

SKINSENSE

Dermatology Center of Williamsburg - Donna M. Corvette, M.D.

Board Certified Medical, Surgical and Cosmetic Dermatologist

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"We communicate with people in an effort to make a difference..."
We, at DCW, strive to be "Great " with people



Welcome to our third edition of Skinsense! We hope that it will inform, enlighten, but most of all, educate you!

In this issue you will learn about light chemical peels, wound care, tips on insurance and of course, your questions answered by Dr. Corvette.

Again, we hope that you will enjoy this issue of Skinsense and remember, "Knowledge is Power!"

-Michele Rae Selby
 Practice Administrator

DID YOU KNOW?

Fall is here, winter is around the corner...so this is the perfect time to start thinking about summer.

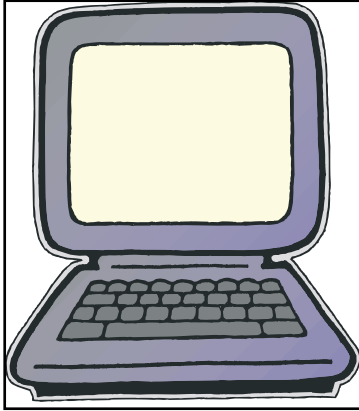
This is the time to think of Laser Hair Reduction. This is a safe and effective way to achieve the smooth, silky skin that will be hiding during the winter months. By starting now, you can have the flawless skin you have always imagined to enjoy next summer!



The Dermatology Center of Williamsburg uses the LightSheer Diode Laser System. Experts agree this laser is the best and safest for removing unwanted hair.

Gift certificates are available, as well as package plans to suit your needs.

Call or stop by our office today for your complimentary consultation!



Dear Dr. Corvette - What is a universal, common problem in Dermatology Clinics across the nation?

Unrealistic patient expectations for quick and rapid diagnosis of many conditions, spots, rashes, performing biopsies and thoroughly discussing conditions, ailments, appropriate applications of medications and performing a full skin surveillance...ALL... in one visit. This is a very good way to miss a melanoma!

Performing a detailed full skin surveillance takes time: looking in every crack and crevice for a melanoma is not a quick visit. My recommendation is to schedule an annual full body mole and cancer check once a year. As problems arise, schedule your visits. Quick work is not thorough work! Work together with your dermatologist as a team for the betterment of your health. Review our website at www.dcw1.com and look at pictures of melanomas and other skin cancers. When you see a spot that looks suspicious, see your dermatologist. We also offer a library of dermatology pictures and literature in our reception

For the Record

by Donna. M. Corvette, M.D.

area; take a look next time you are here.

It is also important for the patient to follow up as directed, especially if the condition does not improve. The dermatologist need time to focus and diagnose the problem correctly.

Trying to handle too many problems and staying at the 100% level is not an issue which is unique to the Dermatology Center of Williamsburg. This is a universal Dermatology problem which comes up all the time during our annual American Academy of Dermatology Conferences throughout the country. Dermatologists know that it can be challenging to get patients into our clinics in a timely manner which is why many dermatologists have hired physician extenders to reduce the wait time. This is also the reason that many dermatologists are charging patients for not showing up for their scheduled appointments; we want to see patients. We want to penalize patients for not being respectful of other patients who are in need. We know that many younger dermatologists are no longer interested in practicing medical dermatology and a higher percentage of Dermatologists are going into the direction of cosmetic Dermatology. For every action, there is an equal and opposite reaction. Since medical reimbursement are decreasing + fee for service cosmetic

procedures are increasing = less patient slots for Medical Dermatology patients. It is interesting that the national average wait time for a rash appointment is 3-4 weeks, but if you want Botox, the practice can get you in in 1 or 2 days! We are all trying to find ways to improve and continue excellent Medical Dermatology care for our patients. Help us help you!

Dear Dr. Corvette - How do I know if I have a skin cancer?

The vast majority of patients who come in for a routine skin surveillance are not aware that they have basal cell cancers, squamous cell cancers, pre-cancerous moles or melanoma. They expect them to hurt, bleed and cause problems. Most skin cancers don't talk to you; they just sit there and grow. This is why an annual skin surveillance is so important. Dermatologists are trained to spot these cancers early. If you are worried about a spot and you cannot get into a Dermatology office quickly, don't wait. See your PCP, Physician Assistant or Nurse Practitioner right away. They can call your Dermatologist's office and expedite your appointment based on their level of concern.

If you have a question for Dr. Corvette, email it to info@dcw1.com.

New at DCW!

Superficial Chemical Peels

by Tracey Ovitt, Master Aesthetician and Michele Rae Selby, Practice Administrator



Just what is a superficial peel?

TO - "These peels, also known as "Chemical peels" or "lunchtime peels", are acidic substances derived from fruits or milk. When applied to the skin, it removes the outer most layer of the epidermis known as the stratum corneum, leaving a rejuvenated, youthful appearance with more even pigmentation and texture".

What should I do prior to the Chemical Peel Treatment?

MS - "Prime your skin by using SkinCeuticals C+AHA two weeks before the peel. This antioxidant helps loosen and remove surface layers of skin, as well as promote more even pigmentation and deeper skin firming effects".

What are the benefits of a peel?

TO - "Some benefits are the softening of the skin and smoothing rough skin, improving texture, reducing the appearance of pores, reduction of fine lines and wrinkles. Peels accelerate the cell renewal process

and stimulates collagen synthesis".

What is the healing/recovery time?

MS - "None! You are back in your routine the same day of the peel".

Who is a candidate for a superficial peel?

TO - "Superficial peels can be beneficial for all ages and different skin types"

MS - "Call to speak with Tracey or schedule your peel today!"

Which skin care line do you recommend?

TO - " Dr. Corvette and I recommend SkinCeuticals, which is backed by scientific evidence. The efficacy of it's products are scientifically proven to be "result oriented".

For more information on other services that Tracey performs or for information on SkinCeuticals or Jane Iredale Cosmetics, call our office today!



From the Desk of ...

by Pat M.
Administrative Assistant.

When you are a new patient at any doctor's office, there will be paperwork to complete.

Please allow for enough time to finish these forms for our records. The more complete the information...the better.

When we ask you for your insurance card(s) it is because that information has to be perfect when we submit your claim to the insurance company.

Also, please make sure that you update us with ANY new information - insurance, address, phone numbers, etc.

The Dermatology Center of Williamsburg accepts the following insurances:

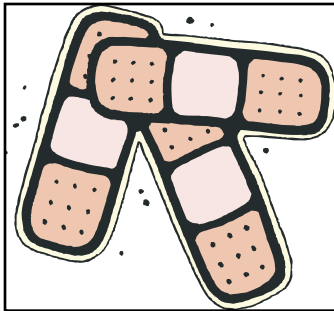
- Medicare
- Blue Cross/Blue Shield
- Optima/Sentara
- Tricare Standard
- Coming Soon! Cigna and Aetna



 SKINCEUTICALS

WOUND CARE AND SUTURES: THINGS OUR PATIENTS SHOULD KNOW

by April Jenkins, CMA



Sutures, or stitches, are the most commonly used method to fix a cut or wound. Sutures are classified as absorbable and non-absorbable. Absorbable sutures dissolve over time and do not require removal. Non-Absorbable sutures do not dissolve and need to be removed within a time specified by your doctor.

It is important to have non-absorbable sutures removed on time. Sutures that are removed too late can leave unnecessary skin marks or even scarring. Remember, the longer the suture is left in the skin, the worse your scar is going to look. All wounds leave a scar when they heal. Many factors determine how noticeable a scar will appear. Some of these factors are how the cut is situated along lines of tension, if an infection occurs, or if the sutures are not removed in the amount of time specified by your doctor. The following is the estimated time frame for suture removal:

Face - 7 days

Trunk - 10 days

Extremities - 14 days

Caring for your sutures is another important step. It is necessary to carry out all special

wound care that is prescribed by your doctor. Not caring for your sutures properly can lead to an infection. Inspect your wound daily to ensure that there are no signs of infection (i.e. redness, swelling, pain or drainage). If you notice any signs of infection, contact your doctor's office immediately. If your doctor cannot see you the same day, you should go to the hospital's emergency department or the nearest urgent care facility for examination and further treatment.

MELANOMA AWARENESS

by Lori Wood, PA-C

We've all seen them. Yellow ribbons on the backs of cars to support our military, Pink ribbons in support of breast cancer. But, did you know that there is a ribbon in support of melanoma? The word "melanoma" means "black tumor". A black ribbon is used to designate Melanoma Awareness. (see box)

Melanoma is the deadliest form of skin cancer and the number of new cases is on the rise. The American Cancer Society estimates that this year alone there will be 63,000 new cases in the country; of these, 34,000 will be in men and 27,000 in women. While it is not the most common skin type of skin cancer, it causes the most deaths, but if recognized and treated early, it is nearly 100% curable.

What can you and I do? We can make people aware. How do we do that? Educate ourselves, get yearly skin examinations, spread the word, wear the ribbon and demand more research dollars for a melanoma cure.

Melanoma Awareness

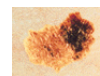


Ribbon

For more information on Melanoma, visit the National Cancer Institute at www.cancer.gov

ABCD's of Melanoma

ASYMMETRY



One half unlike the other

BORDER



Irregular, scalloped or poorly

circumscribed border.

COLOR

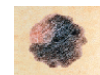


Varied from one area to another; shades of tan

and brown, black; sometimes white, red or blue.

DIAMETER

While melanomas are usually greater than 6mm in diameter (the size of a pencil eraser), they



can be smaller. If you note any changes to a mole, see your dermatologist.

“Fragrance Free Diet” by Nikki Ward, M.A.



Here at the Dermatology Center of Williamsburg we see many patients that have contact dermatitis, which is a rash caused by a foreign substance that comes in contact and irritates your skin. The only way to cure your contact dermatitis is to get rid of what is causing it. There are thousands of foreign substances that could cause contact dermatitis, but fragrance is one of the more common culprits. Fragrance is

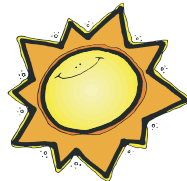
found in many things around your house. Keep in mind that just because you have been using the same products for years does not mean you will never have a reaction to it. People can become allergic to anything at anytime in their lives. This is why we recommend starting “The Fragrance Free Diet”.

Listed are some items you may want to replace when trying to figure out what is causing your contact dermatitis.

- **Soap/cleanser**
- **Shampoo/conditioner**
- **Perfume/body spray**
- **Lotions**
- **Laundry detergent**
- **Dryer sheets**
- **Make up/some sunscreens**

The solution? Replace these items with brands that say “fragrance free” on the label. Some items may say “unscented”; this does not mean it is fragrance free; sometimes a masking scent is used to cover the smell of the fragrance. Try “All Free” for laundry and stop dryer sheets (full of fragrance)! There is a company that makes hygiene products called “Free & Clear” and that they are - no fragrance, dyes, lanolin, parabens or formaldehyde. You do not need a prescription, just ask your pharmacist.

Again, fragrance is just one of the culprits to contact dermatitis; there are thousands of reasons why you may have this. See your dermatologist for a complete evaluation.



Don't forget to wear your sunscreen daily - rain or shine - 365 days



Billing Corner by Kathy Sibley, Accounts Receivable Representative

How well do you know your insurance policy? It is ultimately the patient's responsibility to understand their insurance coverage to the fullest. The physician's office does not know your coverage, as each individual's coverage differs from policy to policy. Being knowledgeable on what your policy covers could decrease your stress level at the time of your visit so you may concentrate on your medical situation, instead of your financial responsibility for that visit. Please always review your billing statements sent to you and question charges if you do not understand what you are being billed.

I am always available to answer any of your billing inquiries, so please allow me to assist you in understanding your billing statement.



In the Spotlight

Join Jane Iredale in the fight against breast cancer.



Together, we are in the pink!
Introducing the new **In The Pink PureGloss for Lips**, specifically created by **Jane Iredale** to support this important cause.

With each lip gloss sold, Iredale Mineral Cosmetics will **donate \$2 to Living Beyond Breast Cancer**, a non-profit organization dedicated to breast cancer awareness, education and research.

Together, we can give all women living with breast cancer hope and a bright future.

In The Pink PureGloss for Lips is a universally flattering translucent pink gloss.

For more information for this or other Jane Iredale products, contact our office at 757-645-3787.



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