

THREE RIVERS DERMATOLOGY NEWSLETTER

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A photograph of a woman and a young girl. The woman is in the foreground, looking up and to the right with a joyful expression, her mouth open in a smile. She has dark hair and is wearing a yellow sweater under a red cardigan. The young girl is behind her, also smiling broadly, wearing a yellow knit beanie and a yellow raincoat over a red top. They are positioned under a red umbrella. The background is a solid light blue color.

*Skin Matters*



## A LETTER FROM THE EDITORS:

Every spring, we're inspired to look at everything with fresh eyes, from our makeup bags (bye-bye expired products), our skincare routine, or refreshing your wardrobe for warmer weather.

In this month's *SkinMatters*, PA Michelle shares how we can restore volume in the lower half of the face. For all you avid golfers, be sure to check out all the helpful and important sun protection tips for the next time you hit the links.

We are also very excited for this year's annual spring event. It's not just one day—but 2 weeks long! Enjoy savings on all your favorite products and treatments at special event pricing!

We hope you enjoy this issue of *SkinMatters* and make time to take a deep breath and breathe in the fresh spring air!

Loretta  
Amanda



HELLO  
ISSUE

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# RESHAPING THE FACE

WRITTEN BY MICHELLE FERGUSON, PA-C

Dr. Sass and I are excited to have expanded our knowledge and technique of lower face rejuvenation with Juvéderm Voluma through advanced training directly from Allergan (the company that has the Juvéderm family of cosmetic fillers, Botox, and SkinMedica).

When discussing procedures to lessen the signs of aging, people tend to focus on the deeper folds, sagging skin, and the dreaded jowls that have developed, and want to focus on treating just those local areas to improve appearance. However, the reason for these deeper lines is due to changes in other areas of the face that have led to the formation of those trouble spots. As we mature, we lose volume throughout the face by way of the shrinking of fat pads and muscle, as well as loss of bone mass. This loss leads to the lack of support for the facial tissues which then start to deflate and descend. We have discussed this concept over the years as we explain the use of different cosmetic fillers to restore the volume and recreate the support for a more youthful facial shape.

The lower face is often indirectly improved by placing fillers in the upper two-thirds of the face (e.g. the temples and cheeks), lifting the tissues back up, which helps to minimize jowls and marionette lines (the lines from the corners of the mouth down to the chin). When a plan is developed to fully restore the lost volume in this way, the results can be quite dramatic and pleasing. However, often the lower face still needs some specialized, direct placement of filler to really get the WOW factor!

**...CONTINUED ON PAGE 4**



## RESHAPING THE FACE CONTINUED...

The area of the chin, jowls and jawline is a relatively small region of the face, but requires more volume and structure to fully restore the contour and support. Juvéderm Voluma is an ideal filler to use in this area because it can provide the needed structure and it can last up to a couple of years.



At our office, we highly value education. We pride ourselves on educating our staff AND our guests. Dr. Sassmannshausen and I have many years of experience with cosmetic injectables. Our goal is to provide high quality assessment, set realistic expectations for our guests, and perform procedures safely with exceptional technical skill. We love the science and the art of cosmetic dermatology. We get very excited seeing the transformations and being part of helping our guests look and feel their best.



Our Spring Event is an ideal time to get the most for your money. You will be able to purchase Juvéderm Voluma, as well as other products and procedures, with significant savings and then schedule your treatments at a convenient time for you. We cannot wait to see you in the coming months and help you achieve your personal aesthetic goals.



# *Sun protection tips all golfers must hear!*



Some people believe that the word “golf” is derived from the phrase “gentlemen only, ladies forbidden.” However, after some research, it turns out very few words used in the English language today derive from an acronym. Also, let’s face it, golf is a sport for EVERYONE to enjoy. No matter the origin of the word, the game we currently recognize as golf is celebrated on April 10th as it was the day the very first professional golf tournament was held and the PGA was founded.

As with any outdoor sport, you can’t forego good sun protection habits! As the weather turns nicer, golf courses are opening and a round can mean prolonged sun exposure, often during the sunniest hours of the day. Thankfully, there are a few simple things you can do to protect your skin without sacrificing your game.



## TAKE ADVANTAGE OF TWILIGHT DEALS

Avoiding long periods of direct sun exposure is crucial to your skin. In fact, the peak hours of the sun’s intensity are between the hours of 10am and 4pm. Many golf courses offer discounted rates for late tee-off times so with this preventative solution, you will be helping your skin and your wallet!

## SEEK THE SHADE

What’s a great way to give your skin a break from the sun’s rays? Seek shade! While trees may not be your best friend on the course, they can offer a great option for some relief from the sun. Some other options would be to go indoors, rest underneath a covered golf cart, or use a UVA/UVB protection umbrella between holes.







## WEAR SUNSCREEN!!!

Sunscreen is especially important when you're golfing since you'll be spending a lot of time outdoors. Dr. Sassmannshausen recommends applying water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher to all exposed areas 30 minutes before heading out to the course. Try looking for a sports formula that is sweat-resistant and won't run into your eyes. And remember to reapply every two hours, or more often if you are sweating heavily (or decide to venture into a water hazard to hit out). Colorescience Sunforgettable SPF makes it easy to reapply while on the go or while waiting for your next tee-off!



Don't forget your lips! Treat your lips with just as much care as you do any other exposed part of your body and be sure to carry a lip balm with a sun protection factor (SPF) of 15 or higher. We recommend jane iredale Lip Drink SPF 15 or Colorescience Lip Shine SPF 35—Both on sale during our Spring Event!

## Wear Sun Protective Clothing

While we typically recommend a wide-brimmed hat for maximum sun protection, we recognize this isn't the most practical option on a golf course. Baseball caps and visors, however, are good options which will stay in place and provide coverage to your face. Be sure to cover your ears and neck with sunscreen as these areas are still exposed.



## PROTECT YOUR EYES

Just like your skin, your eyes can also be damaged by the sun. Wearing sunglasses not only look stylish, but some players say they improve visibility and reduce glare.





# GUEST LOVE



My favorite dermatologist!  
Extremely helpful and everyone  
was so friendly!

- KELSEY



Amazing on everything.  
So excited for my new Journey  
with my skin and learning how  
to keep it healthy!

- LINDY



I have been to other  
dermatologists... Dr. Sass and  
the group are the very best.  
He caught something that was  
misdiagnosed at another FW Dermatology  
group... I trust him and his judgment!  
Although he does give me a hard  
time about the sun 😊.

- VIRGINIA



LOVED my time there.  
Dr. S came in super friendly  
and fun. He made me feel  
extremely comfortable instantly.  
He seemed to really care about what  
was going on and how to fix  
my problems. Would 10/10  
recommend him to anyone!

- ALYSSE





# SKINMEDICA

I started working at Three Rivers Dermatology in August of 2017. At that time, I knew very little about skincare and having a regimen. I was purchasing cheap facial cleansers and moisturizers from any drug store I went to. This also meant I was not looking at the ingredients list in any over-the-counter products I purchased. I look back at old photos or memories that come up and can see a very drastic improvement in my skin.

Using SkinMedica products has definitely changed my skin including the tone, texture, and brightness, and has improved my fine lines and wrinkles. There is not a single product SkinMedica has that I do not like but some of my must-haves and favorites are Lumivive System, Rejuvenative Moisturizer, Instant Bright Eye Cream, and sometimes when I am super dry, the TNS Ceramide Treatment Cream. Being a mother of 3 and barely having time to myself, I feel like my skincare regimen is my self-care. I have peace of mind using these products because I know that Dr. Sass will never have a treatment or product that he doesn't fully believe in and trust. I am incredibly thankful for the knowledge I have gained over the years I have been working here. Life isn't always about beauty and vanity but it's more about the confidence you feel in your own skin!



*Amber*  
GUEST CARE



# Colorful Naturally-Dyed Deviled Eggs





# Colorful Naturally-Dyed Deviled Eggs

**TOTAL: 1 HR 30 MINS**

**YIELD: 24 DEVEILED EGGS**

**SPECIAL EQUIPMENT:**

**A PASTRY BAG FITTED WITH A SMALL ROUND TIP**

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## INGREDIENTS

- 2 teaspoons turmeric
- 3 tablespoons distilled white vinegar
- Kosher salt
- 1 small red beet, peeled and diced
- 1/4 head red cabbage, chopped
- 1/4 teaspoon baking soda
- 12 hard-boiled eggs, peeled, halved and yolks and whites separated
- 1/3 cup mayonnaise
- 2 teaspoons yellow mustard

## DIRECTIONS

- 1** Combine the turmeric with 1 1/2 cups water in a medium pot. Bring to a simmer over medium heat; gently simmer for 10 min. Remove from the heat and stir in 1 tablespoon vinegar and 1/2 teaspoon salt. Let cool for 5 min., then transfer to a heatproof container.
- 2** Combine the beets with 1 1/2 cups water in a medium pot. Bring to a simmer over medium heat; gently simmer for 20 min. Remove from the heat and stir in 1 tablespoon vinegar and 1/2 teaspoon salt. Let cool for 5 min., then strain into a heatproof container.
- 3** Combine the cabbage with 2 1/2 cups water in a medium pot. Bring to a simmer over medium heat; gently simmer for 20 min.. Let cool for 5 min., then strain half into a heatproof container & stir in the baking soda & 1/2 teaspoon salt. Strain the remaining liquid into a heatproof container & stir in 1/2 tsp salt.
- 4** Add 6 egg whites to each container and let soak until the desired color (yellow, pink, lilac and teal), up to 1 hour. Drain the egg whites on a paper towel-lined plate before serving.
- 5** Meanwhile, transfer the yolks to a food processor. Add the mayonnaise, mustard, remaining 1 tablespoon vinegar and 1/4 teaspoon salt and pulse until smooth and creamy. Transfer the yolk mixture to a pastry bag fitted with a small round tip. Pipe swirly dollops of the mixture into each dyed white.

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





4.13-4.27  
2-WEEK SALES EVENT!

2-WEEK SALES

# EVENT

IN-OFFICE • PHONE • ONLINE  
EVERYTHING IS ON SALE!

For exclusive  
event updates  
& details,  
sign-up here!

CLICK HERE



**SAVE ON**  
**SKINMEDICA**  
**BOTOX**  
**COLORESCIENCE**  
**JUVEDERM**  
**COOLSCULPTING ELITE**  
**JANE IREDALE**

*and more!*

SKINMATTERS



Three Rivers  
DERMATOLOGY  
& Windy Ridge  
THE ULTIMATE SKIN CARE CENTRE