



NOVEMBER IS HEALTHY SKIN MONTH

By Erin Martin, MD

November is here! What comes to mind when you think of this month? Turkey, holiday shopping, football, giving thanks... and healthy skin? Yes, the American Academy of Dermatology has declared November as National Healthy Skin Month to raise awareness about the importance of keeping skin healthy. The AAD encourages patients to schedule checkups with their dermatologist and to review their skincare routines. Because your skin is the largest organ on your body, it is a key player in maintaining your immune system. It is very important to treat your skin as part of your overall health.

Dermatology Associates is celebrating this month by reminding you to take some time during this busy holiday season to take an extra-close look at your skin and day-to-day skincare regimen. There are many things you can do all year long to keep your skin healthy and protected.

Healthy Skin Solutions

Get checked out: The fall and winter months are some of the best times to get your skin checked simply because your skin is most likely at its palest, which helps your dermatologist spot any irregularities. **Remember the ABCDE's of melanoma:** **A**symmetry – If you were to draw a line through your mole, would the sides match? **B**order – The borders of a mole should be solid and smooth not uneven or blurry. **C**olor – Moles should be uniform in their color. Having a variety of colors could be a warning sign. **D**iameter – Moles are, for the most part, relatively small and should be less than the size of a pencil eraser. **E**volving – Moles which have changed in size, color, or shape or have new symptoms such as itching, crusting, bleeding or itching should be checked immediately.

Treatments for your skin: This time of year is the best time to start in-office treatments such as chemical peels or laser treatments to repair damage done to your skin during those hot summer



months. An exfoliating peel treatment promotes the shedding of old skin, which helps to brighten and restore your complexion just in time for the holidays! Intense Pulse Light (IPL) is used to treat sun-induced damage on the face, neck, chest and hands including brown pigmentation, age spots and broken blood vessels. It is safe, non-invasive and is customized to the individual patient's skin.

Don't skip out on sun protection: Just because summer is over doesn't mean you can forget your sunscreen! Harmful UVA rays are year round, not just during the summer. UVA rays penetrate deeper and are considered the "aging" rays. Apply sunscreen every day and make it part of your daily routine.

Say NO to tanning beds: You may be tempted to lay in a warm tanning bed when the weather gets cooler, but avoid it at all costs! Every year, more than 400,000 cases of skin cancer may be related to indoor tanning. Using a tanning bed can increase your risk of developing melanoma, the deadliest type of skin cancer, as well as causing you to age faster, leading to wrinkles and age spots. A lot of people think tanning beds are safer than outdoor sun exposure, but this is not so. Consider using a self-tanner, which gives your skin a beautiful and natural looking glow as a healthy and safe alternative to tanning beds.

From medical dermatology services to cosmetic procedures and treatments, our commitment is to restore and maintain the health of your skin. Dermatology Associates is pleased to help spread the word about healthy skin habits during National Healthy Skin Month. If you would like to discuss treatment options or begin a new skincare regimen, give us a call at any of our three convenient locations.

Sources: <http://archderm.jamanetwork.com/article.aspx?articleid=1818976>
<https://www.aad.org>

Erin Martin is a Board Certified Dermatologist at Dermatology Associates. She is now booking appointments for Voluma treatments at our Bristol and Johnson City locations.

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