

Southlake Dermatology Newsletter

March 2010

Spring Break is almost here! Please remember to wear sunscreen daily that has zinc oxide in the formula for best protection. Heliocare is also a very useful oral supplement that helps provide more photoprotection beyond your sunscreen. Our patients have given us remarkable feedback that it has reduced their sunburns when taking heliocare. We do have these pills available at our office. Our favorite topical antioxidants are Revale, SkinCeuticals Phloretin complex and Skin Medica TNS Essential Serum.

Dysport, Botox's new competitor, has been a big hit thus far with its quicker onset of action. A recent article in one of our main dermatology journals supported the hypothesis that patients with imploding and ocular migraines are responsive to botulinum toxin type A injections. We have found this to be true in many of our patients. Dysport has also just announced another rebate that saves you \$75 on the first visit and another \$75 off the second one 3-6 months later. This incentive runs from March 1-April 30. **Check out their website for more information.**

This upcoming April we are honored to have Sara Heldt, MD join our practice. She is a graduate of Carroll High School and is finishing her dermatology residency at Georgetown. She graduated from UT Austin and attended Baylor College of Medicine for her doctorate of medicine. We have also added two new nurses, Pam and Ingrid, to help improve our service.

We are accepting new patients into the practice. Thank you so much for all of your kind referrals. We really appreciate your support!!

SkinMedica Hydrating Complex



This wonderful addition to your morning and evening routine will hydrate your winterized dry skin. It is best applied first in your product regimen. You can also use this on top of your makeup during the day. Our airline attendants love this product! This is a must for those planning a ski trip or accidentally get sunburned at the beach over Spring Break.

SkinMedica also offers a ceramide treatment cream which helps restore back our lipid skin barrier.

Purchase both together and let us treat you to a complimentary hydrating facial (value \$125). You may call Kay 817-251-6500 ext. 103. She can arrange for a quick pick up or ship them at no charge until [March 30th.](#)

In This Issue

Skin Medica
Medium Depth Peel
Weddings
Case of the month

Case of the month



Can you guess what this is? First person to have the correct answer wins a sunscreen for Spring Break. Your choice of product. Email or fax us your response.

Quick Links

[Newsletter Sign Up](#)
[MD Skin Products](#)
[Online Communication](#)
[Southlake Dermatology](#)

[Join Our Mailing List!](#)

Brown spots Brown Spots What do you see?



Now is a perfect time to help rejuvenate your skin with a chemical peel. Our most effective peel does require a week of "peeling" but the result on unwanted brown spots is excellent. The month of March we are offering 50% off the normal price of \$700. Men do great with this procedure and can help treat pre-cancerous skin lesions, actinic keratosis, as well. For those who cannot spare a week of peeling, consider Fraxel with our new additional wavelength of 1927nm. Our upgraded Fraxel can help clear away unwanted brown spots with a bit less down-time.

Mother of the bride or groom



Now is the time to get your skin ready for all the wonderful parties and photographs that will take place this upcoming wedding season. It is truly amazing how a simple combination of muscle relaxation of the frown lines and filling of the folds can take off multiple years. For all of our mothers of the bride or groom we are offering a complimentary TNS Essential Serum (value \$250) for those who have filler, botulinum toxin and 2 or more Fraxel face treatments by [May 30th](#).

We are here to service all your skincare needs. Please contact us if you have any concerns. We also encourage feedback from our patients to help make your experience with us warm and inviting.

Sincerely,

Southlake Dermatology

Angela Bowers-Plott, MD

Sara Heldt, MD

Beth Jouett, PA-C

Cheryl Hickey, PA-C