

THREE RIVERS DERMATOLOGY NEWSLETTER

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A close-up photograph of a hand with light blue nail polish holding a four-leaf clover. The background is a soft, out-of-focus bokeh of warm, golden light spots. The entire image is framed by a white border.

# Skin Matters

# A LETTER FROM THE EDITORS:

Say goodbye to winter snowstorms and hello to sunshine and warm weather! Happy March, everyone! You are probably ready to step outdoors and enjoy the warmer weather.

Dr. Sass talks about the NEW and IMPROVED CoolSculpting technology now available in our office. We have also included some helpful tips on how to reveal your healthy and vibrant side this spring!

And don't forget to take a look at this month's delicious recipe. We're sure you won't be able to resist it!

Wishing you a fun,  
happy, and healthy March!

*Loretta* *Amanda*



HELLO  
ISSUE

83



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Something  
**ELITE!**  
is here!



NEW! NEW! NEW!

WRITTEN BY JEFFREY SASSMANNSHAUSEN, MD

There must be a disruption in the matrix, a wrinkle in time, or something slipped through the cracks! A highly effective treatment for the reduction of unwanted fat has been updated with new technology. More areas can be treated, new applicators make the process easier and more adaptable. OK, but why is this causing such a disturbance in the force? The price is actually LOWER!

While one would expect that as more and newer treatments are available, capitalism would drive the price lower. However, in the field of cosmetic procedures, this rarely happens. There is only the slow but steady upward trend in prices. CoolSculpting has reversed this trend.

The new CoolSculpting Elite is here, in our office. This new platform will allow us to treat more areas in a shorter period of time. We will have more applicators to use. The new technology allows for a more even treatment field. In addition, we will have the ability to treat two people at a time! The price per treatment has decreased, making it more affordable to treat to complete, or add another area to the treatment plan.

We are excited about being one of the first in Indiana to have the CoolSculpting Elite. Call for a consultation with one of our highly experienced CoolSculpting experts. Together they have performed over 2500 treatments! With this knowledge, they can develop a treatment plan to get the best outcome with the fewest treatments.

# SPRING INTO ACTION!

## REVEAL YOUR VIBRANT, HEALTHY SIDE THIS SPRING!

The snow is melting and soon the flowers will be blooming, the birds will be singing, and the warm sunshine will be out. Finally, spring is here! What a perfect time to jump-start a complete tune-up of your body, mind, and soul as you prepare for the months ahead! Read on for tips to get healthy—inside and out.



### ELIMINATE BAD HABITS

We all have those annoying little habits that need to be addressed. Do you procrastinate? Do you overspend when shopping online? Have you been hitting the snooze button one too many times? Take this opportunity to recognize your area(s) of weakness and make the necessary adjustments to rid yourself of these pesky behaviors. Pick one and find ways to get out of the habit. Achieving self-discipline is a great way to boost your self-esteem!

### DIET OVERHAUL

Eating well is not just about losing weight. It's about being healthy. A diet rich in fruits, vegetables, whole grains, and lean meats is essential for good health. It's a lifestyle, not a weight-loss fad. When we put healthy food inside of us, we feel better and we look better. Go ahead and commit to being healthy!



### MAKE FITNESS FUN!

Shed winter (or COVID) weight gain. It's a fact, most people gain at least a pound, if not more, during winter. If you choose an activity you enjoy doing, you are more likely to stick to it. Our PA Michelle says Ballroom Dancing is the ticket! Involve the whole family or perhaps a friend. Go bike riding together or take a walk together a few times a week. Get together for a game of touch football or basketball. You don't have to go to a gym to be fit. Gather family members or friends and get moving!





## GET YOUR ZZZZs

We are all guilty of not getting enough sleep from time to time. But did you know that poor sleep habits affect many, if not all, areas of your life? When we don't get enough sleep, we simply aren't running at full capacity. We're not giving our best to our jobs, families, or even to ourselves. Turn off the television at night and head to bed. Isn't it worth it if it makes you better in every aspect of your life?

## REVEAL RADIANT SKIN!

The winter months wreak havoc on our skin. We are exposed to freezing temperatures when we are outdoors followed by dry heat when we step inside. This is a recipe for dry, scaly, itchy skin. As the weather is warming up, take this opportunity to get your skin in shape. You must exfoliate and moisturize to reveal youthful, dewy skin. One of our skin care experts can create a skin care regimen for you and recommend the appropriate home care products to get your skin glowing this spring.



## DON'T FORGET YOUR LIPS

Your lips suffer from the harsh winter weather just like the rest of your body does. Again, exfoliating and moisturizing are key to revealing smooth, moist lips. During a DiamondGlow treatment, we not only focus on the face, but also exfoliate and hydrate your lips making them smooth and plump!

Spring is a time of renewal. It's time to get rid of the winter blues and breathe in fresh, clean air. Make this season your time of personal regeneration. Go ahead and try these tips for a month. We are confident you will experience an extra spring in your step!!



# GUESTS LOVE



The DiamondGlow has made my skin more clear and smooth. I love it!

- AMY



Dr. Sass is amazing and funny too!  
The staff are all very nice and helpful. I'll never go anywhere else again.  
(I promise!)

- KIMBERLAND



Kayla was terrific!  
She has such a great touch. I had dermaplaning followed by DiamondGlow. My skin feels very dewy/hydrated, and my products penetrate my skin even more than usual. I highly recommend these treatments and Kayla!

- LORETTA



I love Dr. Sass, and his entire staff! They are like family. Such caring and competent people. Syd, Loretta, Michelle, etc. are all top-notch people. Run, don't walk, to their facility!

- AMY





# Baked Feta Pasta

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# Baked Feta Pasta

Yet another viral TikTok recipe that has broken the internet. Does it hold up to all the hype? YES! It absolutely does!

**TOTAL: 45 MINS**

**SERVINGS: 3-4**

## INGREDIENTS

- 2 pints cherry or grape tomatoes
- 1 shallot, quartered
- 3 cloves garlic, smashed (optional)
- 1/2 c. extra virgin olive oil, divided
- Kosher salt
- Crushed red pepper flakes
- 1 (8-oz.) block feta
- 3 sprigs thyme
- 10 oz. pasta
- Zest of 1 lemon (optional)
- Fresh basil (optional)

## DIRECTIONS

- 1** Preheat oven to 400° F. In a large ovenproof skillet or medium baking dish, combine tomatoes, shallot, garlic, and most of the olive oil. Season with salt and red pepper flakes and toss to combine.
- 2** Place feta into center of tomato mixture and drizzle top with remaining olive oil. Scatter thyme over tomatoes. Bake for 40 to 45 minutes, until tomatoes are bursting and feta is golden on top.
- 3** Meanwhile, in a large pot of salted boiling water, cook pasta according to package instructions. Reserve ½ cup pasta water before draining.
- 4** To skillet with tomatoes and feta, add cooked pasta, reserved pasta water, and lemon zest (if using) to skillet and stir until completely combined. Garnish with basil before serving.

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



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2-WEEK SALES

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