

THREE RIVERS DERMATOLOGY NEWSLETTER

SEPTEMBER 2021

ISSUE NO. 89

Skin Matters

[BACK TO SKINMATTERS HOME >>](#)

A LETTER FROM THE EDITORS:

How is it September already? Summer seems to have flown by in the blink of an eye. We hope everyone had time to relax, spend time with family and had a chance to get some fresh air in the great outdoors!

Fall is always a great time of the year: a new school year starts, football season is here, and a change of clothes, makeup, and skincare is on its way!

Whatever this month means to you, have a look around our September issue of *SkinMatters* and see what's going on at Three Rivers Dermatology & Windy Ridge Skin Care Centre. And if you want to make your own change towards healthier skin, why not give us a call and see what we can do for you - think of it like your own fresh pair of school shoes for the new term!

Loretta Amanda



HELLO
ISSUE

89



- 03 The Eyes Have It
- 05 Skin Care Awareness
- 07 Guest Love
- 08 Product Spotlight!
- 09 Must-try Recipe
- 11 September Promotion

THE

EYES HAVE IT

WRITTEN BY: JACKI BEEMER, PA-C



The skin around the eyes is the thinnest and most delicate on the human body. Our facial muscles allow for a wide variety of facial expressions, and our eyes take center stage. Due to the pandemic, the only visible facial features we were able to share with the outside world for over a year were our eyes. I, for one, believe our peepers deserve more respect! From the simple daily protection of sunscreen and moisturizer to the prevention and correction of age-related issues such as dark circles, fine lines and bagginess, here are some products and procedures to keep your eyes on.

SKINMEDICA

Instant Bright Eye Cream

Dark circles? Sagging, puffy eyelids? Fine lines? The Instant Bright Eye cream combines the best ingredients from SkinMedica's Lytera 2.0 Pigment Correcting Serum and HA5 Rejuvenating Hydrator plus new advanced ingredients to re-energize, brighten, and restore youthful, vibrant eyes.

Marine extracts work together to correct the appearance of darkness and shadows as well as support a healthy melanin balance to correct hyperpigmentation. Persian silk tree extract, St. Paul's wort, and caffeine promote radiance and firmness. A hyaluronic acid blend moisturizes and leaves your eye area sleek and smooth. To provide long lasting protection, Vitis flower stem cell extracts prevent damage from free radicals in the environment.

Apply to the eyelids twice daily, and you will see improvement immediately after application. Consistent use will yield greater improvement over a period of 8 weeks!



Instant Bright Eye Masks

Late nights, poor sleep, stress—they can leave our eyelids looking baggy, dull and tired. These cooling gel patches hydrate the under-eye area for an instant refresh. Unique hydrogel technology reduces the appearance of puffiness to help your eyes look youthful and rested. Other key ingredients include baker's yeast extract and golden herb extract to moisturize and rejuvenate skin, as well as golden root extract that provides potent antioxidants to refresh and protect your skin.

Simply apply the single-use hydrogel patch below each eye, let sit for 15 minutes, remove, and go about your day with refreshed, rested eyes! The [Instant Bright Eye Mask](#) can be combined with any SkinMedica eye product to achieve results that suit your skin's needs.



TNS Eye Repair

Have your eyes weathered a bit more damage over time? Does your skin trend towards dry and sensitive? SkinMedica's [TNS Eye Repair](#) provides a number of benefits to the eye area including hydration, improvement of fine lines, wrinkles, skin tone, texture, and the appearance of dark circles PLUS protection from free radicals. This dynamic product combines their unique human fibroblast conditioned media with hundreds of growth factors, potent antioxidants and peptides plus vitamins A, C & E to help support the skin around the eyes. Apply twice daily underneath the eyes and around the outside corners of the eye area.

TNS Illuminating Eye Cream

This product combines the best of both worlds: improvement in the appearance of dark circles AND in the appearance of fine lines, wrinkles, skin tone and texture. SkinMedica's [TNS Illuminating Eye Cream](#) contains their TNS human fibroblast conditioned media and peptides which work together to combat textural defects like fine lines and wrinkles. In addition, other extracts work to reduce the appearance of dark circles and discoloration on the eyelids and around the eyes.



...CONTINUED ON PAGE 5

COLORESCIENCE

Total Eye 3-In-1 Renewal Therapy

Colorescience's Total Eye 3-In-1 Renewal Therapy corrects, protects, and addresses a number of common eye complaints. Expect immediate improvements in brightness, puffiness, dark circles, and correction of imperfections after one application. A 100% mineral SPF 35 provides protection against UVA/UVB and other environmental stressors to combat skin aging. You will see overall improvement after 4 weeks of daily use in overall hydration, sagging, dark circles, puffiness, fine lines and wrinkles. All with a silky smooth applicator to soothe your tired peepers. Available in 4 different shades.

Sunforgettable Brush-On Sunscreen

We have all heard from our dermatologist about reapplying sunscreen to all exposed skin every two hours. But it is tough to follow through when our only options are greasy, eye-stinging, makeup-smudging lotions or sticky sprays. Colorescience has your solution: powdered mineral sunscreen. This small little tube is perfect for everyday use. A few quick swipes and swirls and you're ready to go! The Sunforgettable brush can also get those areas—the scalp and the eyelids—that we often miss or avoid with traditional sunscreen. This is perfect for kids, men and women. It is a very useful sunscreen to have on hand if you are an avid golfer as it provides easy protection without getting your hands greasy. Its size and feather-light weight also makes it perfect for airline travel. Available in SPF 30 or SPF 50 with four different shades.

Sunforgettable Total Protection Color Balm

Do you want that flawless, made-up appearance but lack the time, patience, and purse-space to wrangle blush, eyeshadow, and lipstick and all their accoutrements? Colorescience has what you're looking for in their Sunforgettable Total Protection Color Balm. Choose between three deliciously-colored balms: berry, blush, and bronze. Gently spread the balm on your eyelids, cheeks, and lips. Lightly blend and you're set! In addition to a pop of color, each Color Balm provides hydration and all-mineral SPF50 protection from UVA/UVB damage and other environmental aggressors.



Mineral Corrector Palette

This product proves that you don't have to be a professional makeup artist to give yourself a flawless look. Those dark circles, that imperfect foundation blend will disappear in seconds with a few swipes from Colorescience's Mineral Corrector Palette. The five skin-neutralizing shades can be mixed and matched to cover and camouflage red, brown, yellow, and dark blue discolorations. This is the perfect product to keep in your purse for on-the-go eye brightening and protection. And it provides SPF 20 protection, of course.

...CONTINUED ON PAGE 6



PROCEDURES

Neuromodulators (Botox, Dsyport)

The sun and the aging process all take a toll on our eyes, leaving coarse crow's feet and tired-looking eyes. Repeated muscle contractions from squinting and frowning can cause the skin around the eyes to furrow and fold. Over time, these lines become permanent, unwelcome guests on our faces. Neuromodulators like Botox and Dysport relax the muscles at the outer corners of the eyes. This lifts the brow, opens the eyes, and smooths out fine lines and wrinkles. Injections take minutes. Your results will appear over the course of a week. Expect results to last for 3-4 months. Better yet, the dosing is precise, so you can expect the same results from one treatment to the next. Dr. Sassmannshausen and all three Physician Assistants have been trained and certified to inject both Botox and Dysport.

Cosmetic Filler (Juvéderm, Restylane, RHA)

Unightly under-eye bags and hollowed out areas under the eyes truly know no age. Injectable cosmetic fillers in the tear trough help to restore volume to this delicate area, providing a natural, rejuvenated look. Results can last 6-18 months. Both Dr. Sassmannshausen and PA Michelle have been injecting for over 20 years.

Jacki



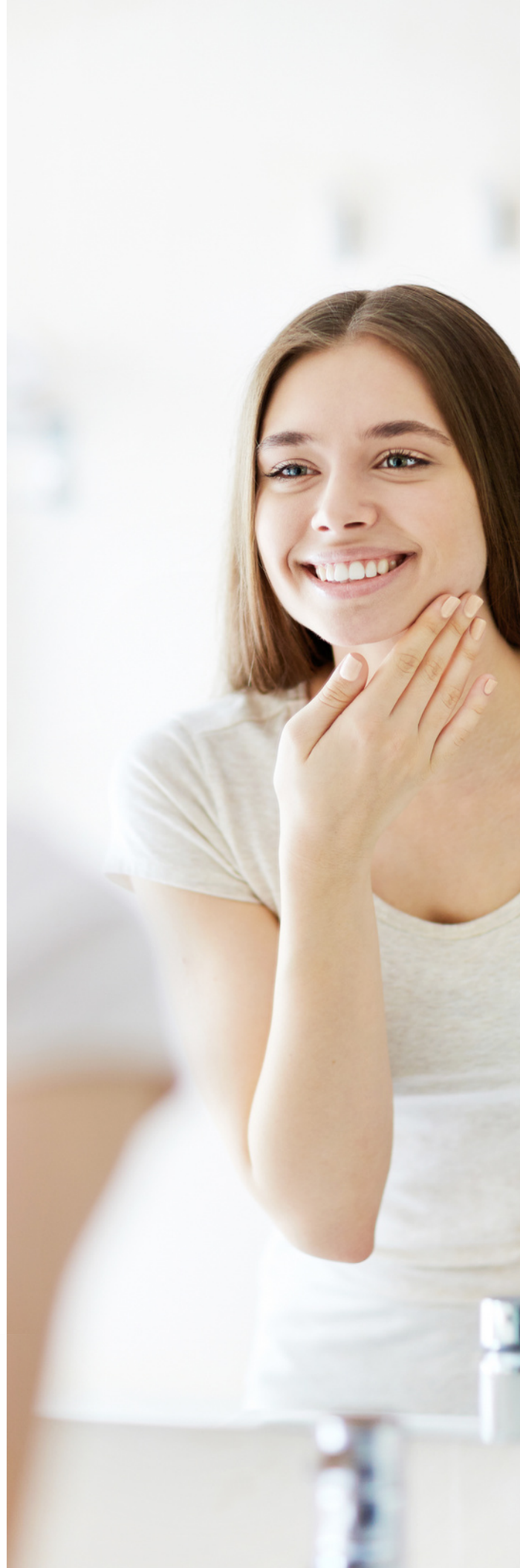
CALL US TODAY!

NATIONAL *Skincare* AWARENESS MONTH

Great skin is not simply a matter of genes — daily habits and the products you use do, in fact, have a big impact on what you see in the mirror. With summer coming to a close, there is no better time to take a look at your skin. Many people choose to re-evaluate their skincare needs during this transition between summer and fall; however, your skin is more than just a beauty routine! September is National Skincare Awareness month, which means more than just switching up your moisturizers.

There are so many products and options on the market, so how do you know what is best for you and your skin? First, it is important to consider your skin type.

...CONTINUED ON PAGE 6





NORMAL

So, let us start by saying that there is no such thing as “normal skin.” Skin is always evolving and can change over time, even on a day-to-day basis. People with this skin type tend to have the appearance of a more balanced and less sensitive complexion with a healthy oil/water balance.

DRY

Dry skin can occur at any age and with any skin type. People with dry skin will sometimes have more sensitive or drier-looking skin.

COMBINATION

Those with combination skin have both normal and oily areas, often with excess oil production typically occurring in the t-zone.

AGING

Your skin does a lot of work for you during your lifetime, so it only makes sense that you'll start seeing the effects of aging as time passes. Even though we cannot completely stop the signs of aging, we can certainly help slow the process by properly taking care of it. Utilizing a combination of products that protect and help repair past damage is key to properly care for aging skin.

OILY/BLEMISH-PRONE

Oily skin can secrete more oils, giving you the feel and appearance of shiny or greasy-looking skin. People with oily skin will often be more blemish-prone.

SENSITIVE

Sensitive skin is easily irritated and is more reactive than normal skin. Symptoms such as redness, a rash, stinging, itching and burning help in determining this type of skin condition.

Help your skin be the best it can be this month and beyond by having one of our skin care specialists customize the perfect fall skin care regimen for you and your skin type.

Healthy-looking skin is always in, regardless of the season!



Professional and Personal care from Three Rivers Dermatology. I would recommend them to anyone!!! Simply the Best!!! 5 Stars

- TERRY

The high level of professionalism and the kindness and sensitivity demonstrated by Dr. Sass and his staff excels. I feel that they really care and that I am in good hands.

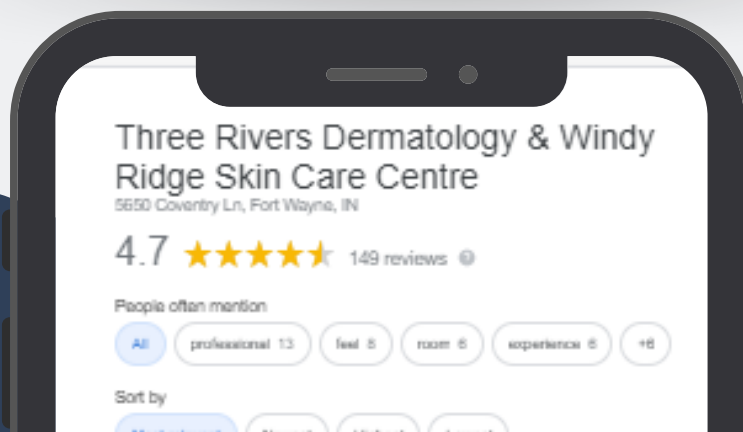
- MARGARET

Staff was an absolute pleasure to deal with. Jeffrey Sassmannshausen, MD is extremely pleasant, friendly and informative. I was completely comfortable that he will see me through my treatment. Heidi was also pleasant and professional. I couldn't have asked for a better team for my first visit!

- DAVID

Absolutely love Three Rivers Dermatology! The staff and Doctors are amazing and do the best job .

- STACEY



Product Spotlight

SKINMEDICA® Instant Bright Eye Cream

Your best eyes. Key ingredients from Lytera® 2.0 Pigment Correcting Serum, HA5® Rejuvenating Hydrator, plus other advanced ingredients create our most comprehensive eye treatment.



Key Benefits of Instant Bright Eye Cream

Re-energizes and rejuvenates to help eyes look brighter and more youthful.

Instantly improves eyes' appearance, including dark circles, sagging, puffiness, and lines.

Works over time to continue reducing the visible signs of aging and fatigue.



Get the Most From Your Eye Regimen

Instant Bright Eye Mask

Add the ultimate boost, ultra-hydrate and visibly improve puffiness for enhanced results. These premium gel patches are the perfect companion to Instant Bright Eye Cream. Together, they're our most comprehensive treatment for youthful-looking eyes.

CHEESEBURGER SOUP

Recipe courtesy
of tasteofhome.com



CHEESEBURGER SOUP

SERVINGS: 8

PREP TIME: 45 MINS

COOK TIME: 10 MINS

INGREDIENTS

- 1/2 pound ground beef
- 4 tablespoons butter, divided
- 3/4 cup chopped onion
- 3/4 cup shredded carrots
- 3/4 cup diced celery
- 1 teaspoon dried basil
- 1 teaspoon dried parsley flakes
- 1-3/4 pounds (about 4 cups) cubed peeled potatoes
- 3 cups chicken broth
- 1/4 cup all-purpose flour
- 2 to 4 cups shredded Velveeta
- 1-1/2 cups whole milk
- 3/4 teaspoon salt
- 1/4 to 1/2 teaspoon pepper
- 1/4 cup sour cream

DIRECTIONS

- 1** In a large saucepan over medium heat, cook and crumble beef until no longer pink, 6-8 minutes; drain and set aside. In same saucepan, melt 1 tablespoon butter over medium heat. Saute onion, carrots, celery, basil and parsley until vegetables are tender, about 10 minutes. Add potatoes, ground beef and broth; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10-12 minutes.
- 2** Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir until bubbly, 3-5 minutes. Add to soup; bring to a boil. Cook and stir 2 minutes. Reduce heat to low. Stir in cheese, milk, salt and pepper; cook until cheese melts. Remove from heat; blend in sour cream.

1 cup: 1 cup: 450 calories, 27g fat (15g saturated fat), 100mg cholesterol, 1421mg sodium, 33g carbohydrate (8g sugars, 3g fiber), 19g protein.

CELEBRATE WITH US!



YEARS OF DIAMOND GLOW

Special Anniversary Bundle!

~~up-to \$1,085~~ **\$549**

more than a glow, a skin transformation.

- 3** DiamondGlow Treatments
- 1** TNS Advanced+ Serum
- 1** Additional SkinMedica Product*

**Limited Selection & Quantities*



WHILE SUPPLIES LAST
9/1 - 9/30