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Skinsense



Rathi Blankenship, PA-C

**What's New at
DCW?**

Look inside!

Rathi Blankenship, PA-C Joins the DCW team!

Rathi Blankenship is the newest member of the Dermatology Center of Williamsburg. She joins DCW as a Physician Assistant to fulfill her passion for dermatology after recently completing almost a three-year stint as an orthopedic PA at Henrico Doctor's Hospital in Richmond, VA. Rathi received a Master's degree in Physician Assistant Studies from James Madison University in 2007 and a Bachelor's degree in Human Nutrition, Food and Exercise from Virginia Tech in 2005.

Rathi and her husband, Nick, currently live in Mechanicsville, VA where they look forward to building a family. Her hobbies include running, jewelry-making, painting, dancing ballet and especially eating.

Rathi is very excited about joining the DCW family and very much looks forward to serving the Williamsburg community.



Intense Pulsed
Light (IPL):
The Newest Gold
Standard for
Flawless Skin
By Lori Wood, PA-C

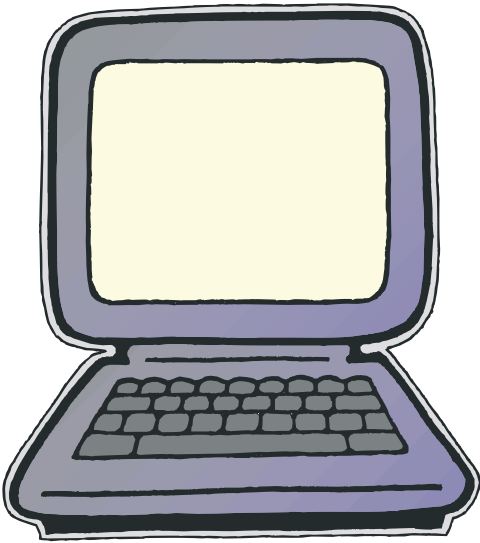
IPL treatment is a well-known technology that produces lightened, smooth, enhanced and rejuvenated skin not only for the face, but also for the entire body. It is a non-surgical cosmetic procedure that provides noticeable results that last for over a long period of time or even for a lifetime.

What exactly is IPL and how does it work? IPL is an intense, pulsed low-fluence (or density) light used in a non-abrasive way to rejuvenate the skin. During treatment that takes about 30 minutes, light pulses are directed evenly over the skin. The light passes through the epidermis and penetrates deeper into the dermis where the pulsed light energy stimulates cells called fibroblasts to produce fresh collagen. Over several treatments, this collagen smoothes and softens the appearance of wrinkle, pores, and textural irregularities.

IPL treatments can treat almost all skin irregularities. Vascular birthmarks like hemangiomas or port-wine marks are taken away using IPL. Age spots, freckles and some hyperpigmentation caused by pregnancy and menopause can be eliminated. Wrinkles, photo-damaged skin with pigmentation abnormalities and scars because of acne are also diminished. It is best recommended for eliminating the spider veins and redness caused by Rosacea

IPL treatments are done through several sessions. These sessions are determined based on different skin types and conditions. Some skin conditions are severe and may need to be treated for four to eight sessions.

Ask us how the IPL may benefit you. As always, the best thing you can do for your skin is to protect it daily with a broad spectrum, zinc-based sunscreen. Let us teach you about sunscreens and help you choose the best one for you.



Corvette Corner

By Dr. Donna M. Corvette, M.D.
You asked.... Dr. Corvette answers!

Over the years, my patients have frequently asked me to provide more lasers at the Dermatology Center of Williamsburg. Many of my patients would like to rid themselves of those dreaded liver spots on their hands, chest and faces. Broken blood vessels and the redness of rosacea is another very cosmetically bothersome issue. As many of my patients know, I have treated patients with lasers since 1994 at University of Colorado, Walter Reed Army Medical Center, Langley Air Force Base and Portsmouth Naval Hospital.

Here are a few commonly asked questions and answers on Lasers.

1. “Why have laser work performed at Dermatology Center of Williamsburg? Isn’t it cheaper at a spa?”

I must say over the past 22 years, I have seen some alarming trends. The laser industry is largely unregulated in the state of Virginia, meaning...anyone can do anything. Laser work is done more commonly than you would think by unskilled individuals who take weekend laser courses;. Anyone can fire a laser, but can the shooter manage the complications they create? Unfortunately, this is when I get involved. I see a lot of laser complications; it is very bothersome to me. The patient thinks they got a “great deal” by taking the less expensive route, but in the end, they wind up paying more during the process.

2. “Can lasers get rid of the broken blood vessels on my cheeks? I find these unsightly!”

Absolutely! The typical reason for the development of broken blood vessels on the face is Rosacea. Pure and simple sun damage can also create these “telangiectasias”. The proper laser fired by an experienced person can easily rid you of these vessels. I commonly see rosacea patients who had laser but the problem returned and they needed more laser work. Why? Because the patient was never treated for rosacea at the same time of laser treatment. In my opinion, another good reason to have laser treatments at a Dermatology clinic.

3. “Can lasers get rid of brown liver spots? They make me look old!”

I remember a time when all I could offer my patients was cryosurgery, bleaches and sunscreen. It is amazing how lasers can remove these spots! There has been many a time that I have examined a chest and found a melanoma amongst all of these liver spots. Yet another reason to have these laser procedures done in a Dermatology clinic where the dermatologist or dermatology physician assistnat can diagnose and keep you safe. A missed melanoma can be life-ending.

4. “What are these red bumps that are popping all over my chest and back?”

Of course, I cannot say with 100% certainty until I look at them, but usually they represent hemangiomas, aka wisdom spots. You get more as you get older. They are tiny red bumps that age us. Lasers can effectively remove these, too.

(Continued on following page.)



Corvette Corner
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5. “Are all lasers equally effective?”

No!! Some are good for certain diagnoses where others are good for other diagnoses. One type of laser does not treat everything. The technology is phenomenal, ever-changing and improving. The only type of laser I will have in my clinic is the platinum performer – the laser that effectively can do a great job at removing the problem at hand with the fewest complications. When a patient signs up for laser work, there is always a potential for a complication, but I would like to keep my patient population as safe as possible. In my book, it is very important to “first do no harm”.

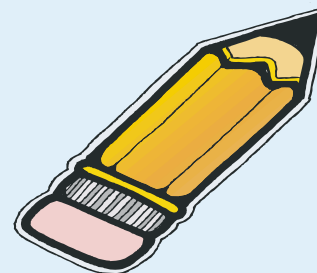
My best advice? Lasers can treat any array of problems, but it is very important for you as the patient to be well informed and confident that your health care provider is creating a safe and effective laser program to treat your problems. Ask a lot of questions and feel confident in your Clinic before you have the procedure done. Run in the opposite direction when your provider takes the “you need this approach” and tells you all of the wonderful procedures you need but never thought to ask for. You do not want to look overworked and overdone. Remember this is your house; you know what you want and what bothers you. Do not let anyone pressure you into having work done. Ask questions and be well informed. Go slowly. Rome was not built in a day. As always wear your sunscreen daily rain or shine. Until next time.....

If you have a question for Dr. Corvette, email it to:

info@dermatologycenterofwilliamsburg.com or visit our website
at: www.dermatologycenterofwilliamsburg.com



**Give the gift they will love!
Gift certificates are available
for many of our cosmetic
services/products.
Call or stop by the office for
more information!**



Take note...

**By Michele Rae Selby
Practice Administrator**

There is much excitement at Dermatology Center of Williamsburg! We are pleased to announce the addition of Rathi Blankenship, PA-C to our practice. With Rathi joining Dr. Corvette and Lori Wood, PA-C, the Dermatology Center of Williamsburg can offer flexibility and availability for our patients.

We are also thrilled to welcome several new staff members to our growing family:

Katy Santos – Administrative Assistant

Gail Bruni – Medical Assistant

Patricia Borchardt – Medical Assistant

Penny Siepel – Medical Assistant

Last, but not least, we are excited to announce that IPL/Laser Treatments will soon be available.

As always, we hope this issue of Skinsense will inform and educate you!

A Cleaner, Safer Environment By Gail Bruni, Medical Assistant



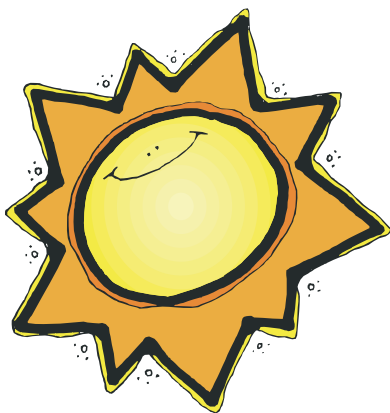
There are some revolutionary new anti-microbial products coming onto the market. One of those items is XMICROBE from The Healthier Environment Living Program. This new technology to eliminate harmful bacteria, MRSA, Staph, H1N1, mold, mildew and hundreds of other harmful organisms is just what the health care industry needed.

This Green product is safe for all surfaces and has some very unique characteristics. It is not a chemical but rather a protectant. When lightly sprayed on any surface it bonds and forms a non-leaching barrier of protections that will continue to kill harmful organisms for weeks and months. The other very important aspect of the product is that there is absolutely no chance of getting mutation of any organism. This is due to the fact that it does not kill from a chemical reaction like virtually every other cleaner or sanitizer, but rather by a mechanical reaction as it punctures the cell wall like a knife killing the harmful and potentially deadly organisms.

This product is also very versatile as you can wash your clothes, towels, sheets, virtually anything to create a barrier of safety and protection for you and your family that will last the life of the garment.

It has the endorsement of a number of Doctors and the National Jewish Health, the leading asthma and allergy hospital in the United States.

Innovative new products like this will help protect the general public against the new, ever changing and life threatening organisms that attack us everyday.



The Dermatology Center of Williamsburg carries a variety of sunscreens. Call or stop by today so we may help you find the one just right for you!

Are Sunscreens Important? By Tracey Ovitt Master Aesthetician

Absolutely! Sunscreens should be an important part of your daily skincare regimen. Just as you brush your teeth every morning, you should apply your sunscreen and, yes, all year round: Spring, Summer, Fall and Winter! The UVA & UVB rays penetrate deep within in the skin. This leads to the acceleration of photo aging and is harmful to the DNA of normal healthy cells. This in turn can lead to malignancy, basal cell carcinoma and squamous cell carcinoma.

Titanium dioxide and zinc oxide are two active ingredients that can be found in sunscreens. These ingredients should be the key factors when choosing you sunscreen.

Titanium dioxide is a non-chemical FDA approved sunscreen. When applied, it remains on the surface of the skin, scattering/blocking UV light. It is usually used in conjunction with other sunscreen chemicals.

Zinc oxide is also included on the FDA's list of approved sunscreen blockers; protecting against UV rays.

You should apply your sunscreen, SPF 30 or higher, at least 30 minutes prior to sun exposure and every two hours if able. Enjoy the great outdoors!

In the Spotlight New! From SkinCeuticals



Introducing...

**SHEER PHYSICAL UV
DEFENSE –SPF 50**

Groundbreaking Ultra-Sheer Texture with NO Chemical Filters!

- *Mattifying fluid
- *Transparent finish
- *Paraben- free
- *Non-Comedogenic
- *Broad-spectrum coverage
- * Ideal for all skin types