

# NewsLetter

{Spring 2016}



## In This Issue

"WHEY" IN ON ACNE

FOREVER YOUNG BBL

LADIES, DITCH THE DIMPLES

NEW SKIN CANCER TREATMENTS

New Product-NEOCUTIS BIO-BODY

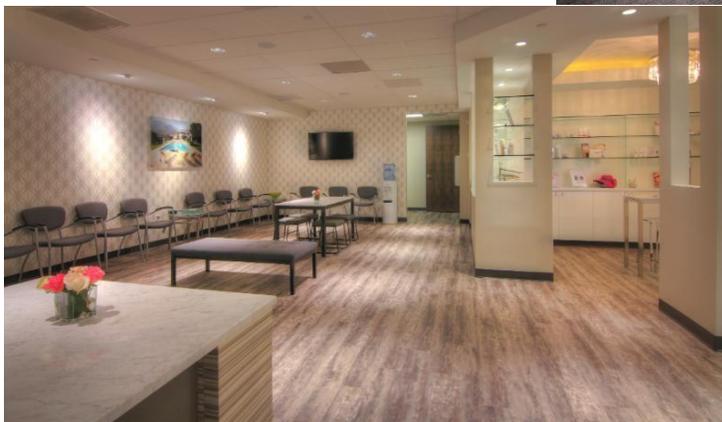
New Product-SUN ADVENTURE HAT

Spring 2016

Dear Megan,

After more than a decade of providing exceptional dermatology care on the Swedish Campus, we are delighted to have moved our main office to a great new, larger space with easy surface parking in Greenwood Village (just West of the Landmark Complex).

Most importantly, we will continue to offer the highest quality dermatology care in the city -- we have an expanded general



dermatology clinic, a growing Mohs surgical program, plus a beautiful aesthetic dermatology area.

We are also introducing our new "About Skin-Care Station" -- where we will continue to carry top-grade medical skin care products specifically selected by our physicians (many chosen based on national clinical trials that were performed in our own office).



## "Whey" in on Acne

So, if you're taking whey protein for muscle building, there is a chance you are suffering from acne too. Whey protein is taken by some people for body-building or weight-gain and is likely the part of cow's milk that contributes to acne. Milk, specifically the whey protein portion, contains IGF-1 (Insulin-like Growth Factor). Elevated IGF-1 increases sebum (oil) production and androgen hormones--which are two of the primary factors in acne.

Eliminating whey protein from the diet is known to help some acne sufferers. Non-dairy sources of protein can be found in the form of egg, soy, or rice protein concentrates. Treating acne requires a combination approach. Oral and topical medications, and cleansing regimens are a great start to managing acne. AboutSkin also offers many procedures and combination treatments that can improve the response. [Click here for more Info on Acleara!](#) Ask us about Acleara, red-light PDT, chemical peels, and microdermabrasion with dermal infusion to help jump-start your way to clear skin.

## Forever Young BBL

A study published in the Journal of Investigative Dermatology shows that BBL (BroadBand Light) treatment can change the expression of genes associated with the aging process to more closely resemble the genes of more youthful looking skin. Sciton's BBL is already a popular treatment for improving the appearance of sun spots, freckles, and melasma. [Our practice](#) has been on the cutting-edge with Sciton technology for many years--participating in clinical trials, and Dr. Cohen serves on the Sciton Scientific Advisory Board.

New information is being released showing that regular treatments with BBL can actually help your skin stay looking more youthful as you age. It essentially can slow down the way your skin ages. Studies have shown that the BBL helps promote and maintain collagen growth, which normally slows down as people get older. Collagen is the most abundant protein in the human body and provides structural support to your skin. Loss of collagen results in lines, wrinkles, and textural changes.

A series of BBL treatments followed by regular maintenance treatments (we recommend a treatment every 6 months for maintenance) can help to delay the signs of aging while helping to clean-up the evidence of sun-damage. The downtime is minimal; only 1-3 days of mild redness and up to a week of mild crusting of brown spots and freckles. BBL, along with a complete topical skin care regimen, helps your skin look it's best.

BOOK TODAY! For more info, [ForeverYoungBBL](#)



## Ladies, Ditch the Dimples

You work out and eat right, but you just can't get rid of those unwanted dimples on your butt and upper thighs. These dimples are created by vertical bands in the underlying fat that

anchor to the skin. Dimple cellulite annoys up to 95% of women, according to studies. Releasing these fibrous bands with a minimally invasive instrument called CellFina allows the dimpled region to lift up, resulting in smoother skin lasting for at least 3 years, likely longer. AboutSkin was one of the first 14 offices in the world to have this procedure, and we are the only site in our region with greater than 18 months of experience (we begun performing CellFina at AboutSkin in March 2014).

The CellFina system allows treatment of up to 30 dimples in a single hour-long session. The procedure is very safe and easy for patients to tolerate with minimal discomfort. Aftercare consists of wearing a light compression garment (like Spanx or a body shaper) for a few days after the procedure.

This procedure is perfect with summer (bathing suit season) right around the corner! Call to schedule a consult with one of our physicians.

## New Skin Cancer Treatment Options

### New Product

## NeoCutis Bio-Body



If you love our Biocream, here is a product for the rest of your body. It is the same PSP technology PLUS:

- Sal Acid to help exfoliate the skin
- Ceramides to hydrate and nourish the skin
- Absorbs quickly

#### It helps to:

- Restore the skin barrier
- Lock in moisture to minimize loss throughout the day
- Minimize rough and bumpy skin

\*Non-comedogenic and Fragrance Free.

### New Product

## Sun Adventure Hat



This is it--the most recognizable sun hat on the planet! Every inch of this hat is engineered for FUNctional sun protection: smart fabrics, customizable sizing, patented details, and a sun-conscious design. Wherever your adventures take you--biking, running, or hiking like our lead medical assistant, Maria, and her husband pictured above--the Adventure Hat has you covered.

Every minute you spend in the sun, whether on a beach vacation or running errands in your car, your skin cells are exposed to enough ultraviolet radiation to create DNA gene mutations that can eventually accumulate and lead to cancer formation. Lack of protection from the harmful ultraviolet rays (from the sun or the tanning booth) is the biggest factor in skin cancer formation. Shockingly, a recent study shows that 60% of men and 40% of women rarely or never use sunscreen. Come visit our Skin-Care Store, AboutSkinCare Station, for the latest in sun protection strategies and sunscreens.

Melanoma, the most feared skin cancer of all, was once considered a death sentence when it spread to distant parts of the body. However, even in advanced melanoma with widespread metastatic disease, there are very promising new treatments either approved by the FDA or in clinical trials. Treatments utilizing the body's immune response to fight cancer cells has led to long-term remission (and even "cure") in advanced melanoma patients that was unheard of even a few years ago.

With any type of skin cancers the key to a cure is early detection, which is why we recommend regular skin examinations by a Dermatologist, at least yearly. If you have had skin cancer before, you should be seen more frequently (often a few times a year), as advised by your dermatology provider.



Call to schedule your full skin exam today! 303-756-SKIN (7546)

- 4" down-sloping front brim and 3¾" sides with floatable foam core and poly brim wire
- 7½" back veil neck flap with lift-up tab
- UPF 50+ certified breathable sun rating (mesh vents not rated)
- Strategic mesh ventilation
- Water repellent/stain resistant
- Wicking sweatband
- Chinstrap with cordlock
- Packs flat for travel/purse
- External sizing band for custom fit

**Colors: Sand, Cream, Blossom & kids patterns too.**

## Mark Your Calendar

# Greenwood Village Grand Opening

## AboutYOURSkin:

An Evening of Understanding the Science and Beauty of YOUR Skin !

**May 18th @ 6:00PM**

[Click Here to RSVP](#)

Our New Greenwood Village Office  
5340 S. Quebec St.  
(South Entrance) Ste. 300  
Greenwood Village, Co 80111

## WANTED...CLINICAL RESEARCH PATIENTS--For you or someone you know!

AboutSkin Research has been enrolling for several clinical studies, and enrollment will be closing soon!

Please contact us if you have any interest for the following:

- Neuromodulator (Botox-like products) - Frown lines between the eyebrows
- Acne Scars - on the cheeks
- Hair loss - Men & Women with androgenic alopecia (hormonal-genetic pattern)
- Psoriasis
- Pre-cancer lesions (AK's) on the scalp

Contact our research department to find out more!

Email: [research@aboutskinderm.com](mailto:research@aboutskinderm.com)

Phone: 303-756-7546 ext. 4

## Contact Information

Our Swedish office has MOVED to Greenwood Village, and is now located at 5340 S. Quebec St., Ste.300. Please note that we are located through the **SOUTH ENTRANCE**.