



# ADVANCED DERMATOLOGY

## BEL AIR • HUNT VALLEY • TOWSON

Promoting Awareness of Comprehensive Skin Health

Fall 2016

### Welcome

## Dr. Mona Sadeghpour



Deborah Englert, M.D.,  
Jennifer Cooper, M.D.,  
Chris Englert, NP-C,  
and the entire team at  
**Advanced Dermatology  
Bel Air • Hunt Valley •  
Towson** are excited to  
welcome **Mona  
Sadeghpour, M.D.**, to  
the practice.

Dr. Sadeghpour, a board-certified dermatologist, graduated *summa cum laude* from the Collegium V Honors Program at the University of Texas at Dallas and earned her medical degree from Yale University School of Medicine in New Haven, CT. Dr. Sadeghpour completed her dermatology residency at the University of Pittsburgh Medical Center, where she served as Chief Resident during her final year. Dr. Sadeghpour has presented at both local and national professional meetings and has published in peer-reviewed journals. She is a Diplomate of the American Board of Dermatology and a Fellow of the American Academy of Dermatology. She practices general dermatology with special interests in surgical and cosmetic

dermatology. Dr. Sadeghpour enjoys spending time outdoors (wearing sunscreen of course!) and is an avid runner, scuba diver and dancer. She is currently accepting new patients at our Bel Air and our Hunt Valley locations.

**Dr. Mona  
Sadeghpour is  
Currently Accepting  
New Patients!**

### Advanced Dermatology Bel Air • Hunt Valley • Towson

*Our practice opened over 10 years ago as North Baltimore Dermatology, located on Fila Way in Sparks. Over the past decade we have grown and opened two additional offices - Advanced Dermatology Bel Air (2007) and Advanced Dermatology Towson (2016). As we outgrew our space in Sparks, we were fortunate to find a more spacious location with ample parking just a few miles down York Road at the Crestridge Center in Cockeysville. We completed the relocation of the North Baltimore Dermatology office on April 4, 2016. In effort to have all three offices share a common name, we changed North Baltimore Dermatology to **Advanced Dermatology Hunt Valley** to match Bel Air and Towson.*

### October Specials!

Purchase a New Clarisonic® Mia Fit and receive a  
**Free** Additional Brush Head and a Travel Bag

Purchase \$400 or more of SkinMedica® products and receive a  
**Free** Vitalize™ Peel (Value of \$175)

*Quantities limited. Offer good while supplies last. Offers cannot be combined. Offers expire 10/31/2016*



# 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 a 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** of Melanoma:

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



## DermTeam Spotlight



In this issue, our spotlight is **Angelica Holden**. In October, Angelica celebrates her 3 year anniversary as a member of

the Englert Dermatology Derm Team. Angelica is based at our Advanced Dermatology Bel Air office where you may have seen her at Check-In and Check-Out. Angelica takes pride in providing a welcoming environment for patients.

She always strives to make each patient's experience at our office a comfortable and pleasant one. Additionally, she is involved with monitoring product inventory; ensuring that our skin care products are stocked and available. Additionally, she assists in the training for new Derm Team members. Angelica enjoys her co-workers and says, "I think we make a great team. I call them my *derm family*."

Outside of the office, Angelica is passionate about working out, spending time with her family, and cooking. Her specialty is grilled salmon with a miso glaze. If you see her, be sure to ask her for the recipe!

## Englert Dermatology

Deborah A. Englert, M.D.  
Jennifer Z. Cooper, M.D.  
Mona Sadeghpour, M.D.  
Christopher Englert, NP-C  
*and Associates*

### Now Accepting New Patients

We are a multi-provider office and have appointments available.

Providing Adult and Pediatric care in Medical, Surgical, and Cosmetic Dermatology.

[www.DermTeamMd.com](http://www.DermTeamMd.com)

### Office Locations

#### Bel Air

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

Advanced Dermatology Bel Air  
2012 S. Tollgate Rd.  
Suite 200  
Bel Air, MD 21015  
410-569-5151

#### Hunt Valley

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

Advanced Dermatology Hunt Valley  
10153 York Road  
Suite 104  
Cockeysville, MD 21030  
410-472-1006

#### Towson

**Office Hours:**  
7:00 a.m. - 3:00 p.m. M-Th

Advanced Dermatology Towson  
O'Dea Medical Arts Building  
7505 Osler Dr.  
Suite 308  
Towson, MD 21204  
410-472-0901