



Pictured left to right: Jennifer Cooper, M.D., Deborah Englert, M.D., Chris Englert, CRNP

Prepare Your Skin for Winter and the Holidays

During this very busy time of year when everyone is getting ready for the holidays and the children are back to school, it is time to prepare for the winter. For your skin this can mean simply moisturizing on a more frequent basis or returning to one of our offices for suggestions on how to look your best for the holiday season.

When selecting a moisturizer, choose one with more humectants, which is a class of substances (including glycerin, sorbitol, and alpha-hydroxy acids) that attract moisture to your skin. Many are available over the counter. However, if this is not meeting your needs, the dermatology providers at our offices can provide assistance. Be aware that certain skin conditions such as psoriasis or eczema require moisturizers that are available by prescription to prevent flares. Also consider selecting cleansing bars

instead of traditional soaps that are known to strip the oils from your skin because of the alkaline (high pH) properties.

For many, the upcoming holiday season is a time when they strive to look their best. Whether it is a family get together or a company holiday party, we always want to be prepared; from what we will wear to how we will look. The time to get started is now. Erasing damage from the summer fun needs to start now to see results in time for the holidays. Many products - whether prescription or provided by our office- can take weeks to show improvement. Certain procedures such as microdermabrasion and chemical peels can speed the process by exfoliating dead cell layers to allow medication to penetrate deeper and have more of an exuberant effect.

Whether it is a family get together or a company holiday party, we always want to be prepared; from what we will wear, to how we will look.

If you need a little lift before the holidays, such as diminishing the lines on your forehead or softening lines around the mouth and nose, the dermatology providers at our offices can suggest a personalized approach to perfecting your look. Whether your plan entails the use of Dysport® (botulinum toxin) or one of the injectable fillers (Restylane®, Perlane®, Radiassey®), these procedures should not be done the day before an event, but planned in advance. Dysport®, used to diminish lines on the forehead or around the eyes can take up to two weeks to show a maximum effect. Injections that fill the lines of the lower face, whether around the lips or nose, can take up to a week to settle and achieve the correction for which they were intended.

At North Baltimore Dermatology in Hunt Valley and Advanced Dermatology in Bel Air, we can help with your skin care needs. Whether assisting you with skin care, or prescribing necessary medications to treat skin conditions. We are always accepting new patient appointments, and accept most insurance plans as well. Please call on us to help you have a beautiful holiday season.



September Skin Care Solutions!

Purchase a Clarisonic® at full price and receive a **Free** Cosmetic Bag, Deep Pore Cleansing Brush Head and an Avène® Hydrance Optimale (Value of \$80)

Purchase a Facial Cosmetic Filler or Dysport® at full price and receive a **Free** Obagi® Blue Radiance Peel (Value of \$120)

Offers cannot be combined. Offers expire 9/30/2013



Tips to Prevent Skin Cancer

Use sunscreen daily, no matter your skin type, or how your body reacts to the sun.

Choose a proper sunscreen with an SPF of at least 30 that blocks UVA and UVB rays.

Don't be fooled by a cloudy day. 80 percent of the sun's UV rays are still penetrating your skin.

Avoid sun exposure during the peak hours of intensity from 10am to 4pm.

Get a healthy dose of vitamin D by choosing foods that are high in vitamin D, or taking a vitamin D supplement.

Perform regular self-exams of your skin to monitor moles and freckles for the **ABCDEs**:

- * **A**symmetry
- * **B**order irregularity
- * **C**olor variation
- * **D**iameter
- * **E**volving (changes in a mole)



DermTeam Spotlight

In this issue, our spotlight is **Glenda Hagley**. Glenda has been a member of the Englert Dermatology Derm Team for a little over four years. You may have seen Glenda at our Advanced Dermatology Bel Air office where she is a Medical Assistant. Glenda is passionate about surgery and she assists Dr. Jennifer Cooper during Mohs procedures. As a team leader, Glenda handles triage - which she describes as “a little bit of everything”- from fielding patient questions to assisting with scheduling. Away from the office,



Glenda enjoys being at home with her family. She loves going boating and to the beach, “wearing sunscreen of course”, she adds! Glenda likes spending time with her sons and her German Shepherd, Bear. Often Bear will join Glenda and her sons on the boat and swimming. A self-described “homebody”, Glenda says she “likes the simple things in life”.

Englert Dermatology

Deborah A. Englert, MD
Jennifer Cooper, MD
Christopher Englert, CRNP
and Associates
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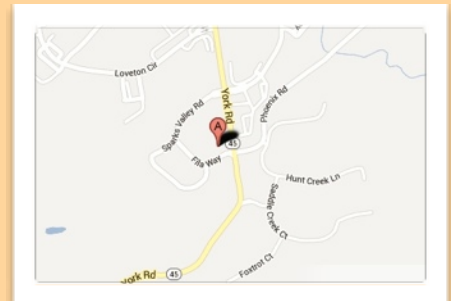
www.DermTeamMd.com

Office Hours:
8:30 a.m. - 4:30 p.m. M-F

Office Locations:

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Bel Air

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