



DECEMBER 2019

Happy Holidays from our Sunflower family to yours!

skin deep

WITH SUNFLOWER DERMATOLOGY & MEDICAL DAY SPA



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note from dr. menser

INTEGRATIVE SKIN CARE

Look and feel your best for the holidays and utilize your health benefits!

The combination of in-office treatments and topicals is on trend in skin care and termed integrative skin care. I am passionate about this as I create customized treatment plans for patients. Integrative care is where health and beauty meet!

The concept of integrative skin care is to provide a comprehensive and personalized, integrated treatment plan and maintenance regimen that includes medical therapies, procedures such as lasers, chemical peels, microneedling, injectables, and cosmeceutical agents to cultivate optimal results.

Want to look your best for the holidays and maintain it for the new year? A fresh, youthful look can be achieved with my favorite laser, Fraxel, to resurface sun-damaged skin and types of precancerous lesions.



(Continue on page 3)

HAVE A QUESTION FOR OUR DERMATOLOGISTS?

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



stump the doctor

Q. I have brown spots on my face. What could it be and how do I fix it?

A. Brown spots are one of the most common problems patients come to me to evaluate and treat. And it has become one of my favorite things to help people solve. I always practice an integrative skin care approach when caring for this concern.

Brown spots can be benign sun spots or growths on the surface of the skin. We accumulate them from the sun exposure we have had since we were babies and they continue to develop over time.

There are malignant (cancerous) brown spots that can occur such as melanoma. It is crucial to have your spots evaluated to distinguish this potentially life-threatening condition from the harmless sun spots.

Benign sun spots can be treated beautifully. One of my favorite ways to treat is to combine in-office procedures such as Fraxel

(my personal favorite) or Intense Pulsed Light with brightening agents, retinol and dark spot correctors. I often create a personalized Custom D.O.S.E. serum for patients to create a simple solution at home.

Winter is the VERY BEST time of year to treat since we have less sun exposure and ultraviolet light.

Q. I was diagnosed with Melasma, what can I do to make my skin more even?

A. Melasma is a very common condition of the skin that produces splotchy pigmentation on the face and worsens in the presence of even a small amount of sunlight and blue light. It is commonly seen in women following pregnancy or in association with hormonal birth control. I have seen an increasing amount of melasma in my practice and always use a customized integrative skin care regimen. Patients have been overjoyed and happily tearful by their results. *(See next page)*



(Stump the Doctor from page 2)

In order to best treat melasma, I perform Fraxel laser and integrate it with the most effective topical ingredients for daily use at home. Home care should always include a tinted mineral SPF 50 (because the tinted ingredients, called iron oxides, protect from blue light), a potent antioxidant serum that fights pigment, and a dark spot corrector. I often use a customized serum containing retinol and brightening agents as well. Another mandatory (and fashionable) piece is a broad-rimmed glam hat to shade the face from daily UV light exposure.

Warnings: The blue light emitted from our mobile devices is worsening melasma! And melasma is a chronic condition that is best treated in the winter when the UV light is at a minimum. It requires maintenance when springtime and summer comes to minimize recurrence. It will come back with even a slight exposure to UV and blue light. But don't let that stop you... melasma can be beautifully treated!



INTEGRATIVE SKIN CARE

(Continued From Front Cover)

Injectable products can soften unwanted lines and folds. Chemical peels and Hydrafacials can provide an increased glow and brighten the skin. Healthy and beautiful skin must be maintained at home with a customized skin care routine, designed specifically to target concerns and skin type. Antioxidants, sunscreens and Custom D.O.S.E. serums are an incredible way to achieve lasting skin health and beauty at home.

I am passionate about integrating a medical approach to skin care. Most health benefits start over with the turn of the new year so now is a great time to get in for any medical skin care needs. In fact, HSA/FSA benefits can be used for medically needed products.

We look forward to providing you with better skin for a better life® by using an integrative approach to your *health and beauty*.

Skincereely!

Dr. Menser & Your Sunflower
Skincare Experts





d.i.y. recipe

INGREDIENTS:

2 8 oz blocks of cream cheese at room temperature

3 1/2 cups sharp cheddar cheese at room temperature

1 oz package ranch seasoning mix

1 1/2 cups crushed pecans

2 black olives

1 cherry tomato

2 original sized pretzels

RUDOLPH (CHEESE BALL)

DIRECTIONS:

STEP 1: Let cream cheese and sharp cheddar come to room temperature. In the bowl of a stand mixer fitted with a paddle attachment, combine cream cheese, cheddar cheese and ranch dressing mix.

STEP 2: Transfer cheese mixture to a sheet of plastic wrap and use plastic to form cheese mixture into a ball. Refrigerate for at least 4 hours, or overnight. Can be made several days ahead.

STEP 3: Right before serving, press crushed pecans into cheese ball. Place on a serving plate. Slice the tips off of two black olives and one cherry tomato. Use toothpicks to secure to cheese ball. Add pretzels for antlers and serve.

TIP: Cheese ball can be mixed and refrigerated up to three days before. Add pecans and Rudolph decorations right before serving.

RECIPE COURTESY OF MELISSA:
<https://www.number-2-pencil.com/rudolph-cheese-ball-recipe/>





BUNDLE & SAVE

Bundle your face Fraxel® and aftercare in December and SAVE!*

WAS \$1,918 NOW \$1,845

*Offer valid 11/1/2019-12/31/2019. Offer includes one Face Fraxel, one Vanicream Facial Cleanser, one Avene Thermal Spring Water, one Avene Cicalfate Restorative Cream, one pack of six BioCellulose Restorative Masques, one Glytone Lipid Recovery, one SkinCeuticals Antioxidant (Phloretin Gel, Phloretin Serum, or CE Ferulic), and one SkinCeuticals Fusion SPF 50. A \$1,918 value. Rules and restrictions apply. Offer is subject to change.





kind words

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!**

**THANK YOU FOR ALL THE
GLOWING REVIEWS!
WE LOVE TO READ THEM.**

“Everyone there was so nice and eager to help. I saw Lynn Swafford, PA and she was absolutely amazing. Cannot say ‘Thank You’ enough to them.” – **MICHELLE**

“I have had many procedures done at Sunflower Dermatology. The doctors and staff are wonderful, courteous, and caring. I have been satisfied with all aspects of my care.” – **KATHY**

“Dr. Molly Menser is fabulous! Took her time to check for issues and was extremely warm and yet professional about a full body check that could have been uncomfortable. Staff was also awesome!” – **TONY**

HAVE A GREAT EXPERIENCE?

Write us a review on Google.
It is the highest compliment to our team.
Thank you!



What is your role at Sunflower Dermatology?

Practice Administrator

What is your favorite part about your job?

Helping a practice grow and reach its full calling, as well as assisting staff recognize their true growth and potential. As much as you want to train your staff, you want to train them to move onto better things—like a mother bird getting the baby bird ready to fly the coop.

What is your favorite skincare product?

I have two...SkinCeuticals® Triple Lipid and Avene® Cicalfate! The Triple Lipid makes me feel

like my skin has stopped aging. People do not believe my age when I tell them because my skin has such a healthy glow. Avene's Cicalfate literally took away a burn quickly and the healing properties are amazing.

What do you enjoy doing in your free time?

I love spending time with my family and cooking.

What is your favorite thing about the holiday season?

I love being an anonymous gifter! Giving someone something they need or want, seeing the delight on their face, and then watching them try to figure out who gave it to them brings me so much joy. They don't need to know it's from me!

USE your health benefits by the end of the year OR LOSE the opportunity to save on your dermatology needs.

Have you met your deductible? Do you have an FSA account?

If so, now is a great time to get into the doctor and save on your dermatology needs. Call us today, we would love to see you for all of your skin concerns 816-399-4465.





SUNFLOWER

DERMATOLOGY & MEDICAL DAY SPA

better skin for a better life®

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SKIN DEEP WITH SUNFLOWER DERMATOLOGY & MEDICAL DAY SPA // **DECEMBER 2019**
SUNFLOWERDERMATOLOGY.COM // 816.399.4465

BUY ONE
\$100 gift card
GET ONE
\$25 gift card



BOGO GIFT CARDS FOR THE HOLIDAYS!

Give the gift that keeps on giving this holiday season. Receive a \$25 gift card for every \$100 you spend on Sunflower Dermatology gift cards. One week only. Offer runs from 12/16 -12/20.*

*Offer valid online and in office 12/16/2019-12/20/2019 only. Gift cards should be treated as money. Cards will not be replaceable if lost, stolen or destroyed. This card is non-refundable and is not redeemable for cash. For online orders, you will be shipped gift cards in 3-5 business days. Receive a \$25 gift card for every \$100 you spend on gift cards. Gift cards can be used to order products online or on services at our locations in Riverside and St. Joseph. We will not give \$25 for gift cards purchased before 12/16/2019 or after 12/20/2019. May not purchase more than \$500 in gift cards. May not use gift cards on previous treatment or product purchases. All gift cards purchased this week expire 12/31/2020.