



JUNE 2019  
WHEN PACKING THE COOLER,  
REMEMBER THE SUNSCREEN!

# skin deep

WITH SUNFLOWER DERMATOLOGY & MEDICAL DAY SPA



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## note from dr. matthys

### THIS IS THE BEST...

Isn't everyone trying to tell us what is best? From the best vacation spot, to the best car, to the best skin care products...but what does "best" mean? The word "best" is defined as the highest of quality, excellence, or standing. Or, the most advantageous, desirable or suitable. But again, what does that mean? Is it absolute?

I bring this up because I believe we are in a convenience crisis. This means that we—myself included—attempt to focus our energy in trying to do what is most convenient versus what is hard or what is best. John Kennedy's famous speech about putting men on the moon was about doing things because they are hard versus doing something that is easy. Is easy the same as convenient? Not technically, but things that seem easy may be more convenient. But they aren't synonyms.



*Continued on Page 6...*

## 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

POISON IVY, ITCHING, AND BUG BITES! OH MY!

## Q. Can I NOT be allergic to poison ivy?

- A.** Poison ivy—along with poison oak and sumac—is a contact allergen based on the oils produced by the plant. Upon touching the green leafed flowering plant, the oily resin called *urushiol* causes a blistering, itchy eruption that spreads via the oil to all places touched. The eruption is often diagnosed because it can occur in a straight line across where someone touches the plant.

Typically, the oil comes from the leaves and the rash may occur 12-48 hours after the exposure. The oil can leave a dark black resin which, if touched can spread. It happens by direct touch of plant, contaminated objects (including pets) or the burning of these plants. The fluid from poison ivy blisters is not contagious.



Prevention is ideal and this is achieved by avoiding the plant, wearing protective clothing, removing the plants once identified, and washing your skin or pet's skin after potential exposure. Barrier creams over the skin may also be beneficial. I think all people have some potential to be allergic to the *urushiol*, but the reaction will vary. Treatment includes washing the areas, calamine lotion and topical steroids. Wide spread of poison ivy may require oral or intramuscular injection of steroids.

## Q. I get bug bites but my kids do not? What's up?

- A. People can have different attraction levels for insects. For example, some people are more likely to "attract" mosquitoes due to perfumes, fabric softeners and even pheromones. This is one reason an insect "prefers" one person over another, so limiting fragrance is an easy first step to help decrease the risk.

Insect bites can be frustrating and annoying. However, it's a sign of spring, and we can learn to manage this outdoor dilemma. The most effective approach is complete avoidance. However, given the number of mosquitoes, chiggers, or other biting critters outdoors, it can be difficult to completely avoid insect bites.

The chemical DEET is highly effective, but should be avoided for infants and toddlers for the most part, especially on the hands and face. Multiple non-DEET products are available, but do not work as reliably but may be safer.

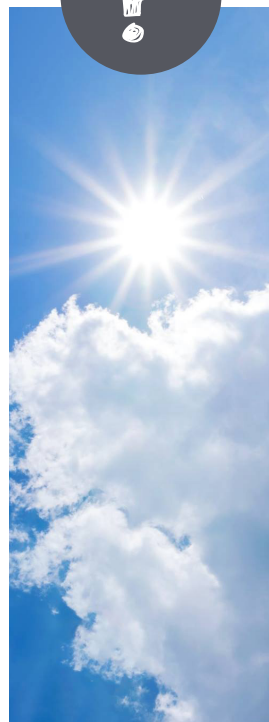
If you suffer from insect bites, there are options to relieve the itching, such as a topical *diphenhydramine* (Benadryl), over-the-counter *hydrocortisone* or even a menthol/camphor lotion. Try not to scratch the bites since they can become infected which could lead to topical and/or oral antibiotics to manage the infection.

Sunflower Dermatology wishes you a happy, healthy spring and as always, better skin for a better life®.



SUNFLOWER

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d.i.y. at home

## 8 BEAUTY FOODS IN 1 SALAD!

Choosing a diet in line with this recipe should lead to glowing and smooth skin, strong hair and nails, and clear eyes.

### SALAD INGREDIENTS:

- 2 cups spinach
- ½ to 1 cup cooked quinoa
- 2 tablespoons raw pumpkin seeds
- ¼ cup hemp seeds
- ½ cup to 1 cup blueberries
- Juice of 2 lemons
- ½ medium avocado
- 1 tablespoon raw apple cider vinegar
- 1 to 2 tablespoons nutritional yeast
- Sea salt, to taste
- Freshly ground black pepper, to taste
- Pinch of red pepper flakes, optional

## ADD A PROTEIN FOR A GREAT SUMMER LUNCH!

### DIRECTIONS:

In a large mixing bowl, combine the well-rinsed spinach with the cooked quinoa, pumpkin seeds, hemp seeds, and blueberries. Use the back of a fork to gently mash the avocado into the salad. Then, add the lemon juice, apple cider vinegar, and nutritional yeast. Sprinkle on the red pepper flakes, sea salt, and black pepper to taste.

# REFER & WIN

## REFERRAL PROGRAM JUNE 1 TO AUG 31

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

### 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

### REFERRAL PRIZE...

**\$250 SUNFLOWER  
GIFT CARD!**

# FAIR & FASHIONABLE™

SKIN CANCER IS NEVER IN STYLE™

## MELANOMA AWARENESS

It's graduation season! While teens are more enthralled than ever with event-tanning, we are seeing alarming rates of skin cancer in 15-24 year olds. They believe that just a few sessions in a tanning bed is not risky. However, the statistics say it best: **People who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent!**

So please...if you have a teen in your home or in your life, encourage them to embrace their natural skin tone.

Let them know that **skin cancer is never in style!** If they absolutely can't stand the thought of not having a tan, tanning creams or spray tanning can suffice for special events. **#fairandfashionable**



*Skincerely,*

Your Tan-Free Friends at  
Fair & Fashionable

Fair & Fashionable is a movement that utilizes fashion as a platform to reduce the rate of skin cancer.

**Visit [fairandfashionable.org](http://fairandfashionable.org) today!**

## staff spotlight

KRISTINA SMITH

hello



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

I am currently back and forth between the front office and the medical spa. I have my aesthetician license in Missouri & Kansas, and I joined the Sunflower team in late October of 2018.

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

It's extremely rewarding to have a hand in helping patients achieve their skin care goals!

### **What is your favorite skincare product & why?**

Physical Fusion UV Defense SPF 50 by SkinCeuticals® because it is unlike any other sunscreen that I've used before.

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

On the weekends, my fiancé and I like to meet up with friends and scout out local music or big headliner shows!

*NOTE FROM DR. MATTHYS... Continued from Front Cover*

### **THIS IS THE BEST...**

Are you wondering where I am headed? Well, this convenience crisis is fundamentally changing our efforts at work. It is robbing the general population of our patience to do hard work over long periods of time for great success. Would you cook a ribeye steak in the microwave?

There is has never been more health or beauty "hacks" to get fast results. Just Google "great skin" or "flat stomach" and you will find millions of solutions. It can

be hard to remember that there are no "hacks" for great patient care. It takes time, focus and is sometimes inconvenient like that great steak. But, my hope is that giving you better skin for a better life® is worth the time and you can then put your BEST face forward.

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



## kind words SUBMITTED BY OUR AMAZING PATIENTS

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“The staff is always friendly and kind. They worked me in at a time that was convenient for ME. I tremendously appreciate that. Dr. Matthys is very knowledgeable, kind, and caring. He also has great bedside manner. I had a procedure done today and I was very nervous (very afraid of needles). He and his assistant were very compassionate, and they even joked around to help me relax. Lastly, the office is always clean, and I appreciate the beautiful art on the walls and the spacious rooms. Some doctors’ office rooms are a little claustrophobic. I will definitely recommend family and friends.”

– KATHY A.

*Thank  
You!*

“My daughter was referred here by her pediatrician for a rash, it was related to a viral infection she had. We saw the PA, she was great. She had the dermatologist look at the rash, too. Came up with a treatment plan and follow up. Overall great experience. It’s also a medical spa, so I’ll be looking into these services for myself. The space was chic, clean, and the staff was great!”

– BRITTNEY S.



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