciate:

## FOR THE FOODIE...

A festive holiday basket filled with delectable cheeses or specialty coffee and tea blends is a thoughtful and tasty gift for those on your list who have a discerning palate!

## FOR THE BOOKWORM...

The avid readers on your Christmas list would love an inspirational book, a suspenseful mystery or perhaps an informative self-help book to dive into this holiday. They'll be glad you remembered!

## FOR THE SHOPPER...

Everyone loves getting a special gift card to their favorite spa, department store or restaurant. It's the gift that keeps on giving! Windy Ridge Skin Care Centre can save the day! Call and purchase a gift card or place your order online!



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## FOR THE CHARITABLE DONOR

The holidays are also a time when we can help those who are less fortunate. What better way to show someone the spirit of giving than by donating to their favorite charity in their name?

## FOR THE WINE CONNOISSEUR...

There are some people on your list who would appreciate a good bottle of wine! From Sauvignon Blanc to Chardonnay, there are a variety of wines that will pleasingly tempt their taste buds.  
**Cheers!**

## FOR THE CANDLE AFICIONADO...

Whether you choose fruity, natural scents or flowery, aromatic ones – scented candles are always a welcome gift for those who relish the fragrance and soft glow of pillar or votive candles.

## FOR THE MUSIC LOVER...

Who wouldn't love to receive tickets to their favorite band, opera or musical? Giving them the gift of music and a night out on the town is another special treat they can enjoy during this time of year!

## FOR THE HEALTH CONSCIOUS...

Facial treatments can be a beneficial gift that can help with relaxation, improved skin, and can help elevate their well-being. Windy Ridge Skin Care Centre has you covered! Be sure to call or stop in and ask about our specials!



Last minute shopping doesn't have to be exhausting or exasperating! Try out some or all of these gift ideas and surprise everyone on your list this season!

**Happy Holidays from the team at  
Three Rivers Dermatology & Windy Ridge Skin Care Centre!**





## WHAT PROBLEM AREAS?

The trend has always been to wait until that one date to make a change to reach your weight goal. With so many options, we are proposing this: bring in the New Year feeling accomplished! It's time to think about getting back into shape and sculpt away that stubborn muffin top and those love handles that are resistant to exercise and diet with CoolSculpting!

When you make the decision to have CoolSculpting and permanently remove unwanted fat, it's a big deal. CoolSculpting is a non-surgical fat reduction treatment that freezes fat that is resistant to diet and exercise to improve body contouring.

Here at Three Rivers Dermatology & Windy Ridge Skin Care Centre, we take a customized approach with what we like to call "Treat to Transformation". Our CoolSculpting experts are highly qualified and trained with over 10 combined years of customizing and tailoring each treatment plan based on individual needs and desired results.



So how does this treatment permanently get rid of fat cells? With cold of course! Whether you are treating your love handles, belly fat, bra line, thighs, arms, or the dreaded muffin top, the CoolSculpting applicator targets those areas to freeze and permanently eliminate approximately 25% of the fat cells with each treatment. Treatment times vary depending on which area is being treated but with two machines, our office has an advantage making it easier to treat multiple areas in half the time and may fit in over your lunch break!

During the treatment, most patients experience an intense cooling sensation similar to that of playing in the snow on a cold winter day with no gloves. That sensation will then subside as the area starts to feel numb (which means the treatment is working!). During the treatment you will be able to read, check emails, or nap.

After the applicator is detached, your provider will do a brief massage to break the treated fat cells to enhance the fat reduction. These damaged fat cells will die over a 2-3-day period and then over the next 2-4 months, your body will begin to flush those cells out (about a French fry worth of fat a day) leaving a more sculpted you!

We have been transforming patients here at Three Rivers Dermatology & Windy Ridge Skin Care Centre for over 9 years and it comes as no surprise that CoolSculpting is one of our top and most favored treatments.

Regardless of your scenario, we would love to introduce to CoolSculpting!





# GUESTS' LOVE



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

- CATHERINE



Dr. Sass was amazing  
with our son! He was very  
nervous, but Dr. Sass came in  
joking and lightened the mood  
right away! Thank you for  
making it enjoyable!

- MARSHAL



I felt very well  
informed and cared for!  
Sydney was clear about  
the process, prices  
and goals.

- JILL



Three Rivers Dermatology  
takes the time to listen to my  
concerns, and fully explain all the  
treatment options. Although I was  
seeing the PA, Dr Sassmannshausen  
stopped in to make sure I was happy  
with my appointment and  
treatment options.

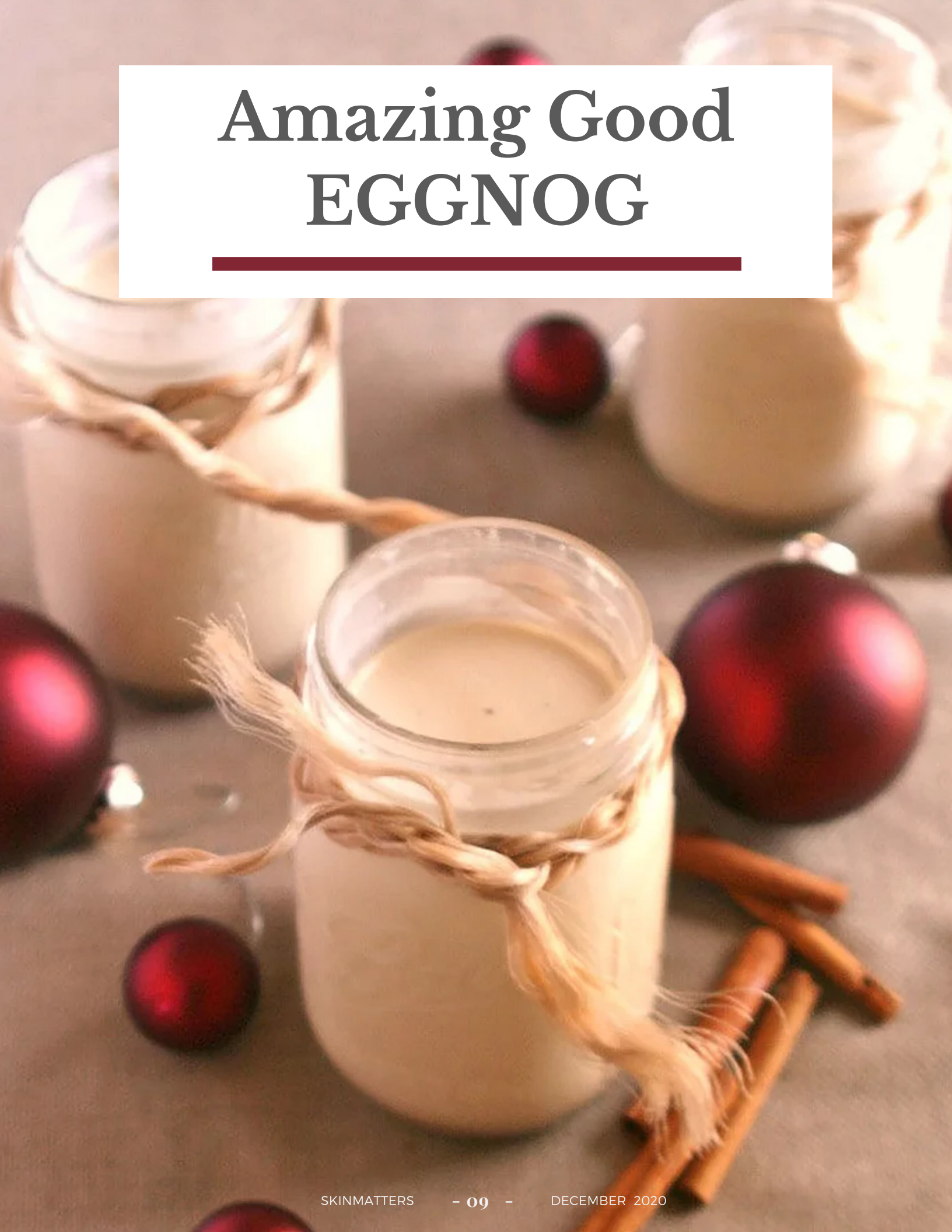
- JOHN





# Amazing Good EGGNOG

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# Amazing Good Eggnog

You'll never buy store-bought eggnog again!

**PREP: 20 MINS**

**COOK: 8 MINS**

**ADDITIONAL: 6 1/2 HRS**

**SERVINGS: 12**

## INGREDIENTS

- 4 Cups Milk
- 5 whole cloves
- ½ teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 12 egg yolks
- 1 ½ cups sugar
- 2 ½ cups light rum
- 4 cups light cream
- 2 teaspoons vanilla extract
- ½ teaspoon ground nutmeg

## NUTRITION FACTS

**PER SERVING:** 404 calories; protein 4.9g 10% DV; carbohydrates 32.1g 11% DV; fat 17.1g 26% DV; cholesterol 59.3mg 20% DV; sodium 65.9mg 3% DV..

*\* Recipe courtesy of [allrecipes.com](http://allrecipes.com) \**





# SKINMEDICA

## Essential Defense SPF 35

My go-to daily sunscreen is SkinMedica Essential Defense SPF 32. It is light weight for those hot summer days when you don't want to feel like you are adding more layers to your skin when trying to keep cool. Also, during the cold winter months, it does not feel like you are adding extra on top of your heavier moisturizer. I would recommend this sunscreen to everyone! Stay safe and keep your skin protected with this great product!!!

*Julia*

