
SKINsense

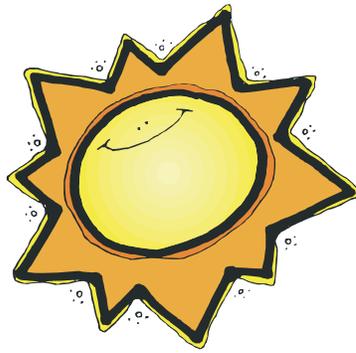
Dermatology Center of Williamsburg-5335 Discovery Park Blvd., Suite A - Williamsburg, VA 23188

Summer is Here.....

And so is our second issue of Skinsense! We hope that it will inform, but most of all, educate you.

In this issue, you will find information on protecting your skin, not only for the summer, but year round. There is information on Laser Hair Removal methods, as well as the other services the Dermatology Center of Williamsburg has to offer, such as Microdermabrasion, Light Chemical Peels, and Waxing.

Again, we hope you enjoy Skinsense and remember, "Knowledge is Power"!



Welcome Kathy Sibley, Billing/Insurance Specialist

Please join Dr. Corvette and her staff in welcoming Kathy Sibley as our new insurance/billing specialist.

Kathy has 10 years of specialty office billing experience and over 15 years in home health billing.

Kathy is a native of Gloucester. She is married to Norman, a real estate broker and they have one son, Chris, who attends West Virginia University.

In her spare time, Kathy enjoys reading, gardening and the beach.

We are thrilled to have Kathy and her experience on our



DR. CORVETTE'S READING CORNER

The Skin Type Solution by Dermatologist Leslie Baumann, M.D. is a great find. Chocked full of current, state of the art information such as....

- Personal Skin Typing - What will work and what won't for your skin.



- Natural health and dietary advice.
 - Latest information on prescription products, facials, chemical peels and recommendations that are based on science - not hype!
 - Tips on preventing aging skin and "problem" skin.
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*LASER HAIR REMOVAL: WHEN COMPARING PRICE, COMPARE MACHINES & TECHNOLOGIES
BY NIKKI WARD, M.A*

For most people, when you are looking at Laser Hair Removal, the first thing looked at is price. But it is equally important to compare machines - **ALL LASER HAIR REMOVAL MACHINES ARE NOT CREATED EQUAL!**

Here is some information on several popular lasers available. **THE DERMATOLOGY CENTER OF WILLIAMSBURG USES THE LIGHT SHEER DIODE LASER SYSTEM.**

Most experts agree this laser is the best and SAFEST for removing hair. The Diode Laser is FDA approved to treat darker skin types. The Diode laser has a longer wavelength compared to other lasers, which may improve treatment results for darker skin types. In addition, this laser has a contact cooling hand piece that protects the upper layer of skin while directing the laser energy to the hair roots and protecting the skin. The Diode laser is tolerated well by patients. Pain is minimal and although topical anesthesia can be prescribed, it is rarely required.

Other less effective laser on the market for laser hair removal are:

1. Ruby Laser - The Ruby Laser was the first laser invented for laser hair removal on skin types other than very white skin. The ruby laser

frequently is associated with side effects including permanent lightening or darkening of the skin.

2. Yag Laser - Invented in the 1990's, this laser emits rapid bursts of laser light, which many people have reported to be very painful. It is capable of treating all 6 skin types; however, this laser has caused some controversy because it is not an effective long-term hair removal system. There are reports of complete hair re-growth within months after completing the treatment series.

3. Alexandrite Laser - This laser was available to use by the FDA in 1997. This laser is similar to the Ruby. The Alexandrite also has frequent side effects of permanent lightening or darkening of the skin. It is only recommended for very white skin.



For more information on laser hair removal systems or to schedule a consultation or appointment, call 757-645-3787 to speak to one of our staff members today!

Wrinkles in a nutshell.....

by Michele Rae Selby, Practice Administrator

Do you know what the most effective anti-aging remedy is? One that protects your skin while it diminishes fine lines and wrinkles? **SUNSCREEN!!!** To help prevent wrinkles, wear sunscreen **DAILY**. To help reduce the appearance of fine lines and wrinkles, keep your skin hydrated and try an antioxidant, such as **SKINCEUTIALS C+AHA or CE Ferulic**. You can also achieve unbelievable results with a microdermabrasion treatment or light chemical peel! Call our office for more information on what products and services we offer!



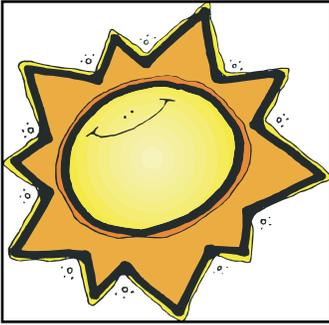
BILLING CORNER BY KATHY SIBLEY



The Dermatology Center of Williamsburg is now accepting Sentara Health Insurance, in addition of Medicare and Anthem. We also are pleased to announce we are filing all secondary insurances. Please feel free to call me 757-645-3787, Ext 4 if you have any questions regarding your insurance or statements.

SUNSCREEN 101

by April Jenkins, CMA



Sun exposure is the leading cause of all skin cancers and creates premature aging of the skin (i.e. wrinkles and liver spots). The most important skin care product available to prevent skin cancer is **SUNSCREEN!**

The sun releases UVA and UVB radiation. UVB is the primary cause of sunburn and affects the outer layer of skin. UVA rays penetrate more deeply into the skin. Ultraviolet radiation causes collagen breakdown, the formation of free radicals, interference with DNA repair, and inhibition of the immune system. More than 1 million new cases of skin cancer are diagnosed each year. 1 out of every 60 patients will develop melanoma this year!

Did you know that daily activity such as walking to the mailbox or sitting by a window increases your risk? The average person receives 18 hours of incidental sun exposure a week. Unprotected sun exposure can result in skin damage such as sunburns, cancers, wrinkles, freckles and even age spots!

Choose a sunscreen that physically blocks against UVA and UVB with an SPF of at least 25 or

greater. SPF is an indicator of the amount of time you can stay in the sun before you burn relative to if you had no sunscreen protection. Look for a sunscreen that has either titanium dioxide or zinc oxide in it. These are both physical blockers and are used in sunscreens to reflect and scatter the ultraviolet rays away from the skin.

Yes, there are new chemicals on the market, but these physical blockers do a great job. Why change what works?

SUNSCREEN TIPS

- Limit sun exposure from 10 a.m. to 4 p.m. when the sun's rays are the strongest.
- Use sunscreens every day, all year long, rain or shine!
- Wear a wide-brimmed hat, sunglasses and long-sleeved tightly woven clothing.
- Apply sunscreen 30 minutes prior to sun exposure and reapply every 2 hours if possible.

A great sunscreen to try is SkinCeuticals Physical UV Defense!

Physical Defense is an SPF-30, excellent for all skin types, even those with the most sensitive skin and is safe for children!

It contains both zinc oxide and titanium dioxide, is PABA free, as well as oil and fragrance free! Contact the Dermatology Center of Williamsburg for more information on this and other SkinCeuticals products!

CareCredit®

New at DCW!

THE DERMATOLOGY CENTER OF WILLIAMSBURG NOW ACCEPTS CARECREDIT!

CareCredit is the nation's leading financing program for all of your medical and cosmetic needs! CareCredit offers plans with No Interest or plans are available with a LOW Fixed Interest.

The application process is easy - you can apply online for instant approval, or download and print the application. For forms or more information, visit www.carecredit.com

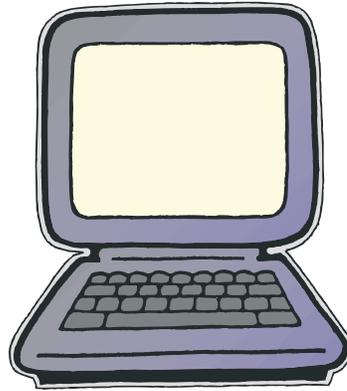
- Michele Rae Selby
Practice Administrator



 SKINCEUTICALS

For the Record

by *Donna M. Corvette, M.D.*



You asked -Dr. Corvette answers!

Q: WHAT CAN I DO TO PREVENT WRINKLES?

First and foremost, protect yourself from the SUN! Wear a sunscreen daily, rain or shine. You get 80% of sun damage prior to the age of 18! Start protecting your little ones now - for example, use sun protective clothing. Also, you are what you eat. Your skin reflects how you treat your body.

Q: WHAT DOES A MELANOMA LOOK LIKE?

Melanomas have many different faces. Many are irregularly bordered brown, black or tan spots. Some are only pink in color; this a rare form of melanoma. Visit our website www.dcw1.com for pictures and other information on all skin cancer types.

It is important to remember that melanomas can occur anywhere. Check your back, scalp, buttocks and between toes: these are favorite hiding places. Melanomas can form in moles and in skin devoid of moles.

ALWAYS question your spots and make sure that you obtain a

full skin surveillance yearly by a dermatologist.

Q: DO ALL OF VERY EXPENSIVE REJUVENATING LASERS WORK?

Absolutely **not!** I have been performing laser work since 1994. Lasers come and go quickly in dermatology. What was best in 1994 has now been replaced by newer and better lasers in 2008. I see patients daily in my clinic who have spent thousands of dollars on supposedly the best laser technology, only to find the procedure did nothing to enhance their appearance.

My advice is to find a dermatologist you can trust, who will stand behind their work and make sure you ask a lot of questions! Do not make decisions based on cost alone. Make sure you are having your procedures done by a board certified dermatologist. You get what you pay for!

Q: DOES LASER HAIR REMOVAL REALLY WORK?

Absolutely! Laser Hair Reduction is a wonderful technology. However, it needs to be understood that it only removes pigmented hair follicles (i.e. the hair must be brown or black). It does not work well on gray, white or blonde hair. Unfortunately, I continue to see patients in my clinic who were told that it does work on white hair and these unfortunate patients end up losing money on the deal.

We stand behind our work at Dermatology Center of Williamsburg because we know that our laser works and our patients are thrilled with their results.

Dermatology Center of Williamsburg is now offering a one year warranty to our patients. It is very rare to be offered a warranty on laser procedures, but this is my way of letting my patients know I stand behind my work!

If you have a question for Dr. Corvette that you would like answered in a future issue of Skinsense, email it to us at:

info@dcw1.com



Master Aesthetician Tracey Ovitt

The Dermatology Center of Williamsburg is pleased to announce the addition of Tracey to our staff.

She is a licensed Master Aesthetician in the state of Virginia and has been practicing in Williamsburg since 2005. Tracey completed her training at the American Spirit Institute, with advanced training in Microdermabrasion and Chemical Peels.

Tracey will be available to perform Microdermabrasion, Light Chemical Peels and Waxing.

Tracey lives in Williamsburg with her husband Roger and their 2 sons and 1 daughter.

We are delighted to have Tracey on staff. To see how she can help to rejuvenate your skin or to schedule an appointment for any of the services Tracey provides, call the Dermatology Center of Williamsburg at 757-645-3787.



Lori Wood, PA-C

Please join Dr. Corvette and staff in welcoming Lori Wood, Physician Assistant.

Lori graduated from the University of Nebraska with a B.S. in Physician Assistant studies in 1999. She then completed her Master's Degree in Physician Assistant Studies. She retired from the United States Air Force in 2004 after serving 20 years. She has worked in Family & Internal Medicine, Emergency Medicine and Allergy & Asthma prior to Dermatology.

She is married to Dr. Mark Wood, General Surgeon in Williamsburg. They have 1 son, Benjamin and two 10-month old Cavapoo puppies. In her spare time, Lori enjoys reading, running and spending time with all of her boys!

We are excited to have Lori on board and know that her experience will be a great addition, not only to our staff, but to our patients, giving them more availability for their dermatology appointments.

A WINNING COMBINATION

When used together, SkinCeuticals antioxidants and sunscreens create the perfect match to neutralize free radicals and combat skin damage that can lead to fine lines, wrinkle and skin cancer.

Contact the Dermatology Center of Williamsburg to find out which products are right for you!



 **SKINCEUTICALS**