

THREE RIVERS DERMATOLOGY NEWSLETTER

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AUGUST 2021

Skin Matters



A LETTER FROM THE EDITORS:

As if you need a reminder, the summer is starting to wind down and kids are heading back to school! However, we hope you'll still take the time to enjoy this issue of *SkinMatters*.

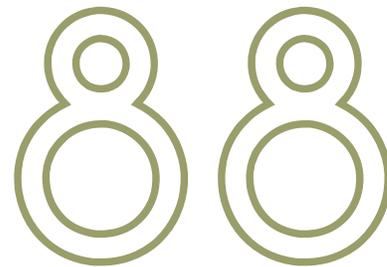
In this issue, we have included some great tips on how to stay sun safe while soaking up the last bit of summer. Don't forget to also check out our August promotions and be sure to try the delicious recipe!

HAPPY AUGUST!

Loretta Amanda



HELLO
ISSUE



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TAKE A HIKE

BUT DON'T FORGET THE SUN PROTECTION!

WRITTEN BY JEFFREY SASSMANNSHAUSEN, MD



One great way to spend time in the summer is getting out in nature. Whether it's going on a short hike or a camping adventure, you're bound to get into the sunlight. So, how to protect yourself from the sun? Wear sunscreen and protective clothing.

It's important to wear your sunscreen when out in the sun. Re-apply every two hours to ensure constant protection. Blue Lizard Sunscreen is a great way to get that UV protection. This SPF 50+ sunscreen is sweat- and water-resistant for 80 minutes, so make sure you reapply a bit more often if the sun or heat are making you sweaty. Blue Lizard comes in a lotion with a bottle that changes color in UV light to alert you to the need for sunscreen. It also comes in a convenient sport stick for easy application; just a swipe over the skin, rub it in, and you've got SPF 50+ sun protection. Blue Lizard has also recently launched a spray sunscreen. Unlike other spray sunscreens, which require three layers for full protection, Blue Lizard Spray-On Sunscreen needs only one layer rubbed into the skin to give you SPF 50+ protection. So, whatever sort of adventure you're on, Blue Lizard Sunscreen has you covered.

— “ —
WONDER
WANDER
REPEAT
— ” —



...CONTINUED ON PAGE 4

Spray, rub in and go!

Grab these SPF game-changers today!

SENSITIVE



ACTIVE



Another great sunscreen is the Colorescience Sunforgettable Total Protection Brush-On Shield.

The powder sunscreen is easy to apply alone or over make-up and on the go. It's a mineral sunscreen, so there are no chemicals to worry about bothering sensitive skin. Two passes of the brush over the face, or whatever area you want to protect, will give you broad-spectrum SPF 50 coverage. Another great thing about the mineral sunscreen: heat won't damage it, so if you leave the brush in your car or in your camping gear, it'll still give you UV protection when you pull it back out.



Beyond sunscreens, wearing protective clothing will help keep your skin sunburn-free. A wide-brim hat that covers the head and ears alongside your sunscreen will keep your face and neck protected during the height of the day. Long sleeves and pants go a long way to protect the skin, but on a hot, summer day, they may not seem practical. Dr. Sass recommends Solumbra, a clothing company that makes clothes and accessories that give you protection from harmful UVA and UVB rays. The clothes are also made with light fabric that will still keep you cool while providing that protection.

ORDER NOW!



So, whether your plans are to go hiking in the woods, hit the beach or spend the day by the pool, be sure to cover up and wear your sunscreen.

Dr. Sassmannshausen



ORDER NOW!

Banish THE BURN!



So, you got a sunburn despite your best efforts to avoid it. Perhaps you didn't re-apply often enough; remember, every two hours. Or maybe, your sunscreen wasn't strong enough; Dr. Sass recommends at least SPF 30. Maybe you stayed in the sun too long; sunscreen extends the amount of time you can stay in the sun without burning—it doesn't protect you indefinitely. Or it could be you just weren't wearing it; even on cloudy days, you need your sunscreen. Whatever the reason, you now have a sunburn... so what can you do to ease the discomfort and speed healing?



Aloe: you probably already know this one, but it's a good one. The aloe vera plant has a soothing effect to wounds and burns. It moisturizes the skin and helps to prevent the peeling that sometimes happens with sunburns. Whether you're using the gel straight from the leaf or bought from the store, apply regularly to keep the skin hydrated and feeling cool.



Ibuprofen: taking a pain reliever like ibuprofen (Advil, Motrin, etc.) early on may lessen the burn and speed healing time. It can also help ease the discomfort and swelling from the sunburn.



Biafine: Biafine is a prescription product we have available in our office. Biafine helps to speed the healing process and provides protection to the sunburn. A little goes a long way, so if you don't use it all, you can keep it around to treat other things (such as cuts, scrapes, and small burns), since you won't be getting another sunburn. Right?



Dr. Sass is outstanding and very thorough. We have been to Three Rivers for several years and the service and treatment are always very professional and exceptional quality.

- KENNETH

I always feel comfortable in the able hands of this group. I like knowing they look after me and I in turn leave happy!

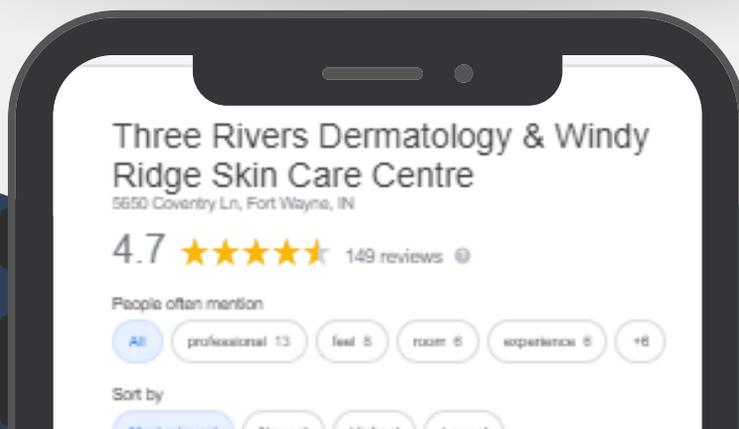
- CINDY

Best dermatologist around. Dr. Sass is so knowledgeable. He looked right at my face and knew the specific name for my acne and the exact cream to treat it. The whole staff is professional. I wouldn't go anywhere else! Always thought going to a dermatologist was a money scheme until I went here.. they truly care about your skin.

- LIBBY

Very positive atmosphere!
Awesome staff!

- BARBARA



Product Spotlight

NUTRAFOL

HAIR WELLNESS FROM WITHIN

Hair growth starts with whole-body health, so root causes and what hair needs to grow can differ based on biology and age. Find the formula perfectly designed for your bio-specific needs.

WOMEN



Nutrafol Women multi-targets root causes of thinning hair from within for stronger hair and less shedding.

SENSORIL® ASHWAGANDHA

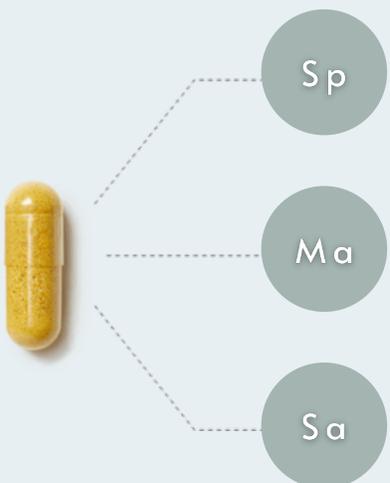
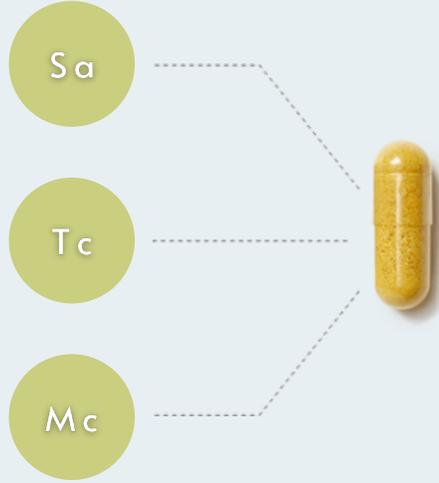
Balances stress hormones to support the hair growth cycle.

TOCOTRIENOL COMPLEX

Improves hair density by lowering environmental oxidative stress.

MARINE COLLAGEN

Provides amino acids as building blocks of hair-strengthening keratin.



SAW PALMETTO

Combats thinning hair by helping prevent testosterone conversion to DHT.

MACA

Adaptogen known to support hormone health before, during, & after menopause.

SENSORIL® ASHWAGANDHA

Balances stress hormones to support the hair growth cycle.

WOMEN'S BALANCE



Reduces shedding and improves hair growth & visible thickness while easing your transition through the hormonal shift of menopause.

MEN



Improves hair growth with visibly more thickness and scalp coverage. Target root causes of thinning like hormones, stress, and poor nutrition

SAW PALMETTO

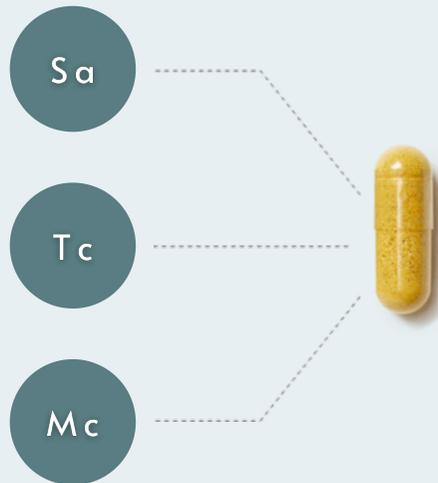
Combats thinning hair by helping prevent testosterone conversion to DHT.

TOCOTRIENOL COMPLEX

Improves hair density by lowering environmental oxidative stress.

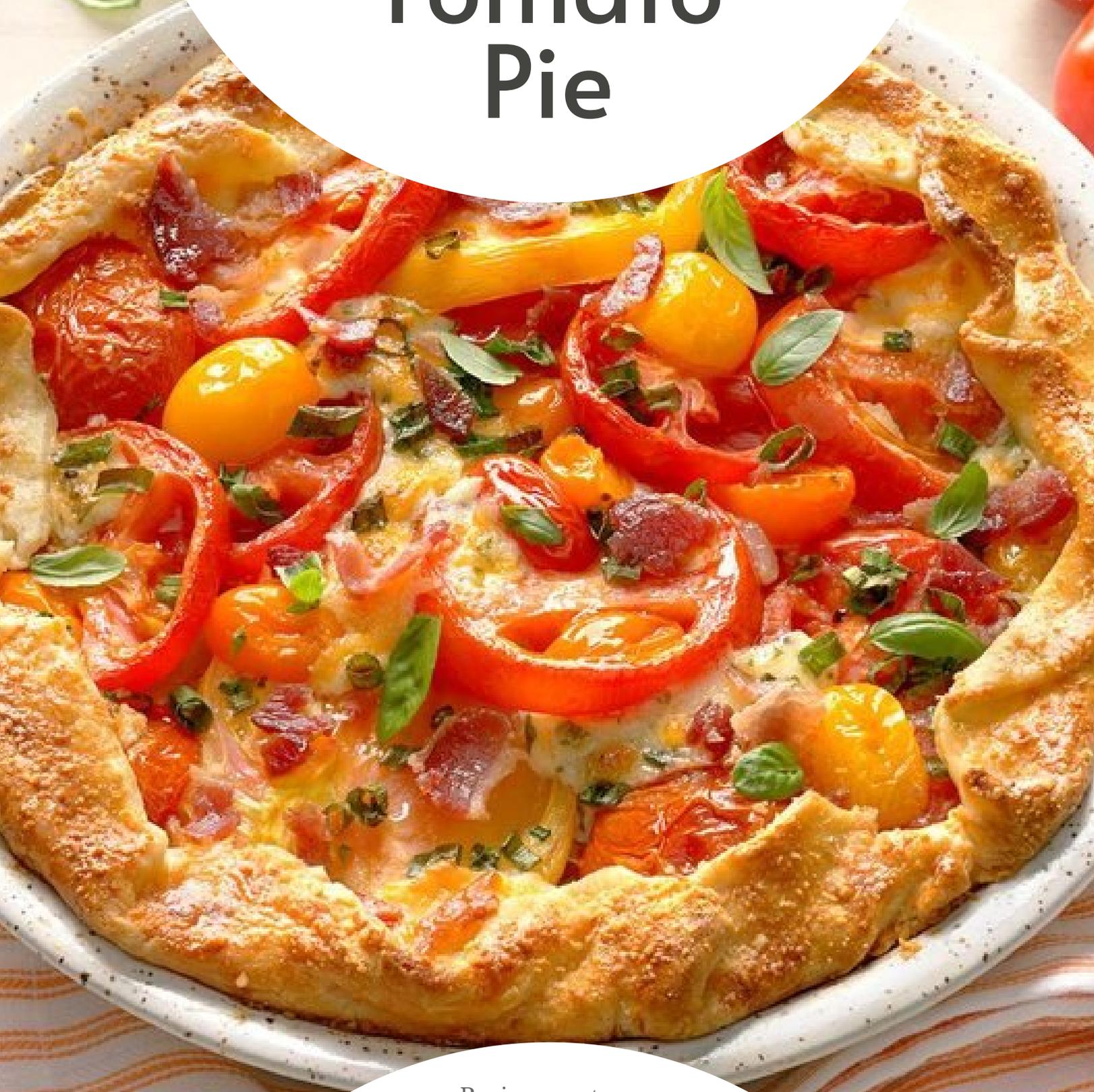
SENSORIL® ASHWAGANDHA

Provides amino acids as building blocks of hair-strengthening keratin.



AVAILABLE AT WINDY RIDGE SKIN CARE CENTRE!

Rustic Tomato Pie



Recipe courtesy
of tasteofhome.com



RUSTIC TOMATO PIE

SERVINGS: 8 **PREP TIME/TOTAL TIME: 40 MINS+ STANDING**

FRESH FROM THE GARDEN RECIPE!

INGREDIENTS

- Dough for single-crust pie
- 1-3/4 pounds mixed tomatoes, seeded and cut into 1/2-inch slices
- 1/4 cup thinly sliced green onions
- 1/2 cup mayonnaise
- 1/2 cup shredded cheddar cheese
- 2 tablespoons minced fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 bacon strips, cooked and crumbled
- 2 tablespoons grated Parmesan cheese

DIRECTIONS

- 1** Preheat oven to 400°.
- 2** On a lightly floured surface, roll dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim crust to 1/2 in. beyond rim of plate.
- 3** Place half of the tomatoes and half of the onions in crust.
- 4** Combine mayonnaise, cheddar cheese, basil, salt and pepper; spread over tomatoes. Top with remaining onions and tomatoes.
- 5** Fold crust edge over filling, pleating as you go and leaving an 8-in. opening in the center. Sprinkle with bacon and Parmesan cheese.
- 6** Bake on a lower oven rack until until crust is golden and filling is bubbly, 30-35 minutes. Let stand 10 minutes before cutting. If desired, sprinkle with additional basil.

1 serving:

1 piece: 325 calories, 25g fat (11g saturated fat), 41mg cholesterol, 409mg sodium, 19g carbohydrate (3g sugars, 2g fiber), 6g protein.

aging

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A VACATION.

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- CHANCES TO WIN A FREE TREATMENT
- EVENT SAVINGS