

# Skinsense

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**A Quarterly Newsletter**

**Spring 2008**

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## DCW Welcomes Lori Wood, MPAS-PA and Tracey Ovitt, Master Aesthetician

Lori completed a B.S. degree in Health Care Management in 1996. She graduated from the Interservice Physician Assistant Program through the University of Nebraska with a B.S. in Physician Assistant Studies in 1999. She then completed her Master's Degree in Physician Assistant in 2000.

Lori retired from the United States Air Force in October 2004 after serving 20 years, 13 as an enlisted EMT, 2 years in PA training and 5 years as an officer. She has worked in both Family and Internal Medicine, as well as Allergy & Asthma prior to Dermatology.

Lori is married to Mark Wood, M.D. They have one son, Benjamin and two 8-month old male Cavapoo puppies. In her spare time, Lori enjoys reading, running, and spending time with all of her "boys"!



**Lori Wood, MPAS-PA (l) and Tracey Ovitt, Master Aesthetician (r)**

Tracey is a licensed Master Aesthetician in the state of Virginia. She has been practicing in the Williamsburg area since 2005.

She attended the American Spirit Institute and she completed specialized training in microdermabrasion, chemical peels and lymphatic drainage.

Tracey lives in Williamsburg with her husband and their 3 sons.

We are proud to have Lori and Tracey on board and know that they will be a great addition to our team!

*We welcome you to our first newsletter!*

*Dr. Donna M. Corvette, M.D. and Staff welcome you to The Dermatology Center of Williamsburg.*

*We believe that a high standard of professional excellence should be met by outstanding patient-friendly services in all aspects of your health and up-to-date excellent healthcare.*

*Our mission is to treat each person with dignity and respect and to create a "knowledge is power" relationship with our patients.*

*We value your trust and honor your desire to have the best possible skincare.*



### *Hours of Operation*

*Monday, Tuesday, Thursday and Friday*

*8:00 am - 4:00 pm*

**CLOSED WEDNESDAYS**

*We see all patients! We accept Medicare, Anthem BCBS and Sentara patients. We frequently see non-participating patients. We ask that our non-participating patients pay at time of service and file their own claim for reimbursement.*

## DiamondTome is your skin's new best friend!

*Microdermabrasion is here at DCW!*

But what exactly is microdermabrasion? It is the technique for removing the topmost layer of skin leaving it supple and vibrant. The DiamondTome wand removes this layer with natural diamond chips, while at the same time removing the dead skin cells. It decreases wrinkles, the appearance of liver spots and gives us a more youthful appearance. Your skin will have a radiant glow and patients experience softer, smoother skin after the first treatment. Best of all, it is non-invasive, non-surgical and requires no down time after treatment. Normal activities may be resumed immediately. Treatment series vary based on individual skin type and needs. Contact Tracey Ovitt, Master Aesthetician at 757.645.3787, option 7 or any of our staff will gladly assist you in questions or scheduling your appointment today!

## Laser Hair Removal Q&A

*The Dermatology Center of Williamsburg uses the state of the art LightSheer diode laser. Here are some common and frequently asked questions*

### **HOW DOES LASER HAIR REMOVAL WORK?**

The laser energy is absorbed by the melanin (pigment) in the hair follicle and is converted to heat, injuring the follicle, which prevents its ability to produce hair. The laser targets the melanin; this is why laser hair removal is most effective for people who have dark hair. It is not as effective on someone who has blond, grey or white hair because this color has no pigment. The color of your skin is important also. The laser cannot distinguish between the color of your hair and the color of your skin; therefore, the best candidate is someone with light fair skin and dark hair. Although our laser is FDA approved to operate on someone with dark skin, we recommend a spot test first to see how the skin reacts before doing an initial treatment.



**HOW MANY TREATMENTS WILL I NEED?** The number of treatments will vary person to person. Although there is no guarantee how many treatments a person will need to achieve their goal, the number needed is between 4-6 initial treatments. The treatments are performed 6 weeks apart due to the cycles that the hair goes through.

**HOW LONG IS THE TREATMENT? IS IT PAINFUL?** The amount of time needed to do each treatment depends on the area being treated. Time can range from 15 minutes to 1 hour.

For most people, laser hair removal is quiet tolerable. The discomfort level may vary depending on the area being treated and the patient's pain tolerance. It is best described as a rubber band snap.

**WHAT WILL THE AREA LOOK AND FEEL LIKE AFTER TREATMENT?** It is common to have slight redness and bumps on the treated area. It may feel like a mild sunburn. For most patients, this will disappear that evening. For some, it may last up to a week. Immediately after your treatment, we will apply a cold compress. You may do the same at home if you feel any discomfort.

*Providing SAFE laser hair removal is extremely important to us at Dermatology Center of Williamsburg. It is a great comfort for a patient to know there will always be a Board Certified Dermatologist in the office while you are being treated.*

To find out more and to see if Laser Hair Removal is right for you, please call for your free consultation or visit us on the web at [www.dcw1.com](http://www.dcw1.com).



## Sunscreen Facts

*\* Wear Sunscreen daily, rain or shine*

*\* Wear a SPF of at least 25*

*\* Look for products that contain zinc oxide or titanium dioxide - this is a physical block that prevents the UVA/UVB rays from penetrating the skin.*

*\* Apply 30 minutes prior to sun exposure*

*DCW is an authorized Jane Iredale Cosmetic retailer!*



*Skin Cancer is one of the most common cancers in humans and is becoming more common. It occurs most often in light-skinned patients who tend to sunburn easily. Sun exposure is most often associated with skin cancer. Here is information on the three common types of skin cancer.*

**Basal Cell Carcinoma**



*This is the most common type of skin cancer. It usually appears as a small, transparent or pearly bump. As time passes, it will slowly grow and may crust and bleed. It can have other appearances as well. On the trunk of the body it can be a red, scaly, persistent patch. Some tumors can have pigment (turn brown or black) and some can resemble cysts. Rarely, they can look like a slowly enlarging scar. These tumors almost never spread to other areas of the body (metastasize). They can, however, grow locally and cause considerable problems.*

**Squamous Cell Carcinoma**



*This is second most common type of skin cancer. Chronic sun exposure is the most common cause, but X-ray, arsenic exposure, and many other factors can cause squamous cell carcinoma. The tumors appear as persistent, crusted and scaly bumps. They usually grow faster than basal cell carcinomas. They can also scab or become an open sore. Squamous cell carcinomas that occur on sun-damaged skin seem to be less serious than those that arise from other causes and rarely spread to other areas of the body. Most studies indicate that only 1 in 200 cases will spread; however, cases of the lip, in the mouth or on the genital area are more serious and have a higher rate of spreading.*

**Malignant Melanoma**



*This is the least common of the three skin cancers, but it is the most serious. It is a fairly rare tumor, but is becoming more common. If you are white-skinned, the present lifetime risk is 1 in 130. The rate of melanoma has been doubling every ten years. Currently, there are about 6,000 deaths from melanoma every year in the USA. or comparison, the lifetime risk for a woman having breast cancer is 1 in 10.*

*50% of melanomas appear as new moles and 50% occur in existing moles. When watching for mole changes, remember the ABCD's of melanoma:*

**A = Asymmetry:** *One half unlike the other half.*

**B = Border:** *Irregular, scalloped or notched borders.*

**C = Color:** *Variable colors (tan, brown, black, etc.)*

**D = Diameter:** *Greater than 6mm, the diameter of a pencil eraser.*

# Product Spotlight

*SkinCeuticals Epidermal Repair is the perfect companion for your skin! It is specifically formulated for skin compromised by cosmetic procedures ranging from microdermabrasion to laser treatments. Full of anti-irritant ingredients, this therapeutic treatment is light-weight and soothing! Contact our office for more information on this and other SkinCeuticals products.*



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