



The Physicians and Staff wish all our patients a very Happy and Prosperous New Year

### Rhonda Hughes

We are pleased to announce that Rhonda Hughes returned to Charlottesville Dermatology effective January 3rd. Rhonda has had extensive training on Laser Technology and previously assisted Dr Magee and Dr Elder for almost 10 years. To celebrate Rhonda's return, we are offering 20% off Rhonda's services during the month of January. Now is a perfect time of year for laser treatments. Call today to schedule an appointment for a **FRAXEL, IPL, LASER HAIR REMOVAL, MICRODERMABRASION, PEEL SERVICE.**

Rhonda can also advise you on which product works best for your skintype



### Recognition

Charlottesville  
Dermatology voted #1  
Dermatologist In

Albemarle Family Magazine

### Registration Form Updates

We know everyone dislikes completing the registration forms. Unfortunately they are a necessary evil. There are releases on the back that we are required to have signed annually and we can eliminate many claim problems by ensuring that our data is accurate. Please bear with us!

### Script notes

We have noticed that many insurance companies are covering fewer medications or are requiring that patients have tried previous therapies prior to approving prescriptions. We are seeing many more prescription denials and the formularies are changing on a regular basis. We encourage you to check the lists of medications offered by some of the chain store pharmacies such as Walmart, Giant and Target. Many have discounted medications published on their websites.

**Note: Retin-A is typically considered an elective prescription and not covered by insurance.**

## Wrinkle Free Wednesday

**WRINKLE FREE WEDNESDAY!**

**January 26**  
8am - 5pm  
Call for an appointment  
**984-2400**

**10% OFF**

**BOTOX®**  
**DYSPORT™**  
**JUVEDERM®**  
**SCULPTRA™**  
**AESTHETIC**  
**RESTYLANE®**  
**PERLANE®**  
**RADIESSE®**

**CHARLOTTESVILLE DERMATOLOGY**

Anna Magee MD • Deborah Elder MD  
Chelsi Miller NP  
600 Peter Jefferson Pkwy., Ste. 230, Charlottesville  
www.charlottevillederatology.com  
Physicians are Board Certified in Dermatology

Buy 1 Restylane™ syringe, receive 2nd syringe at 1/2 price

Receive an Obagi Elastiderm for 1/2 price with a Botox® or Dysport™ service

\$100 Rebate on each Sculptra™ syringe (max \$300) – offer ends March

Join us for the first Wrinkle Free Wednesday event of 2011

We have some terrific specials to welcome the New Year. Give yourself a lift and call for an appointment today.

Check out the links for more information on our featured products this month

[Restylane](#)

[Dysport](#)

[Botox](#)

[Obagi](#)

[Sculptra](#)

Our Obagi Representative will be on hand to offer complimentary consultations on all Obagi products. If you are interested in a

consultation please call in to schedule an appointment

## Derm Notes - Moisturizers

Dry skin, or xerosis, occurs when the water content of the stratum corneum (the outer most level of skin) is less than 10%. It can be caused by many environmental factors such as extremes in temperature, low humidity, exposure to soaps and detergents, sun exposure, medications and some medical conditions such as eczema, psoriasis, and thyroid disease.

The most common complaint with dry skin is the cosmetic appearance and associated discomfort of itchy and "tight" skin. Visibly the skin gets a dry scaly and dull appearance. On a cellular level, the skin barrier can be compromised potentially allowing for tiny openings where infection can begin. A simple way to combat xerosis is with the regular use of moisturizers.

The term moisturizer generally refers to a topically applied product that improves the plasticity of the skin and typically increases the water content of the epidermis. This is typically done by repairing the skin's natural barrier to minimize evaporation of water from the skin, or in the case of humectants pulling moisture from the humidity of the surrounding environment.

Moisturizers are useful to maintain hydrated and healthy appearing skin, particularly when the weather is cool and internal heating reduces humidity in the air. Moisturizers can be selected based on a person's skin type and where the products will be applied. Heavier creams are often too oily for the face and should be reserved for the body. Moisturizers are best utilized when applied within 3 minutes after bathing or showering.

See the list below for tips on selecting the right moisturizer for your skin type.

**Normal skin:** Normal skin is not too dry or too oily. Choose a water-based moisturizer that has a light, non-greasy feel to maintain the natural balance. These moisturizers often contain lightweight oils, such as cetyl alcohol, or silicone-derived ingredients, such as cyclomethicone.

**Dry skin:** To restore moisture to dry skin, choose a heavier, oil-based moisturizer that contains ingredients such as antioxidants, grape seed oil or dimethicone, which helps keep your skin hydrated. For very dry, cracked skin, petrolatum-based products are preferred.

**Oily skin:** For oily and acne prone skin, choose a light product that is oil free and “non comedogenic,” to avoid clogging the pores. Some moisturizers designed for oilier skin types contain substances that help to absorb oil such as talc or clay.

**Sensitive skin:** Sensitive skin is susceptible to inflammation, irritation, itching or rashes. Look for a moisturizer with skin calming ingredients such as chamomile or aloe. Avoid potential allergens such as fragrances and dyes and irritants like propylene glycol.

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