

THREE RIVERS DERMATOLOGY NEWSLETTER

OCTOBER 2021

ISSUE NO. 90

# Skin Matters

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## A LETTER FROM THE EDITORS:

Fall is here—and we are more than ready. Between the crisp air, cozy sweaters or sipping a cup of hot cider, we have a newfound skip in our step. In this month's *SkinMatters*, we have channeled that excitement into bringing you ways to renew your skin.

The event that you have gotten to know and love is back with even more chances to save. This year, we will be bringing back the 1-day in-person open house along with an extended 2-week sale. Be sure to read this issue for more information and stay tuned for all the special deals & savings you can expect to see!

*Loretta Amanda*



HELLO  
ISSUE

90



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OCT. 2021

# DR. SASS SAYS...

WRITTEN BY: JEFFREY SASSMANNSHAUSEN, MD



With the summer coming to an end, and hopefully with it the COVID virus, it is time to look to the future and get a game plan for the winter months. This month, I want to make sure you and your skin are ready for cold temperatures, snow and the dry season.

What is the most important thing to remember in the colder months? Well yes, Sparkle and Shine is November 4-17, but even more important is that the sun still shines in the wintertime! Don't forget your sunscreen! Make sure it a part of your morning routine. If you go on vacation, take it with you. The [Colorescience Sunforgettable powder sunscreen](#) is easy to apply (and re-apply) and fits in the pocket of your ski jacket.



As the environment changes from hot and humid to cold and dry, your moisturizer may need to evolve as well. Look at using something a bit thicker and more moisturizing such as SkinMedica's [Replenish Hydrating cream](#) or [Dermal Repair Cream](#). Or, for very dry skin, use the [TNS Ceramide Treatment Cream](#). This time of year, trying [HA5](#) for extra hydration would be a great idea. The unique delivery of water deep into the skin will keep your face smooth and supple.





With the cold comes dry, painful, cracked fingertips. I recommend [CeraVe Therapeutic Hand Cream](#). This product contains the great moisturizing efficacy of CeraVe with the added benefit of a sealant which holds the moisture in and keeps out any irritants. Sometimes, however, more is needed. This winter, several new steroid-free prescription medications will be approved for the pesky fissures.

While some have bad heels in the summer as they are continuously barefoot or in sandals, others find their cracked heels get worse in the winter. Before the heels get thick enough to crack, start treatment with [Baby Foot](#). This foot peel will thin down the skin through a peeling process leaving behind a softer skin that will inhibit cracks. Keeping the feet moisturized with the salicylic acid-containing CeraVe SA can help maintain the softness. If needed, there are prescription compounded medications that will exfoliate the feet even better.



At the end of the summer, faces will have quite a bit of the summer hyperpigmentation. This pigment is from too much sun and not enough sunscreen. It can also be driven by hormones in many women. The winter months are an ideal time to attack. Windy Ridge Skin Care Centre has an entire spectrum of products and procedures for treating pigmentation. [Lytera 2.0](#) which actively inhibits multiple pigment pathways leading to a more even, brighter complexion, is a great way to begin treating the face. Add a Retinol and a sunscreen, and your home care routine is set. Combining facial chemical peels to your home care is a great idea. Chemical peels are minimally invasive treatments done in the office that will enhance the home products. Want to do more? Diamond Glow is a dermalinfusion treatment that will exfoliate, decongest and infuse a serum specifically designed for evening pigmentation.

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What else can be done? Microneedling is a procedure where tiny holes are made in the skin with fine needles. This will allow the pigment to be pushed out the small holes and then when they heal, the skin tightens, smoothing fine lines and sun damage. Healing is very quick—2-3 days. If you want the crème de le crème, fractionated resurfacing of the face with the DOT laser can give a WOW result with one treatment. Using a laser, tiny holes are made in the skin. These allow for the pigment to escape from under the skin and also causes repair and tightening to the skin. It is a commitment as healing takes about 2 weeks, but it will make you look several years younger.

Sparkle and Shine, our holiday event is bigger and better than ever. Beginning November 4th with an open house in the office with hors d'oeuvres, early access to event specials, access to me, my three incredible PA's and the outstanding team that makes Three Rivers Dermatology and Windy Ridge Skin Care Centre the ultimate location for your skin care. This year, following our open house, savings continue for an extended 2-week sales event! I certainly hope you can participate in person or over the phone.

Wow, that was a lot. I would recommend stopping by Windy Ridge and talking with one of the skin care specialists. These incredibly knowledgeable young women have been trained by me. I trust them to assess your skin's needs and make the most appropriate recommendations.



*Dr. Sassmannshausen*

# BREAST *Cancer* AWARENESS MONTH

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It can be easy to forget or not make time for something. But you can't ignore breast cancer. Behind cancers of the skin, it's the most common cancer among women. No woman is immune from the possibility of getting it.

Thankfully, during the entire month of October, breast cancer organizations raise extra awareness for the disease via the color pink.

Breast Cancer Awareness Month is a perfect time to re-educate ourselves and others on how to detect this killer in a timely manner. Women, and men, are reminded daily about early detection, causes, diagnosis, treatment and support.

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Breast cancer affects women of all races. According to the American Cancer Society, breast cancer accounts for nearly one in three cancers diagnosed in U.S. women. The National Cancer Institute shows one in eight women (12.3 percent) being diagnosed with breast cancer in their lifetime and more than 30 percent diagnosed after the cancer has spread beyond the localized stage.

Some risk factors, such as age and family history, can't be changed. But there are lifestyle and preventative changes you can make or modify to lower your risk of developing breast cancer.

### HERE'S WHAT THE MAYO CLINIC RECOMMENDS:

- Limit Alcohol:** Limit yourself to less than one drink per day. And don't ignore water! It's the best thing for you.
- Don't smoke:** There's a link between smoking and breast cancer risk, particularly in premenopausal women. And we shouldn't have to tell you about the lung cancer risk for smokers.
- Control weight:** The risk of breast cancer increases if obesity occurs later in life, particularly after menopause. Eating a healthy, fiber-rich diet that includes plenty of vegetables and fruits is important. Keep sugared drinks, refined carbohydrates, and fatty foods to a minimum. Also, try to eat lean protein like fish or chicken breast instead of red meat.
- Be physically active:** The Department of Health and Human Services recommends at least 150 minutes per week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice per week. A good start is a 30-minute walk five days per week.
- Schedule a mammogram:** Talk with your doctor to determine the appropriate mammogram schedule for you. This includes the frequency of check-ups.

Doing these things will provide peace of mind and help keep you aware of any changes your body may experience.

Finally, as you strive to achieve maximum health, qw will continue to support your goal to achieve whole-body wellness. Reducing stress is key, and we can help through a multitude of treatments to help you look and feel better.



Great care! Very thorough.  
Will recommend to friends & family.

**- JACQUELINE**

Always enjoy your staff. They are knowledgeable, experienced, and put us right at ease. And, of course, Dr. Sass, with one quick look, can surmise our problems.

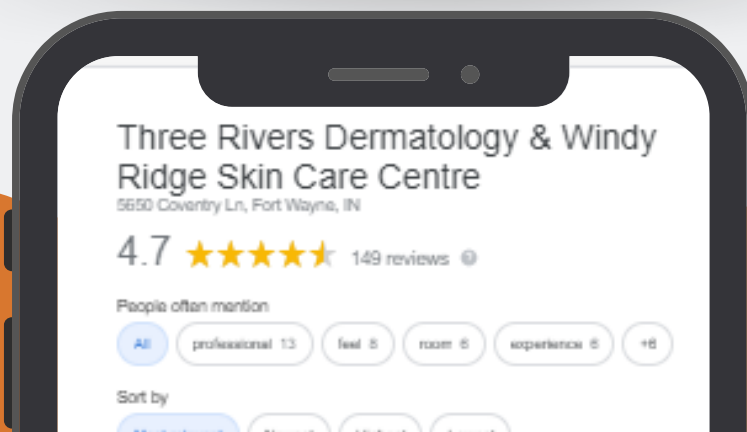
**- EDWARD**

First visit and everyone was kind and explained things so well to me. Then when the doctor came in, his personality, care, explanation and the time he took with me sold my wife and I with him as our future dermatologist. Thank you very much for the comfort you gave us both!!

**- JAY**

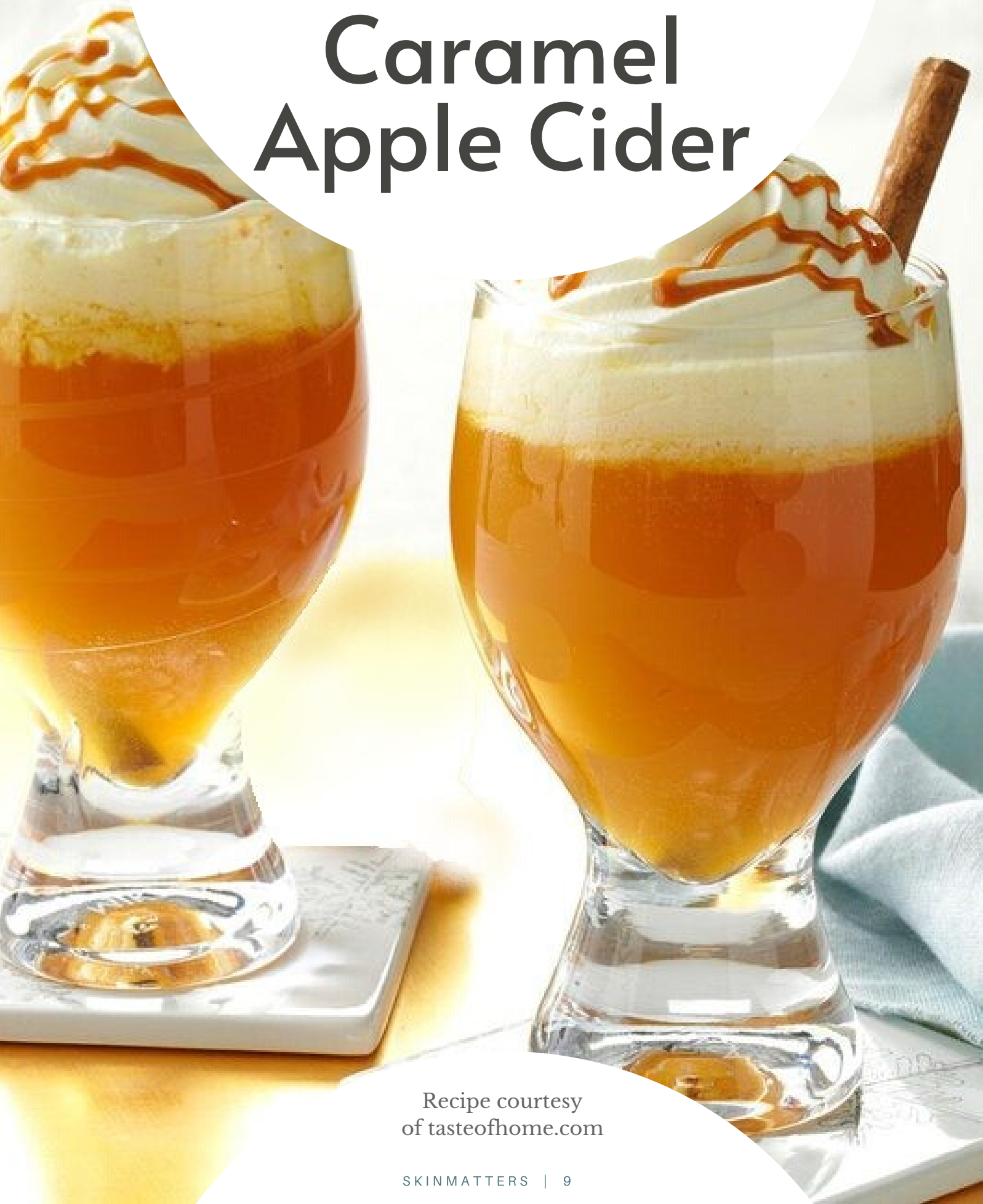
Extremely pleased and confident with the expertise given to my dermatological needs!  
Especially like Jenifer!

**- CAROL**





# Slow Cooker Caramel Apple Cider



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



# Slow Cooker Caramel Apple Cider

**SERVINGS: 12**

**PREP TIME: 5 MINS**

**COOK TIME: 2 HRS**

## INGREDIENTS

- 8 cups apple cider or juice
- 1 cup caramel flavoring syrup
- 1/4 cup lemon juice
- 1 vanilla bean
- 2 cinnamon sticks (3 inches)
- 1 tablespoon whole allspice
- Whipped cream, hot caramel ice cream topping and cinnamon sticks, optional

## DIRECTIONS

- 1** In a 3-qt. slow cooker, combine the apple cider, caramel syrup and lemon juice. Split vanilla bean and scrape seeds; add seeds to cider mixture. Place the bean, cinnamon sticks and allspice on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Add to cider mixture.
- 2** Cover and cook on low for 2-3 hours or until heated through. Discard spice bag. Pour cider into mugs; garnish with whipped cream, caramel topping and additional cinnamon sticks if desired.

3/4 cup (calculated without garnishes): 134 calories, 0 fat (0 saturated fat), 0 cholesterol, 17mg sodium, 33g carbohydrate (30g sugars, 0 fiber), 0 protein.



# SPARKLE & SHINE SAVINGS EVENT

Everything  
is on Sale!

**TWO  
WAYS TO  
SAVE!**

**KEEP CALM & Sparkle ON!**

ONE

# OPEN HOUSE

## NOVEMBER 4, 2021

2PM - 7PM

- EARLY ACCESS TO EVENT DEALS!
- RAFFLE PRIZES ● & MORE!

CALL FOR MORE  
INFORMATION OR TO  
RSVP BY PHONE

RSVP ONLINE

@ 2021-SPARKLE-SHINE.EVENTBRITE.COM



# EXTENDED 2-WEEK SALE

NOVEMBER 5TH-17TH

- SAME GREAT SPECIALS ●

TWO

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