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# Charlottesville Dermatology

## *June Newsletter*

### Welcome to summer

The summer months tend to be busy for our practice as we welcome back college students, who have been away at school. If you have a college graduate... congratulations to everyone. You survived! If you have a high school graduate...enjoy your busy summer preparing for a new adventure.

If you are planning on spending a lot of time outdoors this summer, don't miss Chelsi's article below on Lyme disease.

Many media outlets highlight The Environmental Working Group's (EWG) report on sun protection and sunscreen. We agree with the group's main message, "the first line of defense against harmful radiation should be shade, avoiding the noontime sun, protective clothing and sunscreen use". Most studies show that most people do not apply or re-apply enough sunscreen to reach the SPF factor that they think they are using. Surprisingly enough, EWG evaluated 1700 products for the 2011 report and only recommends 1 in 5 sunscreens currently available on the market. [Click here to read full report](#). Since 1978 advocates have been trying to force the FDA to issue enforceable rules for sunscreens. A bill was introduced into the Senate last Wednesday that would require the FDA to strengthen labeling and testing standards for sunscreen with a standardized one-to four-star labeling system. Products containing zinc and titanium offer improved UVA/UVB protection over other sunscreen ingredients. Avoid products containing oxybenzone and Vitamin A.

## Like **New Products**

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Our mineral sunscreen line, "Sunforgettable" by Colorescience Pro was recently awarded the New Seal of Recommendation by the Skin Cancer Foundation. We have added several items to our inventory which we think you will really like.

We have added a shimmer SPF30 brush which we think will appeal to our younger patients and encourage them to wear sunscreen.

- A new *mineral powder brush SPF 50*
- *Face primer SPF 30* provides a high level of non irritating broad -spectrum UVA and UVB sun protection and evens out skin tone. (We love this product!) This product made the EWG's list for Best Makeup with SPF
- *Mineral powder eyescreeen SPF30* Use to protect around the eye area. Also conceals and highlights on many skin tones.
- *Setting Mist Formulated with Vitimin E* to revive and rehydrate skin during and after sun exposure

Introducing  
the NEW Seal of Recommendation for

## sunforgettable

SPF 30

Skin Cancer Foundation products labeled with the Active Seal are designed to protect consumers from extended sun exposure and during recreational activities such as outdoor sports, picnics and pool parties. Examples might include higher SPF products, sport sunscreens and baby products.

RECOMMENDED



ACTIVE

**REQUIREMENTS**

- SPF of 30 or higher
- Validation of the SPF number by testing on 20 subjects
- A critical wavelength of 370 or Persistent Pigment
- Darkening (PPD) of 10, as tested on 10 subjects
- Acceptable results for phototoxic reactions and contact irritancy testing on 20 subjects
- Proof of photostability
- Proof of water resistance



We have also added a spray to our [EltaMD](#) line We think that this will be popular with families with younger children Provides fast and easy face and body coverage

**Noncomedogenic, paraben-free, sensitivity-free, fragrance-free.**  
Several of our EltaMd products were listed on the EWG recommended list



**Charlottesville Dermatology name-brand products.**

We are very excited with the additional products that bear  logo.

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- CRS 15% - An anti-aging product containing a synthetic growth factor TGF-beta-1. Stimulates collagen growth and strong tissue structure.
- Eye Repair Cream- A Retinol product that helps reduce dark circles, puffiness, fine lines and wrinkles
- Resurfix- Skin barrier healing ointment
- SPF 55 - An ultra sheer lightweight sunscreen with broad -spectrum UVA/UVB protection. This lotion absorbs quickly, is paraben free and antioxidant enriched. Great under make-up!

## Wrinkle Free Wednesday

Join us on June 15 for our next Wrinkle Free Wednesday.



We understand many of our patients are busy during the summer months and may not have time to come in for one of our laser procedures or injections. So this month we are offering you the opportunity to "bank some bucks" for future use. We are really excited about our new products. If you come in and spend \$100 on products, we will give you a certificate worth \$25.00 towards a future service. Rhonda, our laser tech, will also showcase some of our new products during our microdermabrasion/mini facial combo service for the entire month of June. Treat yourself or treat your teenager and get them started on a good skincare regimen.

## Mark your Calendar

July 13 at 5.30p

The next talk in our Derm Talks series will be on acne. Everyone is welcome, but this talk is targeted at teenagers and their parents and college-age

students. Chelsi will discuss skincare tips for the acne prone skin, t and the benefits of medication.

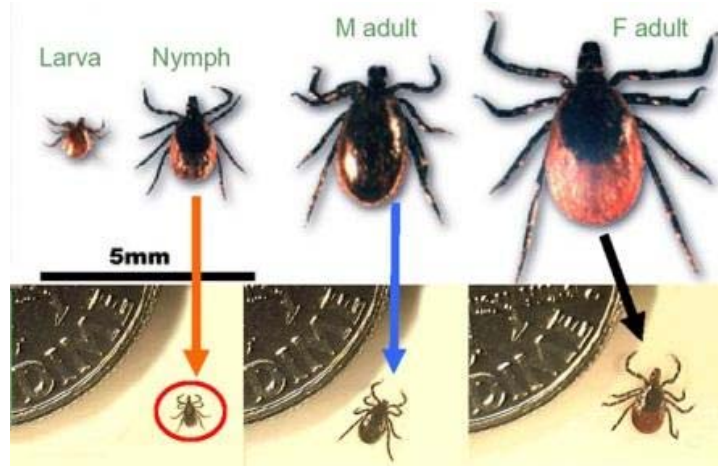
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## Derm Notes

### Lyme Disease

Lyme disease is caused by the bacterium *Borrelia burgdorferi* that is transmitted to humans by the bite of an infected deer tick or black-legged tick. The tick typically must be attached for at least 36 hours before the disease can be transmitted.



An early sign of Lyme disease is a bulls eye or target like rash around the bite site called erythema migrans. Erythema migrans appears in about 80% of cases within 3-30 days after the bite. Other symptoms of Lyme disease include fatigue, chills, fever, swollen lymph nodes, headache and muscle or joint aches. In some individuals there may be no symptoms of Lyme disease at all. Untreated Lyme disease can cause severe cardiac and neurological complications. Treatment includes symptom management and antibiotics. Early treatment is associated with better long term outcomes.



### Prevention strategies:

- **Minimize exposure to areas where ticks are most common such as thick bushy areas with high grass.**
- **When outdoors in areas that ticks may be present, wear long pants, long sleeves and tall socks. Light colored clothing can make identifying ticks easier.**

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Adults can use 20-30% DEET insect repellent on clothing and exposed

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- **Permethrin is available in most outdoor stores and can be used on clothing (never apply directly to the skin) such as shoes, socks and pants and can continue to be effective after several washes**
- **Perform daily skin checks after being out doors.**

If a tick is found attached, remove it immediately with a tool designed for tick removal or fine-tipped tweezers

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