



skin deep

WITH SUNFLOWER DERMATOLOGY & MEDICAL DAY SPA



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note from dr. matthys

FALL IN LOVE WITH YOUR SKIN THIS FALL

Fall is here! Is there a better season? Pumpkin spiced lattes, pumpkin beer (an acquired taste for sure!), apple pies, Thanksgiving... All signs of fall. What perfect timing to begin the process of falling back in love with your skin!

Summer can be stressful because of changes in schedules, kids out of school, and maybe a bit too much sun. What to do? The sun causes 90% of our most common skin care concerns—aging and skin cancer. Now is the time to reinvest in your skin and have a full skin examination to make sure nothing has changed or there are no concerns.

Also, because the sun is less potent, it is a great time of year to treat the signs of sun over exposure—age spots, wrinkles, and increased pigmentation. *Continue Reading on Page 5...*



HAVE A QUESTION FOR OUR DERMATOLOGISTS?

EMAIL US AT patient@sunflowerdermatology.com
WITH SUBJECT LINE "Stump the Doctor"



stump the doctor

**Q. After summer, my skin doesn't look as good...
What to do?**

A. The summer provides unique skin care challenges. More sun can make us more tan. Is this good or bad? Culturally, it seems good. People like a "little color." But for doctors, a little color can equal trouble.

We diagnose a skin cancer every 10 seconds in the U.S., so we highly recommend limiting unprotected sun exposure. This is a life lesson that we are seeing makes a huge difference. We want people to recommit to a skin care loving strategy. But how?

First, is it important to you? If you are reading this, than the answer is YES! Just like how diet and exercise makes a difference for our general health, products and/or procedures make a difference for our skin health.

So, let's start with products. But which products? If you take one piece of advice...

wear sunscreen! It is the most important thing for your skin. PERIOD. Find one you love, and use it daily.

This one behavior change will provide years of benefits and safety, if you want to look as young as you feel. Remember, your skin doesn't look old because of smile lines or wrinkles. Your skin looks old and "dull" due to unwanted pigment or age spots. And, these are almost all caused by the sun.

The only pigment that isn't age related that is driven by the sun is *melasma*. This is also known as "the mask of pregnancy." This is hormonally driven pigment that occurs along the forehead or mustache region in women. Improving this will help you love your skin and the methods are the same as anti-aging!

So, let's start a plan. Ask about our complimentary skin care evaluation and let's get better skin for a better life®.



PUMPKIN ROLLS

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS:

BREAD:

3/4 cup all-purpose flour
1/4 tsp salt
1 tsp baking soda
1 tsp ground cinnamon
1 cup granulated sugar
3 large eggs
2/3 cup canned pumpkin
1 tsp vanilla extract

FILLING:

8 oz cream cheese,
softened
2 tbsp butter, softened
1 tsp vanilla extract
1 cup powdered sugar +
extra for dusting

OTHER:

15"x10" jelly roll pan
Parchment paper
Plastic wrap

DIRECTIONS:

Preheat the oven to 350°F. Line a 15" x 10" jelly roll pan with parchment paper, leaving an extra inch of parchment sticking up on both 15" sides of the pan so you can easily lift the cake out after baking.

In a large bowl, whisk together the flour, salt, baking soda and ground cinnamon. In a separate bowl mix sugar, eggs, pumpkin, and vanilla until smooth.

Add dry ingredients to the bowl and stir just until combined and no dry streaks remain. Spread the batter evenly in the prepared pan. Bake for 14–15 minutes until a toothpick inserted in the center comes out clean. Immediately lift the parchment paper and hot cake out of the pan and onto a flat, heat-safe surface.

While the cake is hot, start at one of the short ends and use your hands to gently and slowly roll the cake and parchment paper all the way up. Place it on top of a wire cooling rack and allow it to cool completely.

While the cake roll is cooling, mix the cream cheese, butter, vanilla, and powdered sugar together with an electric mixer until it is fluffy and smooth. Unroll the cake after it is cooled completely. Gently smooth the filling in an even layer over the cake. Roll up the cake without the parchment paper and cover it with plastic wrap. Refrigerate for 1 hour before serving.

Dust the top with powdered sugar, if desired. Cut into slices and serve. Store in the refrigerator for up to three days.





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.



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



THE ADVANCED APPROACH TO SUN PROTECTION

LUV LIFE OUTDOORS®



From Front Cover...

FALL IN LOVE WITH YOUR SKIN THIS FALL

We do this with products such as sun-screen, antioxidants, and pigment treating medications.

My favorite products for this time of year are SkinCeuticals® Phloretin CF and Discoloration Defense with Physical Fusion SPF 50. The Glycolic 10 night moisturizer really provides a nice finishing touch to any fall treatment plan. We provide complimentary evaluations with our state of the art VISIA camera. Make an appointment today so we can take a look at your skin.

For a more transformative approach, we recommend procedures. Our Fraxel laser is the gold standard in anti-aging with 1-3 treatments taking off 10 plus years of aging. Spa services like microdermabrasion treatments, chemical peels, and hydrafacials provide an immediate texture change and allow your skin to return to its natural glow!

Let us help you fall back in love with your skin this fall. We want you to achieve better skin for a better life®.

Sincerely,
Brian Matthys, DO
Medical Director

NOW OFFERING THE NEW JEUVEAU® NEWTOX!

What is Jeuveau® NEWTOX?

Jeuveau® NEWTOX is the new neurotoxin approved by the FDA to improve moderate to severe fine lines and wrinkles in adults.

What does Jeuveau® NEWTOX treat? Fine lines and wrinkles

How long does it last? 3-4 months

How much does it cost?

Jeuveau® is charged by the unit. The amount of units needed varies by individual and desired outcome. We recommend you book a complimentary cosmetic evaluation for the most accurate cost assessment.

How much down time is there?

There is very little downtime after receiving injections. You will be able to go about your normal routine immediately after you leave our office.

When will I see results?

Jeuveau® can set in within 24-48 hours, but for some people it can take 2 weeks to have full effect.

CALL SUNFLOWER DERMATOLOGY TODAY FOR MORE INFORMATION!



GET TO KNOW ...

MEL ALDERMAN

hello



staff spotlight

What is your role at Sunflower Dermatology?

I am a medical assistant at Sunflower. I room patients, as well as process tissue for our two Mohs surgeons.

What is your favorite part about your job?

I am a people person. I love interacting with our patients and having the opportunity to build lasting relationships by giving them the best care at every visit.

What is your favorite skincare product & why?

Oh, I have so many! Due to having melasma, I will not leave my house without my SkinCeuticals® Phloretin CF® and Physical Fusion UV Defense.

Recently, I've fallen in love with my new Custom D.O.S.E. I added retinol to mine, as well as other ingredients for my discoloration. By utilizing this custom formula, I only have one step—compared to the multiple steps I used to have—after washing my face at bedtime now!

What do you enjoy doing in your free time?

Baaahhhh! Free time... you're hilarious! I spend a lot of time with my family (kids, parents, and sisters). My kids constantly make me laugh or make me shake my head in embarrassment. Also, I enjoy reading books and crafting.

Pumpkin Spice or Cinnamon?

Cinnamon all the way! I like pumpkin spice but not as much as cinnamon.





kind words

THANK YOU FOR ALL THE GLOWING REVIEWS! YOU ARE AMAZING.

“I had a great experience in the spa area today. The Aesthetician was very helpful and knowledgeable. Of course, I also see Dr. Matthys and the PAs, and I have never had a bad experience. I’m moving into my 40’s with the best skin ever because of their expertise.”

- ERICA

“As someone who worked in a private practice, I appreciate the courteous and professional service. I have been to three other dermatologists and drive 30 minutes to be seen in this practice.”

- DEBRA

“Great office and friendly people. I got in and out quickly. My treatment began helping immediately! Thanks!”

- SHAWN

“The best professionals in the area. Knowledgeable + Caring = Success!”

- CHRISTINE

REFER & WIN

**REFER YOUR
FRIENDS & FAMILY
TO US FROM
10/1/19 – 12/31/19
AND BE ENTERED
TO WIN 28 UNITS
OF THE NEW...**

JEUVEAU® NEWTOX!

Here’s how it works:

- Receive 1 contest entry for every referral.
- Make sure your friend mentions you or you will not get credit.
- When they mention you, they will receive 10% off a product!

**Drawing to be held
on January 3, 2020!**





SUNFLOWER

DERMATOLOGY & MEDICAL DAY SPA

better skin for a better life®

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ST. JOSEPH

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SUNFLOWERDERMATOLOGY.COM // 816.399.4465

the annual
20% OFF
SALE

is coming soon

20% off all products, cosmetic
services & memberships*

Follow us on Facebook, Instagram and Twitter for updates and to be
the first to know about our annual one week sale @SunflowerDerm

*Rules and restrictions apply. See website for details the week of the sale.