

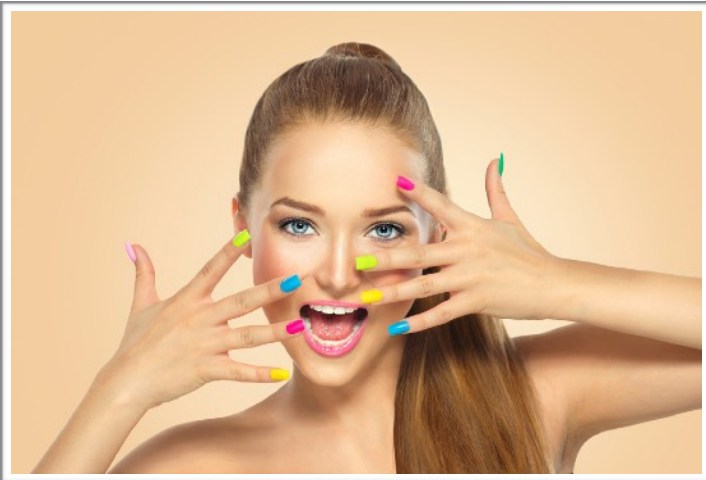


ADVANCED DERMATOLOGY

BEL AIR • HUNT VALLEY • TOWSON

Promoting Awareness of Comprehensive Skin Health

Fall 2017



Manicure and Pedicure Safety

From the American Academy of Dermatology - www.aad.org

Having beautiful nails is less a matter of luck and more a matter of caring for them correctly. Here are dermatologists' top manicure and pedicure tips:

- Apply a cream to moisturize your nails, especially after removing nail polish since most removers contain chemicals that dry the nails.
- To prevent infection, never cut or forcefully push back your cuticles. If you must push them back, only do so gently after a shower or bath.
- While most nail salons follow strict cleanliness and disinfection guidelines, look for the following when visiting a salon:
 - Does your nail technician have the necessary experience and/or license, if required?
 - Are the stations clean?
 - Does the nail technician wash her hands between clients?
 - Are there dirty tools lying around?
 - In addition, do not hesitate to ask how they clean their tools.

- Shave your lower legs after getting a pedicure, not before. That means not shaving your lower legs for at least 24 hours before you get a pedicure. If you nick yourself while shaving, a pedicure could put you at risk for an infection.
- If you get frequent manicures and pedicures, consider purchasing your own tools to be used at the salon.
- In addition, check that the pedicure footbaths and filters are thoroughly disinfected before you use them. If they are improperly cleaned, they can harbor bacteria and fungus. If the salon does not appear clean, then move on.
- If you want to wear a bright red or orange polish, prevent discoloration by applying an extra layer of base coat. If your nails become yellowed and discolored from the polish, your nails should return to normal color over several weeks if the same color is not reapplied.

There is no scientific evidence that immersing nails in gelatin makes them stronger.

- While some people beg to differ, there is no scientific evidence that immersing nails in gelatin makes them stronger. Polishes that contain strengthening ingredients increase nail stiffness, which may make nails break more frequently.
- Do not wear artificial nails to cover up nail problems as they may make them worse. Artificial nails are not recommended for people who are prone to fungal infections or have brittle nails. For people with healthy nails, artificial nails can be fine as long as they are not worn continuously.
- Know what products are used in your artificial nails as the substances used can cause an allergic reaction in some people. If you develop a rash or other reaction, tell your doctor what products you used.

If you have questions or concerns about caring for your nails, you should make an appointment to see a dermatologist.

Article courtesy of the American Academy of Dermatology www.aad.org



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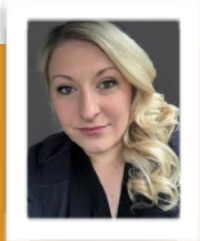


Ask the Doctors

Dr. Englert & Dr. Cooper answer some frequently asked questions.

Q: What can I do to reduce my chances of developing skin cancer?

A: This is a question we hear often, especially as the summer months (and time spent at the beach) come to a close. It is no surprise that sun exposure is the most preventable risk factor for the development of all skin cancers, including melanoma. Avoiding the sun during the peak hours of its strength from 10 am until 2 pm is helpful. Seeking shade with the use of umbrellas or sun protective structures during those hours can help you avoid the burning rays. Protective clothing is another good option. Wide brim hats, long sleeved shirts and long pants, as well as sunglasses provide protection. Many sporting goods stores and online vendors offer lightweight clothing with built in sun protection, which helps the wearer remain comfortably cool while protecting the skin. Sunscreen with an SPF of at least 30 needs to be applied to all sun exposed skin liberally and in an even fashion. Sunscreen needs to be reapplied every 1 1/2 to 2 hours. Sunscreen needs to be “broad-spectrum” which includes protection from both UVA and UVB rays.



DermTeam Spotlight

In this edition, our Derm Team Spotlight is on Felicia Fonzi. Felicia has been a part of the Derm Team for the past 7 years. As one of the Senior Medical Assistants at our Advanced Dermatology Bel Air office, she is responsible for ensuring that each patient’s visit is pleasant, professional, and timely. Felicia enjoys helping educate patients on skin care, sun protection, and disease management. By taking a hands-on, personal approach, Felicia strives to make office visits more

relaxed, and less stressful. Felicia says, “Assisting in surgeries is my favorite. Knowing that you are a part of the healing process for that patient makes your day.” When not at the office, Felicia enjoys spending time with her 9 yr. old daughter, Breanna, and her husband, David. An active mom, Felicia, recently stepped down from her long held youth soccer coaching position so she could be “that Mom cheering on the sidelines”.

Englert Dermatology, LLC

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Christopher Englert, NP-C
and Associates

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