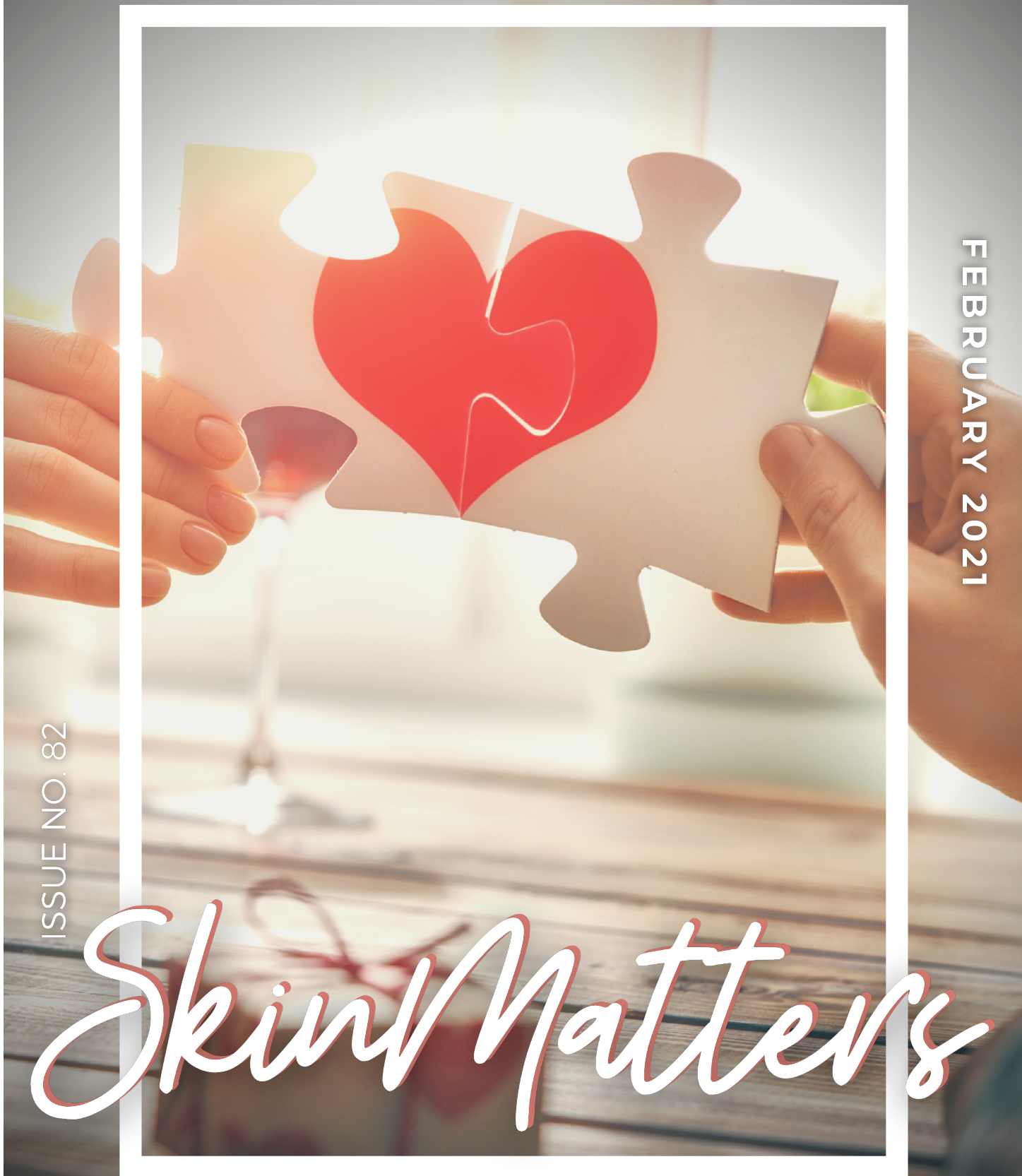


THREE RIVERS DERMATOLOGY NEWSLETTER

FEBRUARY 2021

ISSUE NO. 82

# *Skin Matters*



# A LETTER FROM THE EDITORS:

Happy February!

Cupid has arrived and love is all around us! Smell the roses and indulge in some chocolate.

What do you have planned for your special Valentine? Let us help you! Call us and we can help you create some great surprises! We have also included some fun ideas to keep the celebration of love going all month long!

Dr. Sassmannshausen also sheds light on a skin issue many have experienced, Be sure to read his article to learn more about warts and how to treat them.

Take advantage of the numerous opportunities to express your love for friends and family in February! We hope to see you soon!

*Loretta Amanda*



HELLO  
ISSUE

82



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## FIGHTING THE WART WAR

WRITTEN BY JEFFREY SASSMANNSHAUSEN, MD

I am always surprised when patients expect their warts to go away with one treatment. I explain that I am a medical doctor, not a miracle doctor, and treating a wart is not that easy. It frequently requires multiple treatments to get those pesky growths to go away.

Warts are caused by the human papillomavirus or HPV. There are over 70 types of HPV though only a few will infect the skin. The visible wart that is on the hand or the bottom of the foot is actually a thick overgrowth of skin that the virus has caused in order to protect itself. The reason the warts will grow and spread is that our bodies may not recognize the virus as an invader, but it will ignore the infectious agent and allow it to spread. It is not uncommon for this to run in families, where mom or dad will explain that they had many warts when they were young, and now I am treating their son or daughter. In nearly all cases of warts, the immune system will eventually begin to attack the virus and it will go away. This may take a year or a decade, but it will happen.

**CONTINUED ON PAGE 4...**

## ...THE WAR ON WARTS CONTINUED

There is no magical cure for warts. Yes, I have heard that rubbing a banana peel on the wart, or rubbing it with a penny and then throwing it away will make the wart disappear overnight. I wish I could employ the many grandmas and aunts that could pray over the wart and make it shrink. The fact is that most warts will go away, eventually, on their own. Unfortunately, this may not happen for decades.

There are many ways to treat warts in the office. Some methods kill the cells the virus is living in. The tried-and-true treatment is freezing the wart with liquid nitrogen. Yes, it hurts, but it will eventually kill the virus. Cantharidin is another treatment option that comes from the blister beetle. For years, it was applied directly to the wart and would cause a blister. Currently, it is unavailable because a company has applied for its use in a pen applicator. This may make its use cost-prohibitive. I have also used injections of a chemotherapy agent called bleomycin. This too is very uncomfortable. Lasers can also be used but they are expensive to operate and don't work any better than liquid nitrogen. The medication Tagamet was touted as an agent that cleared warts. Studies later showed that it really didn't work and that the warts were just going away. Many topical creams may help, but it is likely that they only offer minimal help. Using acids on the wart, like Compound W, will eventually eat away at the wart. It is important to pare (file) the wart daily with a pumice stone or emery board when using this approach.

My favorite treatment for multiple warts is using a protein called Candin. This is a part of the cell wall of the yeast *Candida*. When it is injected into a wart, the body's immune response is activated and will eventually begin to attack the HPV virus.

When seeking treatment for warts, remember that there is no silver bullet to clear them with one treatment. So, be ready and patient for treatments to take a while, and probably hurt some.

- Dr. Sassmannshausen



# CELEBRATE VALENTINE'S DAY ALL MONTH LONG!

*The month of LOVE has arrived and Cupid is on the move! Have you been struck by the arrow of love? Need some ideas to celebrate with your sweetheart? Check out these fun activities to keep the spark ignited all month long!*

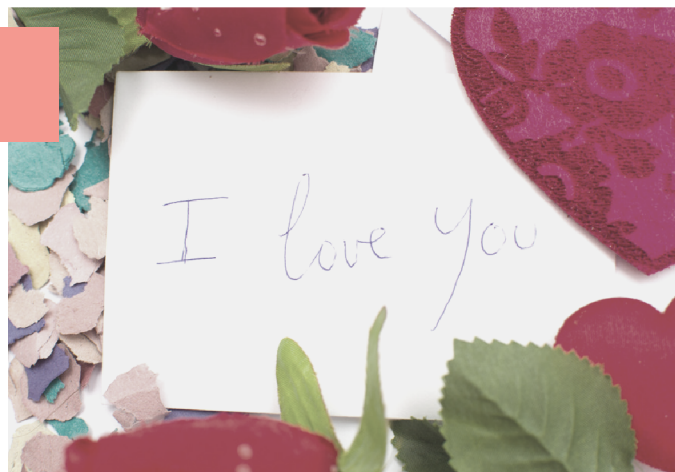


## MOVIE & DESSERT

Splurge on a movie and dessert night! Find a movie you both will enjoy. It doesn't have to be romantic. Grab a comedy for a night of laughs. After all, a couple that laughs together, stays together. Then, create a dessert bar on the coffee table with cookies, ice cream...the works! (No counting calories tonight!) Sit back, laugh, eat, and enjoy your special time together.

## SURPRISES!

Create a day of surprises. Purchase a few roses and your Valentine's favorite candy. Place them in places you know he/she visits throughout the day, perhaps in a desk drawer, in the car, or in their briefcase. You'll bring smiles to your loved one's face all day long!



## WINE TASTING

Do a little wine tasting. Head to the nearest winery and sample wines together. You don't need to be an expert to appreciate a fine glass of wine. Pick the wine you both like the most and buy a bottle to take home. You can look forward to sharing it together one romantic night in the near future.



# GIVE BACK

Whether you volunteer your time, or donate funds to a cause in need, providing assistance to charities is a thoughtful way of expressing your love for your family, your friends, and your community. And what better time to do so than now—the month of love.

# SPA NIGHT

If your plan is to stay in for the evening, why not treat yourself to a little pampering! Choose your favorite scented candle or incense and get the evening started on a high-note. You can also make the most of your date night by turning off your cell phones and living in the moment.

Chowing down sumptuous amounts of chocolate on a date night is so cliché. We suggest opting for some healthy snacks that will pair perfectly with your beauty-themed evening such as fresh guacamole, baked kale chips or even a nice fresh fruit salad.

**Now what? Here are some suggestions!**

- Give each other back massages and *RELAX!*
- Cleanse your face with your favorite [SkinMedica Cleanser](#).
- Brighten up your eyes with [SkinMedica Instant Bright Eye Masks](#).
- Paint your favorite [Pevonia Radiance Masks](#) on each other for glowing skin!
- Lastly, put on some [Baby Foot-Foot Peel](#) Booties and kick back and relax and enjoy your date night!



You know how the saying goes... Couples who mask together, stay together. If it's not a saying, we think it should be! HAPPY VALENTINE'S DAY!



Your office environment is very comfortable and soothing. I wish all doctor offices were like this!

- FRIEDRICH



Absolutely love Amanda at the Windy Ridge Skin Care Centre!! She's absolutely amazing at facials!! Hands are Heaven!! I know I can count on her to remember my skin concerns every time I return!

- CHERYL



Very personable and we are encouraged to ask questions!

- MALEAH



Dr. Sassmannshausen took the time to listen to my symptoms, examine my skin and patiently explain his plan. His staff was patient, not rushed and were polite, professional and friendly. Because I was a new patient, I was scheduled in mid-February. When I mentioned my condition involved extreme discomfort, I was placed on a cancellation list. I was moved to an appt in the following week. I was extremely grateful and the treatment has offered some comfort with hopefully more to come in the following week

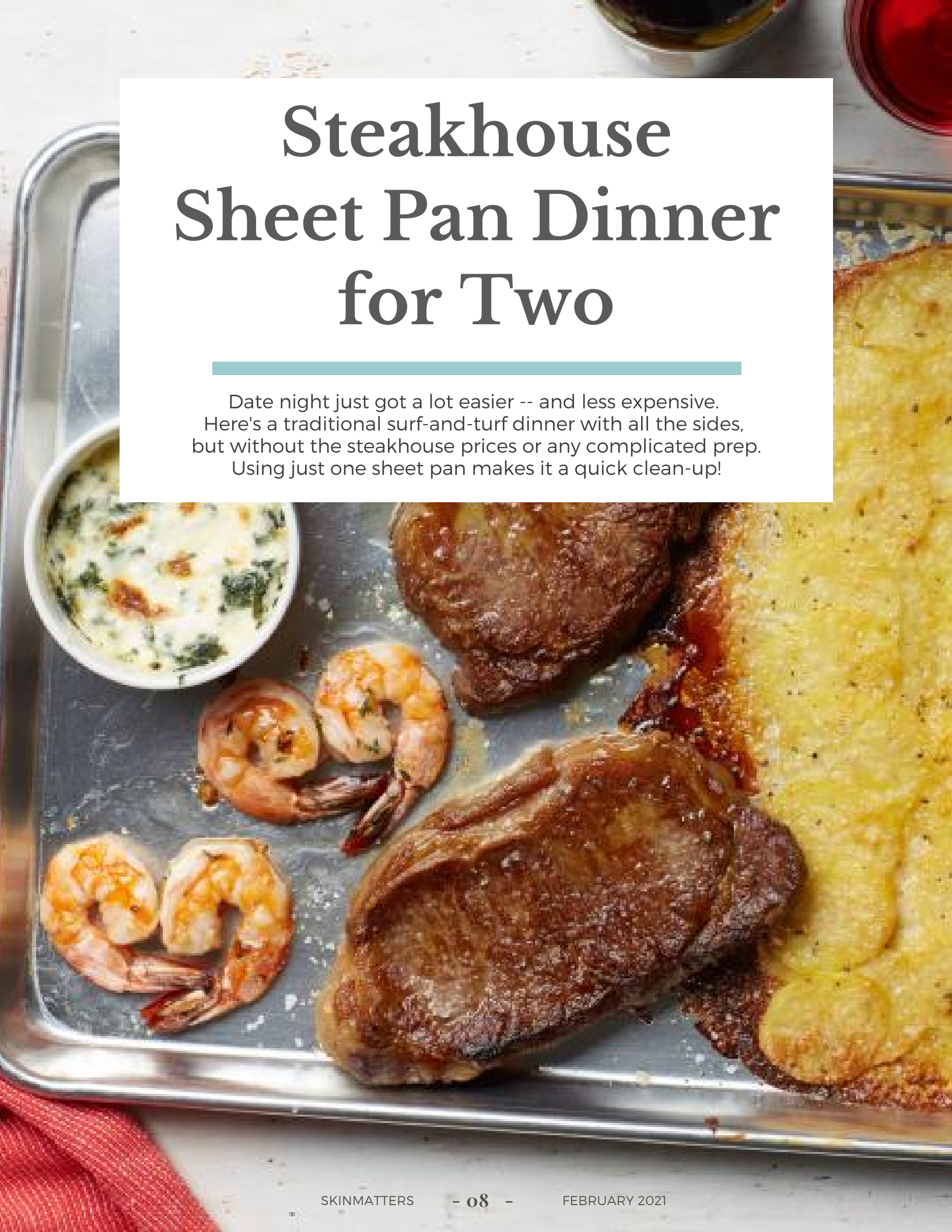
- JEANNE



GUEST LOVE

# Steakhouse Sheet Pan Dinner for Two

Date night just got a lot easier -- and less expensive. Here's a traditional surf-and-turf dinner with all the sides, but without the steakhouse prices or any complicated prep. Using just one sheet pan makes it a quick clean-up!





# Steakhouse Sheet Pan Dinner for Two

**PREP/ACTIVE: 30 MINS**    **TOTAL: 1 HR 15 MINS**    **SERVINGS: 2**

**Special equipment:** two 4-ounce ramekins

## INGREDIENTS

- 2 tablespoons unsalted butter, melted, plus more for greasing the sheet pan
- 4 tail-on jumbo shrimp, peeled & deveined
- 2 teaspoons fresh thyme leaves
- 3 small cloves garlic, minced
- Kosher salt & freshly ground black pepper
- 1/4 cup grated Parmesan
- 2/3 cup heavy cream
- 1 pound Yukon gold potatoes (about 6), sliced into 1/8-inch rounds
- 2 ounces cream cheese, at room temperature
- One 10-ounce package of frozen spinach, thawed and squeezed completely dry
- 2/3 cup shredded Gruyere (about 5 ounces)
- Two 8-ounce New York strip steaks (1 to 1 1/2 inches thick)

## DIRECTIONS

- 1** Position an oven rack in the top third of the oven & preheat to 450 degrees F. Lightly grease a third of an 18-by-13-inch sheet pan with butter.
- 2** Toss the shrimp with the melted butter, 1 teaspoon thyme, a third of the minced garlic, 1/2 teaspoon salt and a few grinds of pepper in a medium bowl until well coated; set aside.
- 3** Mix the Parmesan, 1/3 cup heavy cream, remaining 1 teaspoon thyme, half the remaining garlic, 1/2 teaspoon salt and a few grinds of pepper in a small bowl.
- 4** Arrange half of the potato slices in a single, overlapping layer on the buttered part of the sheet pan and pour the heavy cream mixture over the top. Top with the remaining potato slices. Cover the potatoes with foil and bake until tender when pierced with a fork, 15 to 17 minutes.
- 5** Whisk together the cream cheese, remaining 1/3 cup heavy cream, remaining garlic and 1/4 teaspoon salt in a medium bowl until smooth. Fold in the spinach until well coated. Divide the mixture between two 4-inch ramekins and press the spinach down so that it is flat and the cream mixture is pooling a bit on top.
- 6** Remove the pan from the oven, remove the foil and sprinkle the potatoes with the Gruyere. Put the steaks down the middle of the pan and sprinkle generously with salt and pepper. Put the ramekins on one end of the empty third of the pan so that they are side by side.
- 7** Bake until an instant-read thermometer inserted into the middle of the steak registers 95 degrees F, 12-14 minutes. Remove the pan from the oven and turn on the broiler. Create 2 hearts with the shrimp on the pan by connecting the tails. Broil until the steaks start to turn brown in some spots, an instant-read thermometer inserted into the middle of the steak reaches 125 degrees F (for medium-rare), the shrimp are opaque and the cheese on the potatoes turns golden and starts to crisp, 3 to 4 minutes. Let rest 5 to 10 minutes. Slice and serve the steak on plates alongside the shrimp, potatoes and creamed spinach.

\* [Recipe courtesy of foodnetwork.com](http://foodnetwork.com) \*

# DIAMOND GLOW™ DERMALINFUSION

I always love a good facial, but the DiamondGlow Dermalinfusion treatment combines multiple steps into one. It takes a 3-in-1 approach to exfoliate, extract, and infuse hydrating serums. The treatment is totally customizable so no matter what my current skin issues and concerns are, I leave with my skin feeling soft, glowing and hydrated!

This treatment is AMAZING by itself, but when paired with a chemical peel, the results are magnified. With that said, I cannot rave enough about DiamondGlow because not only do I notice the difference in my skin, others have too!

I can honestly say, it is more than just a glow—it's a skin **TRANSFORMATION!**



*Alyssa*  
GUEST CARE



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NEW  
Product!



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