

# Charlottesville Dermatology

March 2017 eNews

## *The Lake Isle of Innisfree*

*By William Butler Yeats*



*I will arise and go now, and go to Innisfree,  
And a small cabin build there, of clay and wattles made;  
Nine bean-rows will I have there, a hive for the honey-bee,  
And live alone in the bee-loud glade.*

*And I shall have some peace there, for peace comes dropping slow,  
Dropping from the veils of the morning to where the cricket sings;  
There midnight's all a glimmer, and noon a purple glow,  
And evening full of the linnet's wings.*

*I will arise and go now, for always night and day  
I hear lake water lapping with low sounds by the shore;  
While I stand on the roadway, or on the pavements grey,  
I hear it in the deep heart's core.*



***Save the Date!***



**Charlottesville Dermatology** will be hosting a **Spring Open House** on **April 18** to introduce **PRP** and our new **cosmetic fillers**. Keep an eye on our Facebook, Twitter, and Instagram accounts **@cvillederm.com** to be the first to get details on this exciting event.



## Love Your Loyalty

March 15th **Xeomin** Special

The **Luck of the Irish** is with you this month as **Charlottesville Dermatology** offers you a **20% discount on your second treatment area** after an initial Xeomin treatment of 25 units or more.



Let your Irish Eyes Be Smiling without Eleven Lines and Crow's Feet by scheduling your appointment today!

## What are the most important parts of a healthy skincare routine?

### USE A BROAD SPECTRUM SUNSCREEN AND REAPPLY OFTEN EVEN IN THE WINTER

It is thought that over 90% of skin aging effects are caused solely by the sun. Sunscreens work by physical and chemical means. The active ingredients of physical sunscreens, zinc and titanium dioxide, block and reflect UVA and UVB rays from the sun. Other sunscreens are made of chemicals which work by absorbing the ultraviolet rays before they penetrate the skin. The best product lines, provide safe, oil-free, and non-comodogenic chemical and/or physical barriers with added benefits such as antioxidants and water resistance. A great supplement to sunscreen is to always wear sun protective clothing, hats, and sunglasses



### ANTIOXIDANTS

These fight the free-radical damage that often causes the visual and hidden signs of aging. Free radicals are byproducts that are formed when the skin when oxygen is used by the body. Their presence in our skin alters its DNA which results in aging. When talking about antioxidants, more is better. A well rounded approach starts with eating a diet rich in antioxidants. Adding skin products that contain antioxidants such as Vitamin C, vitamin E, Coenzyme Q10, and grape, rosemary, or green tea extracts. Vitamin C is sensitive to heat, light, and oxygen, so be sure to inquire about the stability of the molecule with any purchase. I would also recommend considering adding retinoic acid to your skin care regimen. This is the active form of vitamin A and considered "gold standard" in anti-aging skin care. Topical retinoic acid treats fine wrinkles, age spots, and rough skin caused by sun exposure.

### HYDRATE:

Skin needs to be properly hydrated to look its best. Water boosting skin care products are a great way to do this. Hyaluronic acid is an amazing water attracting substance that can be purchased in many over-the-counter topicals products. My favorite are hyaluronic acid serums that feel refreshing on the skin. Eat water rich foods to hydrate the skin and body such as berries, watermelon, cucumbers, celery, bell peppers, and lettuce. Foods rich in omega 3 fatty oils also bring moisture to your skin. Turn down the temperatures in your baths and showers because these steamy sessions can strip your skin of needed oils. Adding a humidifier to your bedroom can boost hydration. And avoid overdoing it with alcoholic beverages.

### EXFOLIATE AT LEAST TWICE A WEEK

Dry skin can come just from the dead skin sitting on the surface. By physically or chemically exfoliating this skin away, you can stimulate your body to create new skin cells. The use of a skin care brush or adding glycolic or salicylic acid cleansers are a great in home solution. An even better way to jump start the process are



*Let your  
Hair Down  
this Spring!*

**NOW OFFERING**  
**PLATELET RICH PLASMA (PRP)**  
**STEM CELL THERAPY**  
for Hair Loss and Facial Rejuvenation  
with Microneedling



## What is a Wart?

You've likely either had one yourself or know somebody who has. While anybody can get warts, kids tend to get them more often, possibly because their immune systems are still maturing.

Warts are small hard bumps on the skin that are caused by a common virus called the human papilloma virus. Because the virus enters the skin through small scratches or cuts, areas such as the hands, feet, elbows, and knees tend to be common locations. Kids who pick at hangnails or cuticles may be more likely to get warts. In addition, sharing towels with someone who has a wart can also spread the virus.

The good news is that warts are usually not harmful beyond causing bumps on the skin. Left alone, the warts are often cleared by our body's immune systems. However, on occasion, warts can cause pain or grow to be large; sometimes children may be embarrassed by the wart's appearance. In these situations, a dermatologist can discuss treatment options including medications to apply at home as well as office-based procedures such as freezing, injections, and laser treatment.



Inez Soukoulis, MD

### A Little Wart Trivia:

Verruca, derived from Latin, is the medical name for a wart. The spirited, strong-willed little girl in *Willie Wonka and the Chocolate Factory* was named **Veruca Salt** by author Roald Dahl after a wart medicine found in his medicine cabinet. An alternative rock band in the '90s named themselves Veruca Salt after this character, as has a boutique chocolatier in Chicago.



# Do You Suffer From **ECZEMA?**



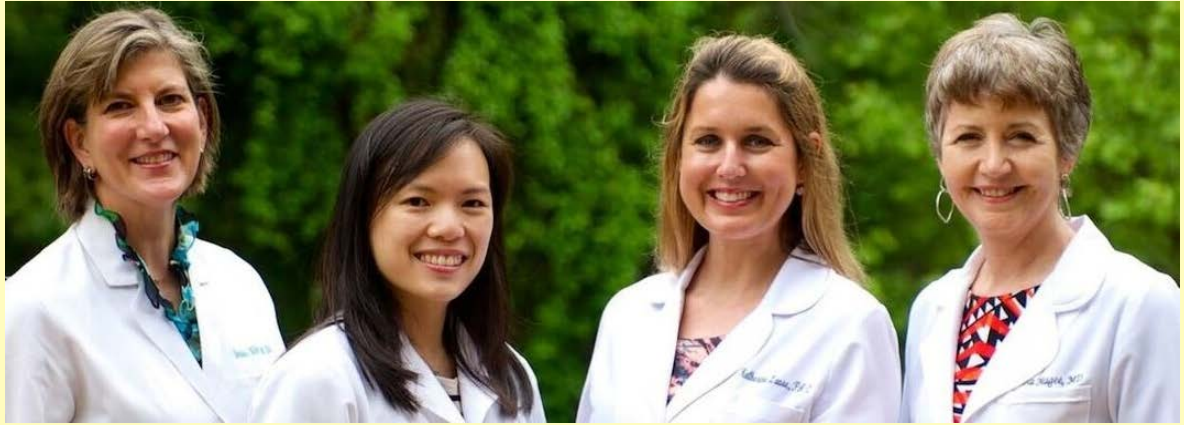
*We are enrolling candidates in a new clinical trial.  
You might be the right candidate to help us evaluate a new  
investigational treatment for your skin.*

*Call Us Today!*

**Charlottesville Dermatology Clinical Research 434.984.2400 x293**



**Charlottesville Dermatology Clinical Research** is participating in a clinical research study for **Psoriasis**. If you are interested in knowing more about this trial or would like to be evaluated as a participant, please call us at 434.984.2400 x293.



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