



MARCH 2020
SPRING INTO A NEW YOU!

skin deep

WITH SUNFLOWER DERMATOLOGY & MEDICAL DAY SPA

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Note from Lynn Swafford, PA-C

WARM WEATHER IS ON ITS WAY!



Get clear skin in time for all the things that sunshine brings!

Frustrated with acne? You may feel like you are the only one, but I promise you are not alone!

Acne is incredibly prevalent and remains the most common skin condition in the United States. In fact, 60-70% of Americans have struggled with acne at some point in their lives. Acne typically begins in adolescence or young adult years, but acne can occur at any age. Several risk factors may increase the

likelihood of developing acne. A family history of

acne, diet, bacteria on the skin, hormones, stress, skin or hair products, and certain medications all play a part.

Acne first appears when a pore in our skin becomes clogged with dead skin cells. Our body should naturally shed these dead skin cells. In individuals with acne, this does not occur the way it should. Those afflicted with acne produce excess sebum, an oil which keeps our skin from becoming too

(Continue on next page...)

product of the month

SKINCEUTICALS® ACNE KIT

\$135 (\$173 VALUE!) KIT INCLUDES:

- **LHA CLEANSER:** Exfoliating cleanser that decongests pores, smooths skin texture and brightens skin.
- **LHA TONER:** Glycolic acid toner that removes surface dead skin cells and helps get rid of clogged pores.
- **BLEMISH + AGE DEFENSE:** Oil-free face serum that reduces the formation of adult acne, and improves visible signs of aging.



WARM WEATHER IS ON ITS WAY! *(From Front Cover...)*

dry. This oil causes dead skin cells to stick to one another, making it more difficult for our skin to shed them. The cells become entrapped inside the pore creating an acne blemish. There is not just one type of acne blemish. Types of acne blemishes include whiteheads, blackheads, papules, pustules, cysts, or nodules. If you suffer with any of these types of acne, I encourage scheduling a visit to evaluate the skin in detail. The type and amount of blemishes present on the skin help me determine an appropriate and customized treatment regimen. Don't delay! The sooner treatment can be started, the better!

I frequently utilize combinations of acne therapies to clear the skin including medications applied directly to the skin, prescription oral therapies (including antibiotics or hormone therapy), and procedures (light therapy, facials with extractions, or chemical peels).

In addition, you can reduce your acne by following certain skin care tips. Wash twice daily (not more!) with a gentle, non-abrasive cleanser and ALWAYS remove make-up prior to bedtime. Choose skin care products and cosmetics labeled "non-comedogenic" or non-acne causing. Apply a non-comedogenic moisturizer both morning and night. Excessive drying of the skin can aggravate acne.

Lastly, always remember acne does not clear up overnight. I always emphasize it will take time to see improvement. I recognize this can be incredibly frustrating. Remain patient and compliant with your recommended regimen and you will see results. You can have clear skin and we want to help you achieve better skin for a better life.®

SKINcerely,
Lynn Swafford &
The Entire Sunflower Team

HAVE A QUESTION FOR OUR DERMATOLOGISTS?

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



stump the doctor

ANSWERED BY SUNFLOWER'S LYNN SWAFFORD, PA-C

Q. Should I pop a pimple?

- A.** While you are waiting for your skin to clear, it can be incredibly tempting to "take matters into your own hands". Resist the urge! Pimple popping can backfire. It may seem simple, but should be kept to the professionals. Popping frequently results in unwanted side effects including permanent scars, discoloration, worsening of the pimple, more painful acne, and infection.

In addition to popping, over-excessive scrubbing should also be avoided. This can aggravate or worsen your acne. Be gentle with your skin.

Q. What are the best products to treat acne?

- A.** The answer is very dependent on the type and severity of your acne. There are a wide variety of effective treatments, but not all products are appropriate for all. Certain acne products target different types of acne blemishes.

What I find works best is a customized and individualized skin care routine which incorporates products specific to your acne. I almost always incorporate a prescription strength retinoid combined with a benzoyl peroxide product into my regimen. If acne is more inflammatory or hormonal, I would typically add an oral prescription to the regimen. In cases of severe acne or if other treatments have failed, isotretinoin delivers wonderful results.





DID YOU KNOW YOUR DIET IS A CONTRIBUTING FACTOR TO ACNE?

Antioxidants like spinach, green tea and berries can help prevent future breakouts.

BERRY SPINACH SALAD

CREAMY STRAWBERRY
POPPY SEED DRESSING
INGREDIENTS:

5.3 oz container strawberry yogurt
1/4 cup mayonnaise
2 Tbsp sour cream
2 Tbsp milk
3 Tbsp sugar
1 Tbsp apple cider vinegar
1 Tbsp poppy seeds
1 Tbsp sesame seeds
1/2 tsp dry minced onion flakes
(optional)

SALAD INGREDIENTS:

10 cups baby spinach leaves
1/2 cup strawberries sliced
1/2 cup blueberries
1/2 cup raspberries
1/2 red onion thinly sliced then quartered
1 sweet apple chopped or thinly sliced
1/3 cup feta cheese crumbles
1 kiwi peeled, sliced and quartered
(optional)
Freshly ground salt and pepper

RECIPE COURTESY OF:

Carlsbad Cravings

www.carlsbadcravings.com

DIRECTIONS:

1. DRESSING: Add all of the Dressing Ingredients (EXCEPT the poppy seeds and sesame seeds) to your blender; blend until smooth. Add poppy seeds and sesame seeds and pulse until combined. For a tangier dressing, add more vinegar; for sweeter, add more sugar. Add additional milk to thin if desired. Store in the refrigerator while you prepare salad.

2. SALAD: Combine Spinach Salad ingredients in a large bowl and toss to combine. If serving entire salad immediately, drizzle with desired amount of dressing and toss to coat. If there might be leftovers, drizzle dressing on individual salad servings. Season with freshly ground salt and pepper to taste.



NOW OFFERING **MICRONEEDLING**



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YOU CAN ACHIEVE A
MORE EVEN, WRINKLE FREE
SKIN COMPLEXION WITH
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Microneedling is a minimally invasive procedure that helps increase collagen production. It is an ideal treatment for patients concerned with pigmentation, brown spots, wrinkles, skin texture, post-acne marks, stretch marks and dullness.

We recommend a series of three treatments for best result. After your initial series, we recommend one per year for maintenance.

One Microneedling Treatment = \$345

**Series of three Microneedling Treatments = \$845
(\$190 savings!)**

CALL TODAY FOR MORE INFORMATION!



REFER & WIN

**KINDLY REFER
YOUR FRIENDS
& FAMILY TO
SUNFLOWER
DERMATOLOGY
FROM 01/01/20
TO 03/31/20
AND
BE ENTERED
TO WIN APPLE®
AIRPODS PRO!**

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 April 3, 2020!**



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

“Dr. Matthys and his team are the best! All of the services that I have received through the years are done in a very professional and caring manner. He is an expert in his field. Thank you Sunflower Dermatology!”

- DEBBIE

“So impressed with everyone I have come in contact with at Sunflower Dermatology. The entire team including Dr. Matthys & Dr. Menser went out of their way to ensure that I had a procedure completed in a most timely fashion. From dealing with insurance to the actual procedure itself, would highly recommend the entire staff.”

- CHRIS

HAVE A GREAT EXPERIENCE?

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

STAFF SPOTLIGHT

PAUL DWYER, PA-C

What is your role at Sunflower Dermatology?

Physician Assistant

What is your favorite part about your job?

Engaging and building relationships with patients while helping to meet their skin care needs.

What is your favorite skincare product?

EltaMD Replenish since I tend to be more dry and the Replenish is a great moisturizer with a physical, broad-spectrum SPF all in one product.

What do you enjoy doing in your free time?

I love spending time with my family and friends.

What is your favorite thing to do in the spring?

I enjoy hiking, jogging, and taking walks with my wife and kids.



WOULD YOU LIKE TO BE FREE OF SHAVING THIS SUMMER?

NOW is the best time to start laser hair removal treatments!

WHY? Laser treatments require you to stay out of the sun prior to your appointment and after treatment so now is the perfect time to laser away unwanted hair.

Call today to schedule 816-399-4465





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One treatment = \$250
Three treatments = \$600 (\$150 savings)

First 10 to schedule will receive a complimentary Glycolic 10 after their treatment (\$80 value)

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