



# skin deep

WITH SUNFLOWER DERMATOLOGY & MEDICAL DAY SPA



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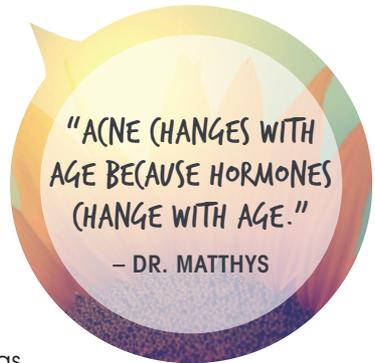
## ACNE: 3 Tips that Matter

### COMMON DISORDERS THAT TRANSCEND AGE

#### Tip #1: Acne should NOT be treated by tanning.

A common misconception is that time spent in a tanning bed will help alleviate acne. That's simply not true. Phototherapy, when used under the supervision of a doctor, can be beneficial to some skin issues, notably psoriasis. Going to an indoor tanning bed, however, is not the same thing as medically administered phototherapy.

Not only is the light used during indoor tanning poorly defined, but the extent to which tanning salons comply with state and federal regulations is poor. "According to a study performed in North Carolina, the extent to which commercial tanning facilities comply is poor, with only 1 out of 32 commercial tanning establishments within complete compliance of state and federal guidelines."<sup>(1)</sup> "The National Center for Biotechnology...



Continued on Page 4

**HAVE A QUESTION FOR OUR DOCTORS?**

EMAIL US AT [patient@sunflowerdermatology.com](mailto:patient@sunflowerdermatology.com)

WITH SUBJECT LINE "Stump the Doctor"



## stump the doctor

**Q. Should I use only  
"natural" products?**

**A.** The internet, email and of course, TV, has made the phenomenon of "all natural" quite pervasive in our culture. There is, at current, a very strong push to move away from any standard medical process and products. The DIY process for skin care is no different. People are making their own lip balms, toothpaste, moisturizers and exfoliating masks.

While all of these products may or may not be helpful, my point in discussing this is to remind patients that these processes are no safer or more effective (statistically speaking) than prescription products. The only good versus bad has been somewhat "invented" by media and stories on the internet.

I am not wanting to be controversial, but this is true. In fact, many of the most common medicines were discovered in

nature. For example, *Digoxin*, a treatment used for patients with heart disease, was extracted from the Foxglove plant. And, while doxycycline, a treatment used for acne, is not plant or animal based, it is on the List of Essential Medicines by the World Health Organization. These medicines are defined as the most important medicines in a basic health system. Plus, poison ivy is all "natural", but I would strongly advise against putting this on your skin. So, while natural products have an allure, they are not without the same potential of side effects and misuse as prescription medications.

Always remember to tell each of your doctors exactly what you are taking or using on your skin, natural and otherwise. This will aid in our quest for you to have better skin for a better life®.

**Q. My skin looks great!  
Can I stop my treatment?**

**A.** Probably not. Let's take acne, for example. Acne is the most common skin condition affecting my patients, and it is what would be considered a chronic condition. In fact, most people rarely outgrow acne. It may wax and wane over a lifetime, but it rarely goes completely away. Therefore, one should continue on some form of treatment regularly for best results.

The reason I bring this up is because all of us want a start and stop solution to our problems. So, routinely I hear from patients how they stopped their medicine because they were doing so well. This happens with acne, psoriasis, rosacea and even eczema. This may be a bad

idea because of the time it may take people to healthy again. They will be ok for a while, but it (acne, psoriasis, rosacea and even eczema) always comes back to some level. Then, it may be harder to control than before we stopped the medicine. The reason we schedule follow up appointments is to see how well you are doing and decrease your medicine as much as possible. We all believe that less is more when it comes to medicine, but we rarely can stop everything, completely. Therefore, before stopping your medicine, see us at a follow up appointment. Then, we can insure you will have *better skin for a better life*<sup>®</sup>.

**CAN YOU STUMP THE DOCTOR?  
SEND US YOUR QUESTION!**

## kind words



**SUNFLOWER**

DERMATOLOGY & MEDICAL DAY SPA

“I am scheduled for 2 visits per week. Every visit is a pleasure from beginning to end. Great location, great interior decor, all staff are really nice, and the free cookies are addictive! I really can't stop saying enough nice things about the experience. I will give it a 10 out of 10.”

– LYNN W.



## *Continued from Front Cover... ACNE: 3 Tips that Matter*

*...Information has been unable to identify any clinical trials that support the use of tanning bed UV light to treat acne vulgaris."<sup>(2)</sup>*

### **Tip #2: Homemade scrubs aren't effective treatments.**

I understand the impetus to Google or search Pinterest for a homemade scrub or mask to try to treat acne. But here's the thing: as your doctor, I am highly motivated to cure your acne and help you heal. That's my only goal when you come to see me. To be blunt, I have more information than you do, and I know what will work for your particular issue(s).

Can you spend lots of money on OTC cleansers and whip up "cures" in your kitchen? Yes.

Will they be as effective as the regimen I prescribe for you? No.

Think of all the moving parts in figuring out what will work best for your skin: you have to understand the cause of your acne; you have to understand the difference between products that are effective and those that are too drying; you have to know when to use a product and when to try something else.

### **Tip #3: Acne changes with age.**

Acne changes with age because hormones change with age.

For men, it's testosterone: as young men and boys, testosterone increases and more oil is produced on the skin. Think of oil as oxygen for acne—oil is the oxygen that allows bacteria to grow.

For women, acne can flare more intensely with their cycle. And as women age, their ratio of female hormones (i.e.: estrogen) starts to decline as their male hormones (i.e.: testosterone) starts to increase. That's why aging women experience hair loss and start to see facial hair.

Younger women can be treated for acne with hormones (birth control pills), oral antibiotics, and retinoids. Older women are treated with testosterone blocking medicines to balance hormonal fluctuations.

Come see us, so we can provide better skin for a better life®.

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



## LIFE LESSONS

### SUN PROTECTION BEHAVIORS & HABITS CAN BE INSTILLED

Proper sun protection in children is of paramount importance. Early skin type evaluation and an understanding of the unique nature of early skin creates a harbinger of preventive health strategies. Like vaccines and well visits, sun protective strategies and protocols can assist children (and their parents) develop a life time of healthy habits that extend well being.

The Eclipse Rx® Personal UV Monitoring Device is an extremely helpful tool for keeping sun exposure in check. With gentle reminders to reapply sunscreen and alerts to move out of the sun when maximum UV exposure has been reached, the Eclipse Rx device can be a wonderful tool for creating healthy sun habits and behaviors for every member of the family. Learn more about the innovative technology and engineering behind Eclipse Rx on our website [www.EclipseRx.com](http://www.EclipseRx.com).



SOLAR POWERED, PERSONAL  
**UV SUN MONITOR +  
ACTIVITY TRACKER**



THE ADVANCED APPROACH TO SUN PROTECTION

**LUV LIFE OUTDOORS™**

## staff spotlight

BAILEY KOPP

hello



### **What is your role at Sunflower Dermatology?**

I am a aesthetician, and I have been working at Sunflower Dermatology for 4 months.

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

I love seeing patients for their monthly facials! I can help them reach their skin goals by sharing my knowledge of products, and educating them about the importance of daily sunscreen.

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

I enjoy spending time with my family back in St. Louis, trying all the yummy restaurants in KC, walking my dog Willow to the Plaza for a coffee, and binge watching Bravo's Real Housewives.

## a bittersweet move...

We at Sunflower want to congratulate our lead Aesthetician, **Allie Summers** who has recently accepted a new Aesthetician position in New York City. Her move will be bittersweet. We are all incredibly excited and proud of her, but will miss her immensely. We are sending her off with lots of love and best wishes!



*"I am incredibly grateful for my time and experience at Sunflower Dermatology. While I am going to miss everyone dearly, I feel good about entrusting our cosmetic patients in the hands of Aesthetician, Bailey. Both she and the entire team at Sunflower is committed to maintaining the highest level of care." – Allie*

LNO  
2019

**EVENT DATE MOVED...**

**ANNUAL  
2019 LADIES'  
NIGHT OUT &**

**1<sup>ST</sup> ANNIVERSARY  
CELEBRATION OF  
OUR SKINCEUTICALS®  
ADVANCED CLINICAL SPA**

**NEW DATE: THURSDAY,  
JANUARY 24, 2019  
5:30PM – 7:30PM**

SUNFLOWER DERMATOLOGY  
& MEDICAL DAY SPA  
1805 NW PLATTE ROAD  
RIVERSIDE, MO 64150

*Cocktails. Hors D'oeuvres.  
Big Savings. Giveaways.*

**MORE EXCITING DETAILS  
TO COME! STAY TUNED!**



REFER  
& WIN

**REFERRAL PROGRAM**

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

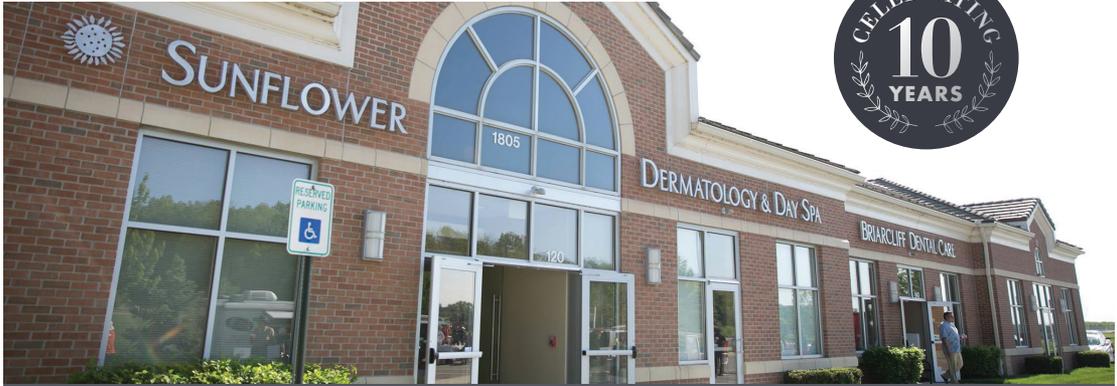
**THIS MONTH'S  
REFERRAL PRIZE...**

Win an Apple®  
Watch!



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1805 NW Platte Rd., Suite 120  
Riverside, MO 64150

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SKIN DEEP WITH SUNFLOWER DERMATOLOGY & MEDICAL DAY SPA // **NOVEMBER 2018**

## PRODUCT OF THE MONTH



### THE NEW Eclipse Rx®

The advanced approach to sun protection, Eclipse Rx was developed by Board-Certified Dermatologists. The solar powered personal UV sun monitoring wearable device + activity tracker syncs with its own mobile app to monitor your real time UV sun exposure. Designed for people who love the outdoors and want to protect their skin from sun-related health and beauty issues, Eclipse Rx is the first device of its kind that is powered by the sun!

**Now available for purchase!**  
Visit [EclipseRx.com](http://EclipseRx.com) today!