

ISSUE NO. 85

MAY 2021

Skin Matters



A LETTER FROM THE EDITORS:

Well, it feels like we've waited long enough. Spring is here and along with it, a wave of fresh optimism. It's thrilling to get outdoors and play in the brilliant sunshine, but May is also Skin Cancer Awareness month and is the perfect opportunity to remind you to always practice safe sun!

But beyond that, Dr. Sass also shares what is new at Three Rivers Dermatology and what that means for the future of skin cancer treatment. Graduation season is also upon us, and we have some great ideas that will make them feel special and appreciated.

Here's to bringing a little Saturday spirit to the rest of the week, and to a bright and happy month!

Loretta *Amanda*



HELLO
ISSUE

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A NON-SURGICAL SKIN CANCER TREATMENT OPTION

Coming soon!



IMAGE-GUIDED SUPERFICIAL RADIOTHERAPY (IG-SRT)

WRITTEN BY JEFFREY SASSMANNSHAUSEN, MD

You have been diagnosed with a basal cell or squamous cell skin cancer. While there are many options for treating these types of cancers, we may recommend the only treatment that does not require surgery. With that comes a 99% cure rate with little to no scar, no pain, no stitches, and minimal side effects.

Image guided superficial radiotherapy (IG-SRT) uses very low level, very focused radiation to destroy skin cancers. It is a very targeted treatment which uses an ultrasound device to visualize the cancer, measure the tumor, and follow the progress during the treatment course. Using this method adds to the high cure rates and lessens the need to treat the skin beyond where the cancer is located.

Prior to beginning the IG-SRT treatments, we will contact your insurance company and get the prior authorization to administer this non-surgical treatment. In addition, they will look at your insurance benefits and be able to determine what your costs (deductible, copay, etc.) will be to treat your cancer.

After the initial set up, called a simulation, you will get 20 treatments. The visits will be short and you will not have any serious side effects. Treatments can be given 3-5 days a week. You will be seeing our Radiation Therapy Technologist (RTT) at each visit and a provider every 5 visits.

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What should you expect during your visits? At the initial visit with the RTT, you will have the opportunity to ask questions and see the device that will be used to treat your cancer. The cancer will be imaged with the ultrasound device. This will identify the size and depth of the cancer. The treatment area will be marked. After finding a comfortable position, a lead shield will be strategically formed and placed over the cancer, and the machine will be placed over the cancer. You will be completely shielded from any radiation. Then, just like that, without any pain, the treatment is over. You may have some redness and mild swelling over the cancer. This is normal during the treatment. Once the cancer is gone, the redness fades.

BEFORE



AFTER



We are excited to be able to offer this exciting option for treating non-melanoma skin cancers. Surgery does a great job and for many patients is the best option. There are those cancers, however, where surgery could cause unneeded pain, significant scarring, loss of body parts (ears for example), need for reconstruction, or slow-healing wounds. Dr. Sassmannshausen or one of his PA's would only recommend this option if they felt it was the best option for treatment.

Coming soon!

If you have any questions, visit GentleCure.com or call the office at 260-436-9696.



Dr. Sassmannshausen



CELEBRATE WITH YOUR GRADUATE

Graduation season is upon us. What an exciting time! Do you have someone in your life who is about to graduate? Check out the list below for some great ideas that are sure to make the graduate in your life feel special and appreciated!

MAKEOVER

Everyone loves a new look. Perhaps a new hairstyle would be a great start to a new chapter in your graduate's life. Or, help them find a skincare regimen that works. Reserve a series of facials or peels at Windy Ridge Skin Care Centre to prepare them for their new journey!

NEW WARDROBE

No matter what new adventure your graduate is headed off to, a new wardrobe is a perfect gift. Take them on a shopping spree and help them achieve the perfect look that projects both confidence and grace.

GIFT CARDS

Does your graduate love spending time at the spa? Pick up a few gift cards to Windy Ridge Skin Care Centre for them. What a great way to send them off into adulthood!

No matter what gift you choose for your graduate, they are sure to appreciate and love you just because you thought of them!





GUEST LOVE



I really enjoyed the treatment.
It was relaxing, painless and soothing.
My aesthetician was fantastic!

- PAMELA



Staff are very friendly and helpful. Everyone knows their job and does it efficiently. Medical staff are highly trained to explain the patient's exact problems and how they are to be treated.

- EDWARD



Dr. Sass, PA Michelle, and Kayla are THE BEST. Being over 50 and a smoker I have more lines on my face than I prefer. My Botox and filler make me so happy 😊. I look rested and refreshed within a week of my visit and no one knows unless I tell them.

- JACQUELYN



I am thankful the office provides ear piercings! We waited for years to find a safe location to have our daughter's ears pierced. Amanda was very patient and kind with our daughter. She took time to make sure the placement of the piercings was right, and kept the atmosphere calm. Thank you!

- CAROLINE



Product Spotlight

OUR #1 BEST SELLER

The award-winning TNS Advanced+ Serum from SkinMedica!

This advanced formula acts on multiple levels to help get you to age-defying results.

- + Next-generation growth factor blend—supports healthy skin functions
- + Innovative peptide complex—nourishes your skin

Specifically designed to support the results of the growth factor blend, this highly active blend of botanicals, marine extracts, and peptides includes:

- + French flax seed—Supports repair functions
- + Marine extract—Supports skin's renewal processes
- + Green microalgae—Supports collagen and elastin levels





Mandarin Chicken Pasta Salad

Recipe courtesy
of [allrecipes.com](https://www.allrecipes.com)



Mandarin Chicken Pasta Salad

SERVINGS: 6

PREP TIME: 45 MINS

COOK TIME: 8 MINS

INGREDIENTS

- 1 teaspoon finely chopped, peeled fresh ginger
- ⅓ cup rice vinegar
- ¼ cup orange juice
- ¼ cup vegetable oil
- 1 teaspoon toasted sesame oil
- 1 (1 ounce) package dry onion soup mix
- 2 teaspoons white sugar
- 1 (8 ounce) package bow tie (farfalle) pasta
- ½ cucumber - scored, halved lengthwise, seeded, and sliced
- 1 clove garlic, pressed
- ½ cup diced red bell pepper
- ½ cup coarsely chopped red onion
- 2 diced Roma tomatoes
- 1 carrot, shredded
- 1 (6 ounce) bag fresh spinach
- 1 (11 ounce) can mandarin orange segments, drained
- 2 cups diced cooked chicken
- ½ cup sliced almonds, toasted

DIRECTIONS

- 1** To make the dressing, whisk together the ginger root, rice vinegar, orange juice, vegetable oil, sesame oil, soup mix, sugar, and garlic until well blended. Cover, and refrigerate until needed.
- 2** Bring a large pot of lightly salted water to a boil. Add the bowtie pasta and cook for 8 to 10 minutes or until al dente; drain, and rinse under cold water. Place pasta in a large bowl.
- 3** To make the salad, toss the cucumber, bell pepper, onion, tomatoes, carrot, spinach, mandarin oranges, chicken, and almonds with the pasta. Pour the dressing over the salad mixture, and toss again to coat evenly. Serve immediately.

1 serving:

425 calories, 19g fat (3g saturated fat), 35mg cholesterol, 358mg sodium, 45g carbohydrate (11g sugars, 4.5g fiber), 22g protein



COME WORK WITH US!

CLINICAL TEAM

High quality health care doesn't just happen. It requires a passion for patient care, while also giving the same exceptional customer service to each and every patient in a fast paced environment. It's a bit of a juggling act, but if you think you have the skills, we need to talk!

GUEST CARE TEAM

As the 'face' of our office, the successful candidate will be presentable and friendly, with outstanding people skills. You should have a talent for multi-tasking, with excellent communication and organizational skills. If you love helping others and are eager to learn and grow - we are the place for you!

SEND YOUR RESUMES TO SHELLY@THREERIVERSDERMATOLOGY.COM

I LAVA^{SPF} BRACELET

BY

Emily Kai

EMILY KAI & THREE RIVERS DERMATOLOGY
partnered together and created this bracelet
as a way to help raise awareness of skin cancer.



PROTECT & LOVE THE SKIN YOU'RE IN!

[SHOP NOW!](#)

\$25