

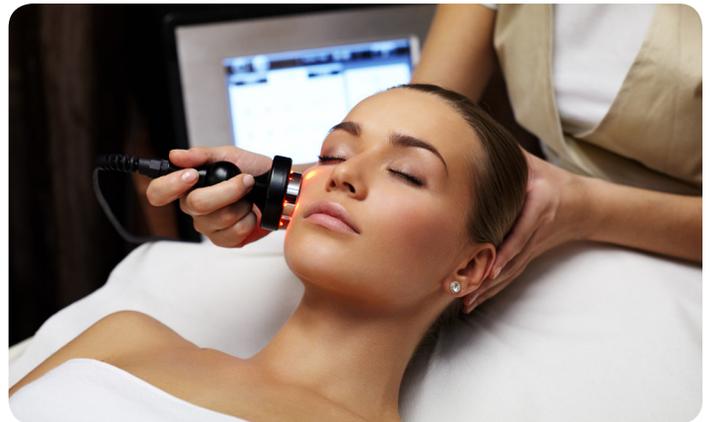
## November is National Healthy Skin Month

Crisper and cooler temps have arrived. As we go from picking apples to playing in the snow, keep your skin healthy, feeling fresh and looking young.

1) Protect yourself from the sun all year long, even in the fall and winter months. Ultraviolet rays can damage your skin, which leads to wrinkles, age spots, thinning of skin and skin cancer. You can protect yourself with sun protective clothing and wearing sunscreen. Clothing should cover your arms and legs and don't forget the hat to protect your face and scalp. Broad-spectrum sunscreen with at least an SPF of 30 should be applied 20-30 minutes before going outside and reapplied every 1-2 hours. Don't forget about your lips since they get a lot of sun exposure too. Apply a lip balm with SPF for protection. Sunglasses protect your eyes and help minimize squinting, which contributes to wrinkles around the eyes.

2) Take good care of your skin by cleansing your face twice daily. Use a gentle cleanser or a mild soap and avoid harsh soaps and facial scrubs. Eye makeup can also be removed with a mild cleanser or you can use a gentle lotion or cream. Apply this to a makeup remover pad and gently wipe. After cleansing, you can moisturize your face with a gentle lotion or cream. This is especially important during the cold

weather, since wind and cooler temps can leave your face feeling dry and rough. For your body, mild soaps should also be used. After bathing, pat your skin dry and apply a moisturizer. This helps seal in the moisture. Shaving can also irritate and dry the skin. Apply a warm washcloth for 5 minutes before shaving. Use a shaving cream or gel on the face and then shave in the direction of hair growth. If you experience ingrown hairs or razor bumps, see your dermatologist for help. They can prescribe topical medications that can help.



3) Avoid smoking or second hand smoke exposure. Smoking rapidly ages your skin by causing premature wrinkles. Nicotine in cigarette smoke leads to less blood flow to the skin and other chemicals in tobacco damage elastic and collagen fibers, which provide support and structure to the skin. This contributes to thinning skin and volume loss. In addition, the pursing of lips while inhaling a cigarette will lead to the appearance of wrinkles around your mouth.

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4) Examine your skin regularly for new moles and growths or any changing, growing, bleeding moles or growths. About 1 in 5 Americans will develop skin cancer (American Academy of Dermatology). If you do find any new moles or spots, make an appointment to have them evaluated by your dermatologist. Not sure where to start? Get a full body skin exam by your dermatologist and have them help you identify what to look for. The fall and winter seasons are the best time to have your skin examined since your skin is at its palest and irregular spots are easier to see.

For more information about keeping your skin healthy, questions or concerns, please call our office to schedule an appointment.

*-Judy H. Fontana, MD*



## Social Media



We are on Facebook and encourage you to visit our page to see interesting articles, fun facts, featured provider, any event information plus much more. If you can also please take a moment to “Like Us” or write a review would be much appreciated.

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## Thanksgiving Thanks



With Thanksgiving around the corner, we wanted to take a moment to thank our patients, staff and support team for your faith and trust in us and your support and loyalty over the years. We are grateful to be part of a wonderful company and the community. We hope that you have a wonderful holiday!

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## Highly Skilled Physicians | Top Quality Care

Whatever your skin care need, call us today to set up an appointment! Same day appointments are available.

- Pediatric & Adult Dermatology
  - Laser Therapy
  - Photodynamic Therapy (PDT)
  - Skin Cancer
  - Removal of Skin Cancer, Warts and Scars
  - Phototherapy
  - Eczema
  - Psoriasis
  - Vitiligo
- 

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