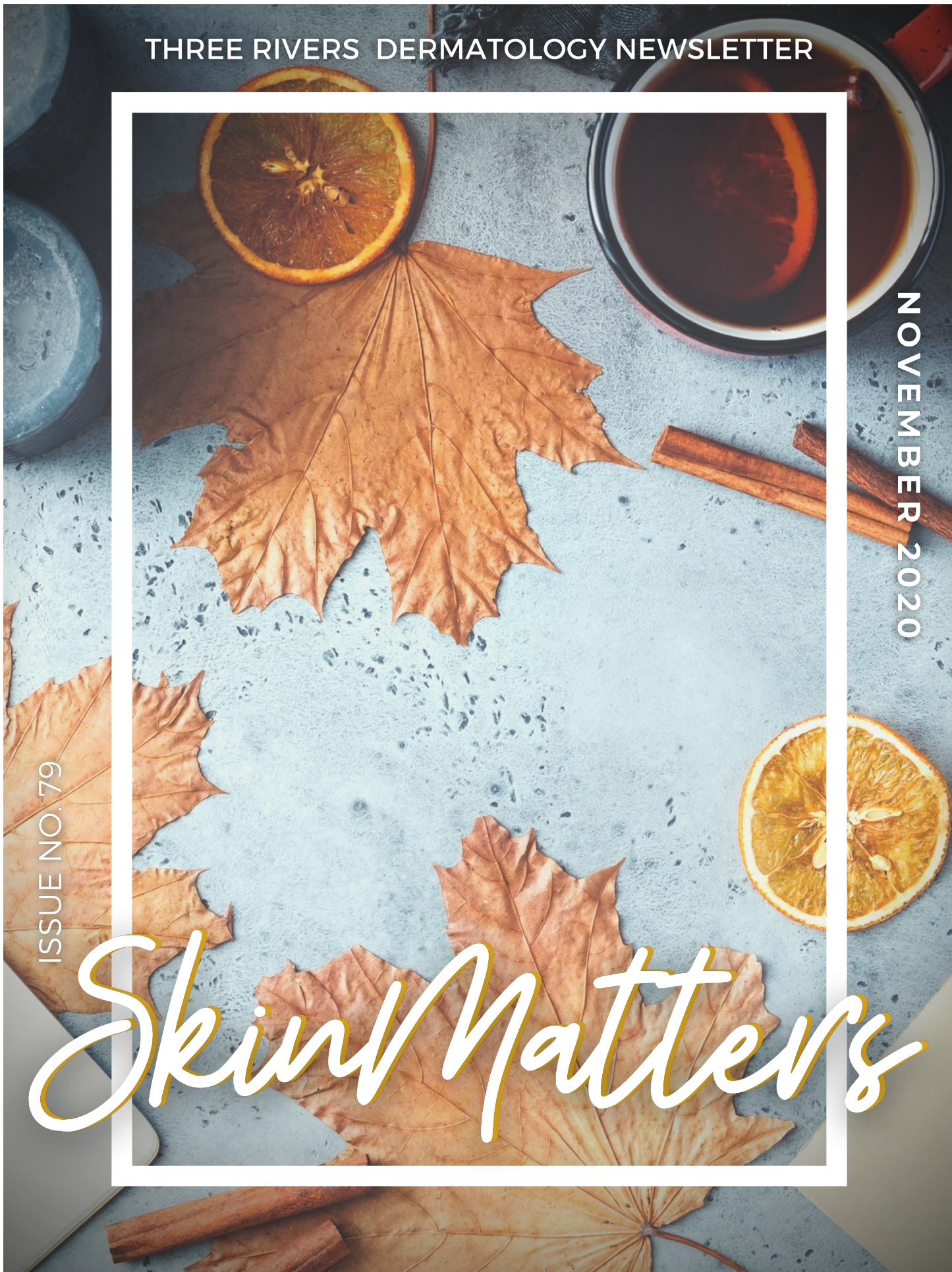


THREE RIVERS DERMATOLOGY NEWSLETTER

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Skin Matters



A LETTER FROM THE EDITORS:

Grab a warm drink, cuddle up and enjoy this issue of *SkinMatters*! It's full of all things new at Three Rivers Dermatology & Windy Ridge Skin Care Centre, plus a delicious pumpkin cheesecake recipe you will want to try!

Loretta

Amanda



HELLO
ISSUE

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WHAT IS NEW AT THREE RIVERS DERMATOLOGY AND WINDY RIDGE SKINCARE CENTRE?

WRITTEN BY
JEFFREY SASSMANNSHAUSEN, MD

It is holiday event time again! This year's Sparkle and Shine will be a little different. You are going to have 2 weeks to take advantage of unbelievable savings. November 4th (starting at 12 noon) through November 18, we will be having special pricing on all products, treatments and packages. In addition, extra special "pop-up" savings will be announced online and with emails during the event. So, stay tuned.

We are thrilled to be the first office in the Fort Wayne area to offer the newest fillers. Revance Therapeutics has launched their RHA collection, the newest advancement in hyaluronic acid fillers. RHA has been used in Europe for over 5 years and was developed by the inventor of Juvéderm. What makes RHA unique is its ability to move as the skin of the face moves and return to its initial place when at rest making it ideal for expressive facial lines. It is more closely designed to mimic the natural hyaluronic acid in our skin. It is exciting to be the only provider in northeast Indiana to be able to offer this amazing new product. RHA collection has three different "forms" which allows for natural correction of any wrinkle, crease or volume loss.



Oily skin! What can be done? Finally, we have a product that will immediately soften the shiny complexion and will continue to lessen the oil for the entire day! Colorescience Sheer Matte is a light untinted powder that absorbs excess oil throughout the day. In addition to removing the appearance of oil, it is also a sunscreen with SPF 30. Don't fret anymore oily people-- just brush on and feel comfortable in your skin.



Diamond Glow Dermalinfusion now has growth factors that can be infused deeply into the skin adding to the anti-aging effects of TNS Advanced+. Not only do you get the exfoliation of the epidermis and decongestion of pores, but the addition of growth factors will optimize the health of your skin. Repair is enhanced, collagen is produced, skin is tightened, all bringing back the youthful glow.



I am thrilled to have additional outstanding options that complement our exceptional skin care possibilities. I am sure you will love them too.

Dr. Sassmannshausen



THANKFUL FOR...

TREATMENTS!



The holidays are here and what a hectic time it can be! Why not take some time to recharge and refresh your skin! In this article, you will discover treatments that our guests are most thankful for!

Let it Glow, Let it Glow, Let it Glow!

Everyone loves this treatment! It has become one of the most requested and popular treatments and for good reason! DiamondGlow is a three-in-one treatment that simultaneously performs exfoliation, extraction, and serum infusion, using the device's skin-resurfacing wand, which boasts an exfoliating diamond tip (hence the name). Diamond Glow is a medical grade resurfacing treatment that vacuums out your pores, then hydrates your skin with a variety of serums for anti-aging and antioxidant properties that can be tailored to your skin. Your skin will definitely thank you!

Get Plumped for the Holidays!

Women and men alike continue to look for ways to combat the natural aging process, and many now turn to facial fillers to help achieve this goal. These treatments plump the skin to remove wrinkles, folds or depressions, as well as lifting sagging skin. The results last anywhere from six to twenty-four months, depending on the product used. From lips to cheeks, you will love the enhancement that you get with fillers!





Giving Thanks for BOTOX!

Botox and Dysport are incredibly effective weapons in the fight against wrinkles. They are by far one of the most popular treatments not only during the holidays but all year-long. Botox and Dysport injections are simple, safe procedures done right here in our office. You'll notice a dramatic reduction in the appearance of crow's feet, frown lines and wrinkles, leaving your skin looking smooth and rejuvenated!

Needling your way to Healthy Skin!

The concept of microneedling is derived from the use of fractionated lasers. Using tiny needles, the microneedling pen, similar to the DOT laser, causes numerous holes in the skin. These holes, or microchannels, stimulate a healing cascade which will lead to collagen formation filling in scars, smoothing wrinkles and evening pigment. During this in-office treatment, while the holes in the skin are open, product can be delivered more easily and more deeply into the skin adding to the benefits a microneedling series provides.

Peel Away Imperfections.

What is your secret to beautiful skin? Many of you will say it's your monthly chemical peels. Peels are great to reduce scarring, hyperpigmentation, sun damage and sunspots. They treat acne, erase fine lines, restore a healthy balance of oils in the skin. Schedule a consultation today to see which peel is right for you! You will love the results!

Body Art Removal

That tattoo was a great idea...WAS being the key word. We all have that one little (or not so little) tattoo that you might not love any more. 40% of us have at least one tattoo. Laser therapy can help mitigate and gradually eliminate the tattoo. You will be thankful that you did!

Treat yourself to something COOL!

One of our favorite treatments for that extra boost is CoolSculpting®. Coolsculpting is a non-invasive fat reduction that targets hard-to-lose fat with the technology of cryotherapy. So many are thankful for this treatment because of the noticeable, natural-looking results.

Have you tried any or all of these treatments?

Which one is your favorite?

Reserve your favorite today!

As a reminder, schedule your treatments soon as we usually see a spike in appointments this time of year.





GUEST LOVE



I have been to many different dermatologists over the years and Dr. Sassmannshausen at Three Rivers Dermatology is far and away the best.

- JAMES



Samantha was very, very good and it was obvious she knows what she is doing. My facial was as, if not more, relaxing than a full body massage. I loved it!

- ROSE



The staff's friendliness and listening to your concerns was outstanding!
Thank you!

- MARGO



The staff at this practice are awesome. They are professional, kind, and friendly. Having a history of melanoma is scary and this team makes it easier to be positive by being thorough and positive. They are great problem-solvers. They were taking great COVID precautions.

- MARTY



Double Layer Pumpkin Cheesecake





Double Layer Pumpkin Cheesecake

Pumpkin Spice and Everything Nice!

TOTAL TIME: 40 MINS

INGREDIENTS

- 2 (8 ounce) packages cream cheese, softened
- ½ cup white sugar
- ½ teaspoon vanilla extract
- 2 large eggs
- 1 (9 inch) prepared graham cracker crust
- ½ cup pumpkin puree
- ½ teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- ½ cup frozen whipped topping, thawed

DIRECTIONS

- 1** Preheat oven to 325 degrees F (165 degrees C).
- 2** In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
- 3** Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
- 4** Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

NUTRITION FACTS

PER SERVING: 426.3 calories; protein 7.2g 14% DV; carbohydrates 35.5g 12% DV; fat 29g 45% DV; cholesterol 108.1mg 36% DV; sodium 354.4mg 14% DV.

** Recipe courtesy of allrecipes.com **



COLORESCIENCE

Sport Stick SPF 50

The Colorescience Sport Stick SPF 50 is one of my absolute favorites! Year round you are guaranteed to find this product in my hand bag! The sport stick is a must-have with my family, whether we're in the pool on the golf course, or enjoying an afternoon at the zoo we're always using our Colorescience Sport Stick to reapply our sunscreen. Having a 6-year-old, and of course working for Dr. Sass, has made me very passionate about sun protection year-round. I love that the sport stick is easy to travel with and even easier to apply, and its formula is very hydrating. It goes on smoothly and can be applied to the areas that are constantly exposed to the sun! Its hydrating formula make this sport stick one of a kind, making it perfect for the cheeks and even your lips! I'm excited to use it this winter with my son on our snow day adventures knowing it will be providing protection against the sun plus protection from the environmental aggressors! And even better, it will be providing hydration on top of SPF to protect our cheeks and nose from becoming chapped and windburned!

Sydney

SPARKLE & SHINE

2 WEEK LONG

SAVINGS EVENT

IN-OFFICE ● PHONE ● ONLINE

NOVEMBER 4TH
@ NOON
thru
NOVEMBER 18TH

*Everything
is on Sale!*

LEARN
● ● ●
MORE

KEEP CALM & *Sparkle* ON!