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Sunscreen-Friend or Foe?

Stop the Winter Itch

Introducing HALO

Winter Promo

New! Dual Action Redness Relief



## HOPE 2017's OFF TO A GREAT START FOR YOU!

We wish you and your families a prosperous and healthy year. 2017 looks to be the best year yet for AboutSkin patients! With a new fellowship trained Mohs surgeon and Board Certified Dermatologist, [J. Daniel Jensen, MD](#), a new space (Greenwood Village), and new technology -- we are well positioned to meet your needs in the coming year and beyond. For you, our patients, this translates to shorter wait times to get an appointment, easier office accessibility and parking, and the latest options in surgical and aesthetic treatments. Also, you will now have even more access to skilled Mohs and laser surgery, and we have a growing staff prepared to be responsive to your needs.

### WHAT'S NEW AT ABOUTSKIN:

1. Dr. J. Daniel Jensen offers a comprehensive vein surgery clinic including ultrasound diagnostics, laser vein ablation, and sclerotherapy.
2. Our Medical Aestheticians, Christine and Christina, are offering platelet-rich-plasma (PRP) application in conjunction with microneedling for improved skin rejuvenating effects.
3. We offer platelet-rich-plasma (PRP) injection for treatment of balding.
4. HALO (hybrid fractional laser resurfacing), since its introduction to our clinic several months ago, has become a very popular choice for laser skin resurfacing due to its short downtime of only 4-5 days while still achieving excellent results.
5. Several new clinical trials are starting, and enrollment has begun. [Click here](#) to read more about our ongoing clinical trials.

**A view to the future...**As we look ahead over the next year our goal is to optimize the patient experience from the first phone call to the office visit. In the coming year, we will be implementing a fully integrated practice management system which will improve the efficiency of scheduling and our check-in/check-out procedures -- and you can book your next appointment before leaving the exam room. As always, we value and welcome your feedback about how we might improve our service to you.



### Sunscreen - Friend or Foe?

By Dr. Samantha Stoler



Have you read articles declaring that sunscreen is dangerous? The media has tricked people into questioning the safety and benefits of sunscreen and claim there is "The sunscreen dilemma". But it's not really a dilemma at all. Ultraviolet light is a proven carcinogen. Dr. Samantha Stoler debunks the myths about sunscreen in our newest [blog article](#).

Bottom line: Our recommendation is to use a daily zinc or zinc/titanium based sunscreen. The SPF should be 30-50. Reapply every two hours if in the sun or by windows. The car windows do not protect against damaging rays. By using sunscreen with the right ingredients not only will you reduce your risk for skin cancer, you will look younger too!! Ask our staff about specific sunscreens that we recommend for your particular skin type and pigmentation.

[Dr. Cohen weighs in about sunscreen in recent Consumer Reports article.](#)

## **Stop the Winter Itch**

Colorado's dry climate and cold winter temperatures create the perfect mix for itchy, dry, scaly skin. Most patients we see this time of year have itching (especially between the shoulder blades), and skin resembling a dry riverbed on the lower legs and elsewhere. If this sounds familiar you may be breaking some of the cardinal rules of skin care in our Colorado climate.



*\* Despite what you might have heard, drinking more water will not improve skin hydration.*

Follow these simple tips for hydrated skin:

- Use a moisturizing cream (like CeraVe cream, or LacHydra sold at AboutSkin) at least once daily. Best time to apply is right after bathing to seal water in the skin.
- Avoid soap on the affected areas. Soap strips the skin of hydrating oils. Use water alone or stick with non-soap cleansers like Cetaphil, CeraVe or Dove.
- Do not use washcloths, bath sponges or loofahs. These are abrasive and remove healthy skin cells that help trap moisture.
- Limit use of hot showers, hot tubs, and swimming pools.
- Use fragrance free detergent (All Free, Cheer Free) and double rinse laundry.
- Consider using over-the-counter anti-itch products (e.g. Sarna Sensitive Lotion, Aveeno Anti-itch lotion, Eucerin Calming Itch-Relief Treatment).



## **Introducing HALO Hybrid Fractional Resurfacing**

The HALO hybrid resurfacing system is the newest technology for fractional laser skin resurfacing performed by our physicians. It combines the benefits of nonablative and ablative resurfacing for **improvement in tone, texture, lines, and wrinkles with shorter and more tolerable downtime**. HALO is perfect for those who want smoother, fresher appearing skin but cannot take time to recover from more aggressive procedures. Speak to one of our cosmetic coordinators to see how you can achieve the "HALO Glow". [Click here to learn more about HALO.](#)



Dr. Cohen on Colorado's Best discussing HALO

### Winter Promo - Youthful Cheeks and Hands

Much of our body is covered up this time of year, so it's time to focus on the areas that are still exposed. Get 2 cc for price of 1cc of Perlane (now called Restylane Lyft) if purchase any of the following (offer expires April 2017)- Limited Space Available:

- Package of 3 Intense Pulsed Light (IPL) treatments
- Halo hybrid fractional resurfacing.
- Fractional ablative resurfacing (CO2 or Erbium)
- Erbium fully ablative resurfacing

**Loyalty Rewards members earn double points on the laser procedure.**

Follow us on [Facebook](#) for additional promos.

Restore youthful volume in your cheeks NATURALLY with Perlane (now called Restylane LYFT). Our physicians are very experienced injectors, and injection trainers -- with an eye for natural beauty. In our hands, you will achieve subtle, balanced results -- as, nobody wants to look overdone.

Hands show often-neglected signs of aging and sun damage. Why let your hands give away your age? Fillers replace lost volume leading to diminished appearance of tendons and blood vessels. Combined treatment of brown spots with microlaser peel and BBL completes the rejuvenated look of the hands.



### Product Feature

New to our AboutSkinCare product selections...

#### **PCA Dual Action Redness Relief**

- Best when used in conjunction with laser (such as pulse-dye-laser)

## **Great for red, sensitive skin associated with:**

- Topical retinoid use
- Rosacea
- Acne
- Dry climate
- Skin rejuvenation procedures

## **PCA Dual Action Redness Relief benefits:**

- Starts reducing redness and inflammation on contact with the skin
- Improves the skin's barrier function for long-term relief from redness and sensitivity
- Calms and soothes compromised skin, even after professional treatments
- Uses the time-released OmniSome delivery system



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