



skin deep

WITH SUNFLOWER DERMATOLOGY & MEDICAL DAY SPA

better skin for a better life®



note from dr. matthys

New Year, New YOU: better skin for a better life® 2018

Happy New Year! I am excited to be coming to you in 2018. It always feels great to continue the celebration after Christmas moving into the next year.

Are you a resolution person? Do you set goals? I do, and I like to write them down. In my experience, I've learned that you really don't need to focus on the goals, but the behavior you need to achieve the goal. For example, if you want to lose weight, focus on each meal being the meal you need to eat to lose the weight. If you do that for each meal, you know the goal will be met.

How does that apply to skin? Well, my favorite goal for my patients is to start wearing sunscreen. You say, "But Doc, it's winter!" Yes, I do know it is winter. In fact, what a great time to start wearing it! Why? Well, it decreases your chance of skin cancer and helps make your skin look better so whether you care about health or beauty, **YOU WIN EITHER WAY!**

Other great tips for 2018 include moisturizing daily and drinking more water. Drinking...

kind words...

"Got my son in quickly, even before school started which was wonderful. They sent the expensive prescription to an out-of-state Pharmacy who contacted me, applied a coupon which made it free and mailed it off to me within a few hours of my appointment. VERY impressed. Dr. Rudloff and staff were all very kind and professional. Highly recommend!"

—Jenny

...two liters of water daily will help hydrate your skin from the inside out. And enjoy coffee? Try having a bit more. Research suggests that consuming 4 cups daily can decrease the risk of skin cancer. (If you don't already know, we sell our own coffee blend and give the proceeds to our charity, Fair & Fashionable.) Also, antioxidants applied topically can make a big difference. If you want to learn more about antioxidants, give us a call at (816) 472-0400 to set up a complimentary cosmetic evaluation.

Please know we are here to serve you and your skin needs. Here's to better skin for a better life® 2018!

Sincerely,
 Brian Matthys, DO
Medical Director
Sunflower Dermatology &
Medical Day Spa



SUNFLOWER
 DERMATOLOGY & MEDICAL DAY SPA

hello



staff spotlight

MEET...MARISSA "MIMI" SIRRIDGE

What is your role at Sunflower Dermatology?

I am the Billing Compliance Lead and have been at Sunflower since June 2007.

What is your favorite part about your job?

Building relationships with patients while helping them with their billing questions/needs.

What is your favorite skincare product and why?

I really like the Phyto Corrective Masque because it is very hydrating and super low-maintenance...you can sleep in it!

What do you enjoy doing in your free time?

I love shopping, antiques, art and spending time with my husband and daughter.

product of the month



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