

ISSUE NO. 87

JULY 2021



# Skin Matters

## A LETTER FROM THE EDITORS:

Summer in Indiana is a glorious season, and we hope everyone is enjoying it (we sure are)! Whether you are enjoying a TinCaps game, firework displays, camp fires, fresh Indiana sweet corn, or any of the many fun summer activities, be sure to soak it all in before summer is gone! Time flies after the Fourth of July!

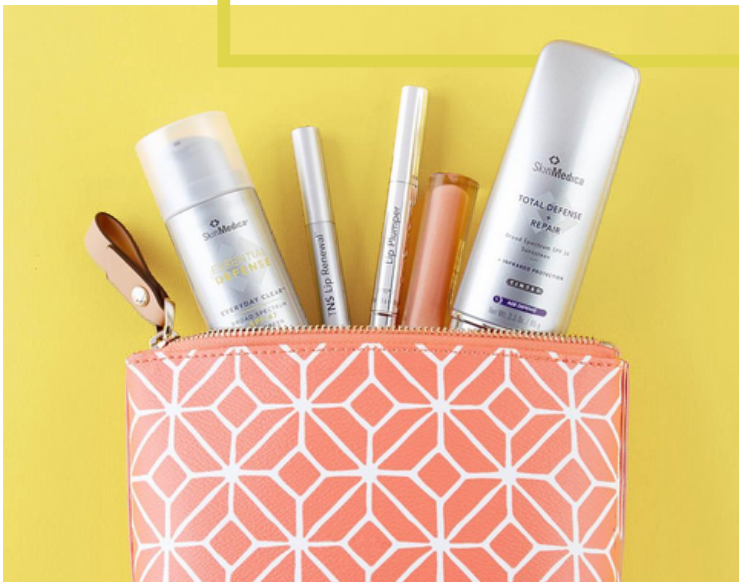
July is also UV safety awareness month, making it the perfect time to discuss preventative skin care and sun protection. In this month's *SkinMatters*, we give you some steps to take a preventative approach when it comes to skin care and protecting your skin from the damaging UV rays.

*Loretta Amanda*



HELLO  
ISSUE

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# SKIN CARE

## A PREVENATIVE APPROACH

WRITTEN BY JENIFER FORTNEY, PA-C



Ever wish we could turn back the clock to change our skin? Have you ever thought to yourself, wow, what would my skin be like if I had taken care of it sooner? In order to avoid these regrets, it is critical to start protecting your skin now. Preventative skin care is often overlooked because if we don't see a problem, we don't think to fix it. But the whole concept behind preventative skin care is to fix a problem before it ever starts, a concept more fondly referred to as 'pre-juvenation.' The amazing news is that there are some essential products out there to help keep your skin youthful and radiant...and the earlier you start, the better! With the right skin care regimen, you will be able to maintain your 20-year-old skin well into the future.

Sun protection, first and foremost, is one of our most important defenses when discussing preventative skin care. Sun exposure leads to premature skin aging because it destroys the collagen needed to keep our skin plump and firm. UV clothing and hats are recommended, but getting the right sunscreen (and SPF) is critical. Whether it is zinc oxide, mineral powder, or the ultimate super screen Total Defense and Repair by SkinMedica, you should be using at least an SPF of 30 on any area exposed to sunshine, 365 days per year.

— “ —  
*Nothing looks better in your 50s than sunscreen in your 20s*  
— ” —



...CONTINUED ON PAGE 4

Another important piece in the skin pre-juvenation puzzle is a class of medicines called retinoids, a tried-and-true addition to any skin care routine. Their function is to increase the rate of cell turnover, thereby diminishing the appearance of wrinkles over time. In addition, they help to decrease pigmentation and keep skin looking fresh and new. There are LOTS of retinoids available on the market, but be wary, as many over-the-counter products only deliver a fraction of the strength that is required to achieve notable results. Best used are prescription-strength retinoids or medical-grade skin care retinols, such as those available by SkinMedica.



Next is Lumivive, a day and night system by SkinMedica, developed to protect your skin from environmental aggressors. The daytime damage defense serum functions to safeguard your skin from pollutants and blue light, which are BOTH responsible for contributing to premature skin aging. The nighttime revitalize repair complex was developed to help enhance your skin's ability to repair itself. When used together, this system helps to restore your skin's overall radiance within about 14 days. In addition, it complements and amplifies any new and existing skin care regimen. Be prepared for compliments.... your skin will be glowing!

My favorite product on the market to add to our pre-juvenation regimen is SkinMedica's TNS Advanced Plus Serum. This revolutionary serum is dual chambered and carries two different serums: one with potent growth factors and the other with an innovative peptide complex, that complement each other to not only diminish the appearance of fine lines and wrinkles, but also improve texture, pigment, and tone. Application is twice daily. Studies showed incredible results within just a few weeks of use, which until now, has been unheard of. I like to think of it as youth in a bottle.



Lastly, regular Botox injections will dramatically decrease deep lines. Botox is considered a preventative treatment because it helps relax the muscles that are responsible for driving wrinkles deeper into the skin. A Botox treatment is recommended every 3-4 months depending on the individual, and is approved for individuals 18 years and older.

In short, the sooner we start taking care of our skin, the better!!! So please, show your skin some love, and come and see us to get you started on your very own preventative skin care regimen.



# JULY IS UV *safety* MONTH



Protecting your skin from weather elements such as heat, cold and sunlight is something you probably do instinctively. However, many people don't think about protecting their skin from harmful ultraviolet rays that come from the sun and from indoor tanning bed lamps.

More than 1.2 million new cases of skin cancer are diagnosed each year in the United States due to overexposure to powerful UV rays. But, did you know when your skin is frequently exposed to ultraviolet rays, it can cause many complications other than just skin cancer? Age spots, hyperpigmentation, wrinkles and leathery skin are just some of the problems repeated UV exposure can cause.

There are simple steps you can take every day to protect your skin:

## SEEK SHADY AREAS

Stay out of the sun during peak sunlight hours, which are from 10am to 4pm as noted by the Centers for Disease Control (CDC). If you're unable to find a shady area, try to limit your sun exposure as much as possible or stay indoors.

## WEAR PROTECTIVE CLOTHING

Long-sleeved shirts and pants are good ways to cover your skin. It's very important to protect your head and eyes by wearing wide brimmed hats and sunglasses that are UV-resistant. Remember to protect your skin even on overcast days.

## AVOID THE BURN


Believe it or not, approximately 2.1 percent of men and women will be diagnosed with melanoma of the skin at some point during their lifetime. This risk increases with each sunburn. By using a broad-spectrum sunscreen with a SPF of 30 or higher every day, you can avoid sunburns and prevent irreversible damage to your skin.

## USE CAUTION NEAR REFLECTIVE SURFACES

Water, sand and large windows can reflect and amplify the sun's harmful rays which can increase your risk of sunburn, even when you're in the shade.

Although summertime is when most people become aware of protecting their skin from harmful UV rays, it's a must to practice preventative skin care year-round. Need more information? Give us a call!





PA Jen has helped me many times and is a great addition to your team! I trust Three Rivers Derm with all my skin needs...so has my whole family! Keep up the great work!!

**- BRANDI**

I wouldn't go anywhere else. Everyone is friendly, efficient, and knowledgeable. My husband and I have been going for years

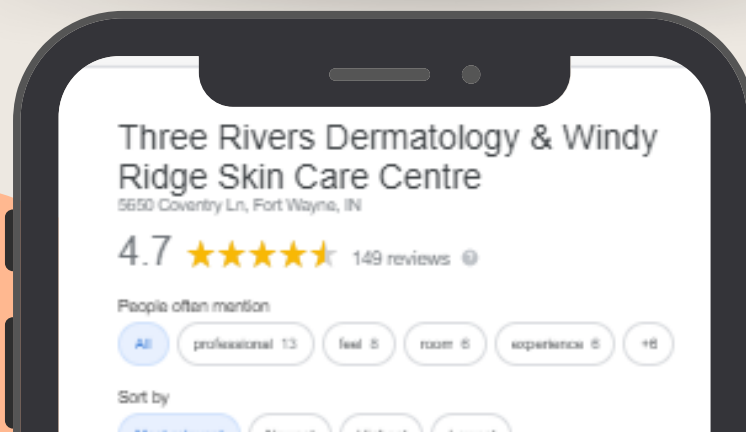
**- CAROLYN**

I have been going to Three Rivers Dermatology for over ten years and Dr. Sass and Michelle and the entire staff have been very gracious to me. I am an older person and with treatments they have recommended to me I feel pretty again. They always take the time to answer any questions I have. I can see myself going down there for many years to come.

**- LINDA**

One of the nicest and professional group of people I've ever met!

**- WALTER**



# Product Spotlight

## glow time

ETHEREALS

BY JANE IREDALE



### CREAM BLUSH STICKS



#### MIST

soft cool pink with subtle shimmer



#### GLORIOUS

chestnut red with gold shimmer



#### ETHEREAL

peachy pink with gold shimmer



#### ENCHANTED

soft pink brown with gold shimmer



#### AURA

guava with gold shimmer

### HIGHLIGHTER STICKS



#### SOLSTICE

iridescent champagne



#### ECLIPSE

golden sheen



#### COSMOS

pearlescent pink

### SHOW YOUR GLOW

- Multitasking sticks for lips, face & body.
- Buildable and blendable color payoff with a radiant pearl finish.
- Ideal for on-the-go application or touch-ups.
- Creamy formula for natural, streak-free application.
- Jojoba Seed Oil hydrates and smooths skin.

**NOW AVAILABLE AT WINDY RIDGE SKIN CARE CENTRE!**

# Key Lime Cream Pie

Recipe courtesy  
of [tasteofhome.com](http://tasteofhome.com)





# Key Lime Cream Pie

**SERVINGS: 12**    **PREP TIME/TOTAL TIME: 40 MINS+ CHILLING**  
**TOO HOT TO BAKE? THAT'S NO PROBLEM**  
**WITH THIS KEY LIME CREAM PIE RECIPE.**

## INGREDIENTS

- 1 package (11.3 ounces) pecan shortbread cookies, crushed (about 2 cups)
- 1/3 cup butter, melted
- 4 cups heavy whipping cream
- 1/4 cup confectioners' sugar
- 1 teaspoon coconut extract
- 1 package (8 ounces) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 1/2 cup Key lime juice
- 1/4 cup sweetened shredded coconut, toasted
- Optional: Maraschino cherries with stems and sliced Key limes

## DIRECTIONS

- 1** In a small bowl, mix crushed cookies and butter. Press onto bottom and up sides of a greased 9-in. deep-dish pie plate.
- 2** In a large bowl, beat cream until it begins to thicken. Add confectioners' sugar and extract; beat until stiff peaks form. In another large bowl, beat cream cheese, condensed milk and lime juice until blended. Fold in 2 cups whipped cream. Spoon into prepared crust.
- 3** Top with remaining whipped cream; sprinkle with toasted coconut. Refrigerate until serving, at least 4 hours. If desired, garnish with cherries and limes.

**1 serving:** 1 piece: 646 calories, 52g fat (30g saturated fat), 143mg cholesterol, 252mg sodium, 41g carbohydrate (29g sugars, 0 fiber), 8g protein.

summer  
**SKINCARE  
+ FACIALS**  
*Event*

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*Resp  
Today!*

*Receive event only savings on  
best-of-season skincare packages!*

*\* Book early-space is limited \**

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*\$50 of reservation fee may be  
applied to event package purchase*

**\$150** RESERVATION FEE  
DIAMOND GLOW

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applied to event package purchase*