

Be Healthy. Be Beautiful.



Board-Certified Specialist 318.325.0600



Be Healthy...



Janine Hopkins, MD

At Hopkins Dermatology we would like to wish all our patients and their families a happy and **healthy** New Year. Two ways to stay healthy are prevention and early detection. My goal is to teach patients how to protect themselves from developing skin cancer and to detect skin cancer early when it is most easily treated and even curable. The most common cause of skin cancer is overexposure to ultraviolet (UV) light from both natural sunlight and tanning beds. Therefore, to prevent:

- Avoid use of tanning beds.
- Use sun protective clothing for prolonged outdoor activities.

Melanoma/Skin Cancer

- Wear sunscreen daily on sun exposed areas.
- Avoid sun burns and outdoor tanning.

Also, know your risks for developing skin cancer:

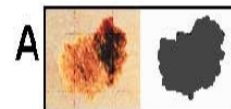
- Tanning bed use
- Outdoor hobbies, activities, jobs
- History of sun burns
- Family history of melanoma
- History of atypical (abnormal) moles
- 50 or more moles

Early detection is critical for treating and curing skin cancer. Detection can be as simple as a self-skin exam. You should look for and be aware of:

- Any new skin lesions that suddenly appear.
- A skin lesion that looks red, black, and/or brown with an irregular shape.
- A skin lesion that looks or feels irritated, will not heal, itches, or bleeds.
- A mole that changes in shape, size, or color, even if it is a mole that has been present for years.

In addition to regular self-skin exams, the American Academy of Dermatology urges everyone to have an annual skin exam by a board-certified dermatologist.

You owe it to yourself to be healthy, so for 2009, make the New Year's resolution to use sun protection daily, avoid tanning beds, do regular self-skin exams and have an annual total body skin exam .



Asymmetry-one half unlike the other half.



Border irregular--scalloped or poorly circumscribed border.



Color varied from one area to another; shades of tan and brown; black; sometimes white, red or blue.



Diameter larger than 6mm as a rule (diameter of a pencil eraser).

Tanning bed use before age 35 increases your risk of melanoma by 75%.

Melanoma is the most common form of cancer for young adults age 25-29 years old.

Melanoma is the second most common cancer in women age 30-40 years old.

Men over 50 are at higher risk for developing melanoma when compared to the general population.

2009 TO DO LIST:

- Laser Hair Removal for unwanted hair growth.
 - Starlux IPL treatments for skin rejuvenation to reduce fine lines, age spots, rosacea and sun damage on face, neck, chest, arms and hands.
 - Sclerotherapy for spider leg veins.
- (10% off these treatments through March 31, 2009)

Learn more at hopkinsdermatology.com

Be Beautiful... Acne? New Treatments and Better Solutions



Mary Kate Monsour, PA-C

Acne is a common skin disease that affects teens and adults. We know that this can be a frustrating problem and is often difficult to treat. That is why at Hopkins Dermatology we are committed to offering our patients the latest and most complete treatment plans.

The first step to controlling acne is to maintain a daily skin care regimen. Over-the-counter and mail order products that are readily available and heavily advertised can be misleading and may not be right for you. These products are not prescription strength and nothing works "overnight."

At Hopkins Dermatology, we will individualize your treatment plan according to your type of acne and your skin type. We provide carefully selected prescriptions and will often incorporate our medical strength skin care products to find a well balanced skin care regimen for you.

We also can incorporate our in-office treatments to further customize your regimen. These treatments can include a series of mild chemical peels or for patients who want minimal down time, microdermabrasions with a purifying mask for acne, followed by a session under our BLU-U light. The BLU-U light uses a blue wavelength of light to kill bacteria and reduce inflammation.

For patients with more severe acne or scarring, we also offer a treatment with a topical medication called Levulan that is applied to the skin and absorbed by the oil producing glands and bacteria. Once this medication is absorbed, we activate it with our pulse dye laser that uses light to penetrate the skin, activating Levulan to reduce oil production, inflammation and bacteria.

ACNE SPECIAL
10% OFF ACNE CONSULT
WITH OUR PHYSICIAN
ASSISTANT, MARY KATE,
AND 4 MICRODERM/ BLU-U
LIGHT TREATMENTS
OFFER EXPIRES 3/31/09

The laser also helps with post breakout redness and reduces acne scars by stimulating the body's own collagen production.

Oral medications may also be prescribed including antibiotics and for severe acne, Accutane is used. For females with hormonal acne, Yaz or Spironolactone are prescribed to control breakouts.

Once you begin your treatment plan it is very important to use the skin care products daily and to keep your follow-up appointments to achieve optimal results.

If you are currently experiencing acne breakouts don't be discouraged. Call our office to make your initial evaluation or a follow-up appointment today.

MEDICAL STRENGTH ACNE SKIN CARE PRODUCTS

- **Skin Medica Acne Kit—for normal to oily skin**
- **Diacneal Acne Kit—for sensitive acne-prone skin**
- **Kinerase Peel Kit—Exfoliating home treatment kit**
- **Kinerase Blemish Dissolver- "Quick Fix" for "Zits"**
- **Purifying Mask—Skin Medica and Kinerase**

Available at Hopkins Dermatology or
On-line at www.hopkinsdermatology.com

IN OFFICE ACNE TREATMENTS

- **Salicylic or Glycolic Acid Peels**
- **Microdermabrasion with Purifying Mask**
- **BLU-U Light Treatments**
- **Levulan/Laser Treatments**

10% off through 3/31/09