

# CHARLOTTESVILLE DERMATOLOGY

September 2011

Can you believe it is September already? The summer has just flown by.

News from Charlottesville Dermatology

Our Nurse Practitioner, Chelsi Miller, will be going out on maternity leave in a couple of weeks. We are all very excited for Chelsi and Steve and the addition of Baby Girl Miller to the Charlottesville Dermatology family.

We had a really fun visit from 15 children from the Boys and Girls Club of Charlottesville a few weeks ago. They had a tour of the office, lunch and a mini lecture on the importance of wearing sun protection. We had them don a shirt, sunglasses, sunscreen and carry a leafy branch for shade and run relay races down our corridors. It was wild! It was the cutest thing, watching them all line up and march out to their bus wearing their new sunglasses at the end of the visit.

Dr Magee will be taking part in The Boys & Girls Club Cycling Challenge in 2 weeks. She has a goal of riding 50 miles. Good Luck!

Good luck also to my daughter Jenny who is participating in the 1/2 Ironman World Championships in Vegas next weekend.

We are also very proud that Dr Magee was recognized as best Dermatologist for the second year in a row in the "Best of Cville". Our patients are important to us and we are always looking for ways to enhance your experience at our practice. It feels good to receive recognition that you are moving the practice in the right direction. Thank you to all our patients and friends who took the time to vote and of course to the physicians and staff who help to make things happen on a daily basis. We are tahnkful



We spent the last few months adding tools that will make your life easier in your interactions with Charlottesville Dermatology. We all know that Health-care can be an a paperwork nightmare, so we have been implementing enhancements that will make things more convenient, cut down on costs, postage and paper.

- **Labcalls.** We have been posting some of our pathology results on a secure link on our website for some time. We encourage you use this service. You can build a pathology history that is available to you no matter where you are. Next time you visit us make sure you receive instructions on how to receive your path results on-line.
- **E-Prescribe.** We can communicate electronically with most pharmacies. No more leaving messages to have a prescription refilled. Just call the pharmacy and ask for a refill on your current prescription. They will send us the detailed request electronically and as soon as your physician has approved the refill, we can send it back electronically. It speeds up the process immensely.
- **Bill Pay Online.** We have added a button on our website. Click on the button and you can make a payment on-line at your convenience. No more postage stamps, no having to call during business hours, no more waiting for one of our billing staff to call you back.

- **Electronic Statements.** We can set you up or you can set yourself by following the directions on your statement to receive your statements electronically. It saves paper and postage costs and just think, over the course of a year we will be protecting the environment by saving a few trees.
- **Forms.** We have added a forms page to our website:

[www.charlottesvilledermatology.com](http://www.charlottesvilledermatology.com).

- We have some administration forms that you can download prior to your visit. There are also some clinical consent forms. Feel free to read those ahead of your appointment and one of our providers will be happy to answer any questions that may arise.

### Save the dates

Wrinkle Free  
Wednesday  
Dates

September 21, 2011  
October 26, 2011  
November 16, 2011  
December 14, 2011

Open House  
(Beauty Boot Camp)

October 25, 2011  
More details next  
month

### Wrinkle Free Wednesday

**WRINKLE FREE WEDNESDAY**  
September 21, 8am-5pm

Buy one Restylane® or Perlane® syringe  
and receive half off second syringe

.....

Mail-in rebates available on Dysport® and  
Botox®/Juvederm® combo treatment

.....

END-OF-SEASON SALE 15% off sunhats and sunscreens

SEPTEMBER SPECIAL  
15% off IPL treatment

**CALL FOR AN APPOINTMENT: 984-2400**

CHARLOTTESVILLE DERMATOLOGY

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[www.charlottesvilledermatology.com](http://www.charlottesvilledermatology.com) Physicians are Board Certified in Dermatology

### September Featured Laser

#### Get Ready for Fall

This month we are featuring the IPL laser. Now is a perfect time to start correcting sun damage. Special package deals available

**Featured Product  
"Fall" in love with  
Obagi**

**Discounts on Travel Kits  
Elastiderm/Travel Kit  
Combo**

**Melasma**



**Derm Notes**

Melasma is a darkening of the skin on the face, typically on the cheeks, forehead and upper lip area that is typically more common among women that are pregnant, taking oral contraceptives or hormone replacement therapy. It affects up to six million Americans. It is considered primarily a cosmetic condition and does not indicate any underlying health problems. Melasma is most common among women with darker complexions, though can occur in lighter skin types and is sometimes seen in men.

Sun exposure will often precipitate or worsen melasma.

Aggressive sun protection that includes sun protective clothing, sun avoidance and regular application of sunscreens with an SPF of 30 or greater can help to prevent this condition from worsening. Though many treatments for melasma are available, the degree of their effectiveness depends on the extensiveness of the pigmentation and results can vary from person to person. It is difficult to achieve full clearance of melasma and darkening will often reoccur with unprotected sun expose.

Topical creams such as hydroquinone, tretinoin, and azelaic acid help to lighten more superficial pigmentation. Obagi Nu-derm system is a home kit that can use a number of lightening agents to help lighten pigment including melasma. Chemical peels, microdermabrasion, and laser treatments can also lighten the dark patches of melasma. To learn more about cosmetic treatment options for melasma and other causes of darkened skin please join us for our cosmetic open house on October 25<sup>th</sup> at 5:30.

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