



# skin deep

WITH SUNFLOWER DERMATOLOGY &amp; MEDICAL DAY SPA

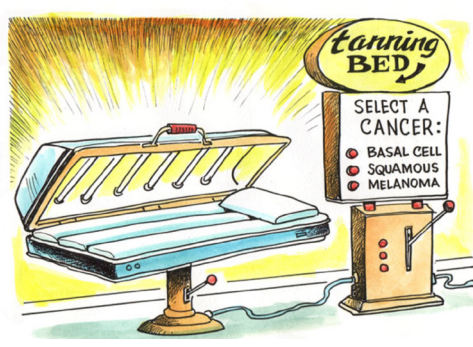
better skin for a better life®

## stump the doctor

### Q: Should I use a tanning bed before my beach vacation?

People ask all the time if they should tan before their vacation so they don't get sunburnt on the beach. A tan from a tanning bed provides a SPF 4 versus the recommended topical agents of SPF 30. I highly advise against tanning beds. This is because even one visit to a tanning bed can raise your risk of malignant melanoma by 20%. Is it worth risking that? Not to me. Plus, the rate of melanoma is sky rocketing.

In the 1930s, the risk of melanoma was 1 in 1500. Now, it is 1 in 50 and increasing! Ultraviolet (UV) light is a major cause of melanoma and



tanning beds produce UV light. We don't have all the answers, but we know 1 million people tan daily and that regular use of tanning beds increases the risk of melanoma by 74%. So, please don't tan before your vacation. But, have a great time and wishing you better skin for a better life®.

### Q: My body needs Vitamin D, so that's a benefit of using a tanning bed, right?

Wrong. Most tanning beds only use Ultraviolet A (UVA) rays. If a tanning bed doesn't produce Ultraviolet B (UVB) rays, then you cannot produce Vitamin D from a tanning bed. Vitamin D is extremely important for our overall health and must be monitored because the body can only use so much. So, in the summer, if you expose your face, neck, arms and hands to the sun, without sunscreen (yes, I said no sunscreen) for about 5 minutes midday, you get your daily dose of Vitamin D.

It is harder, however, to make Vitamin D in the winter with limited sunlight. You can take Vitamin D supplements and look for foods that have a higher concentration of Vitamin D. Some of these foods include fresh salmon, canned tuna and fortified milk. I take Vitamin D and calcium together for an added punch. You can talk to me or your primary care

doctor for more advice! So, a tinge of sun, some great food, and a very useful supplement can help many health factors and give you better skin for a better life®.



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

## kind words

*"I don't usually write reviews, but I feel it is necessary in this case. I LOVE this office. I am almost 22 years old and have struggled with acne since elementary school. I have tried several different dermatologists, topical creams, pills, etc. for my acne and nothing has ever been able to get rid of it. I even did Accutane a few years ago with another dermatologist. When my acne was starting to come back, my primary care provider recommended Sunflower Dermatology. I was hesitant, as I had never had a great experience with any other dermatologist. Sunflower Dermatology has absolutely changed the game for me. I see Lynn, who is so sweet. She listens to me and is informative and caring. I once had to see another doctor when she was not available, Dr. Matthys, and he was phenomenal as well. He gave me product recommendations that were effective and didn't break the bank. People are giving my compliments on my skin for the first time of my life. Sunflower Dermatology is not only treating my acne, but they are also teaching me how to care for my skin. I am overall so happy with this office and I will forever recommend and revisit."*

— Katie M.



# hello

## staff spotlight

MEET...CAROLINE LITTLE



### What is your role at Sunflower Dermatology?

I am a product liaison and assist with checking out at the front desk.

### What is your favorite part about your job?

The great conversations I have with our patients and teaching them about products!

### What is your favorite skincare product and why?

My Latisse! I have always been obsessed with eyelashes and seeing them grow longer, darker, and thicker is very rewarding.

### What do you enjoy doing in your free time?

I love playing with my dog and hanging out with my boyfriend and friends.

## product of the month



### SKINCEUTICALS® BLEMISH + AGE DEFENSE

Blemish + Age Defense is a targeted, oil-free approach for aging skin prone to breakouts.

- Improves the appearance of blotchiness, blemishes, and uneven skin tone
- Decongests clogged pores
- Diminishes visible signs of aging
- Reduces excess sebum production

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## refer & win

### REFERRING FRIENDS, FAMILY & CO-WORKERS IS EASY!

We truly appreciate your referrals! Our business grows when we make you happy and you tell others about your experience at our practice. Thank you in advance!

### HERE'S HOW IT WORKS:

- Receive 1 contest entry for your 1st referral
- Receive 4 contest entries for your 2nd referral
- Receive 6 contest entries for your 3rd and each additional referral

### Q1 REFERRAL INCENTIVE IS A NEW...

## Apple Watch!