



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

with at least a 30 SPF under your make-up, and make sure to include the neck, chest and ears. There are many over-the-counter brands available in your drugstore and specialty brands in your dermatologist's office. Our favorites include CeraVe AM Facial Moisturizer SPF 30®, and Elta MD UV Clear Broad-Spectrum SPF 46® for daily use. Finding a daily sunscreen you like to use is the first step to continued use. For a day of outside play or a day at the beach we recommend sunscreens with a SPF of 30 or above. Remember, you need to reapply every 1 ½ to 2 hours. There is no sunscreen brand that can effectively last a full day at the beach. Some of our favorites are the Neutrogena® and Coppertone Sport® lines.

CLEANSING: Cleansing does not have to be harsh to be effective. Gentle cleansing to remove make-up and prepare the skin for products is all that we need. Harsh

Our Own Skin

Dermatologists are not immune to skin problems. We have trouble with acne, dry skin, and believe it or not, we also have sun damage from overexposure during our youth. Many patients ask what we use for our personal skin care regimen. Our skin care regimens are actually quite simple, and combine over-the-counter products with products available only in dermatology offices. The regimens are based on the following principles of skin health:

SUN PROTECTION: In any skin care regimen, protecting the skin from the damaging rays of the sun should be Nos. 1 through 10 in priority. The reason being, if one is not using their sun protection, all the products and procedures that will be mentioned forthcoming will be for naught. For example, if one embarks on a treatment plan to improve and eliminate dark spots or fine lines, but sun protection is missing from the formula, the treatment will be less effective and not as lasting because the causative damage has not been removed.

Sunscreen should be used on a daily basis, not just sunny days. Damaging rays still penetrate cloudy skies. Sunscreen in your make-up is not enough, as we tend to apply make-up more heavily to problem areas and less so to other areas of the face. We recommend a daily moisturizer

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soaps that strip oil are unnecessary and often harmful for their drying nature. For very dry,

sensitive skin, we recommend a cleanser such as CeraVe Hydrating Cleanser® or Neutrogena Extra Gentle Cleanser®. Most skin types can also tolerate a gentle cleanser with glycolic. Personally, we use Glytone Gentle Cleanser® to gently cleanse but also to help with skin cell turnover to prepare the skin for product application.

ANTI-AGING: Products that help maintain our skin in a youthful state or help to improve sun damage are a mainstay in a dermatologist's regimen. If you watch any television, you know there is a multitude of products marketed daily claiming to be the fountain of youth. To be clear and honest, there is no facelift in a bottle and nothing that will fix everything. However, there are classes of products that will effectively improve skin texture, fine lines and help with pigment change that occurs to all of us over time.

Retinoids- Retinoids help turn over skin cells. Many think of tretinoin creams that they used in their youth for acne treatment. They also play a role in helping reverse sun

Winter Savings

Dr. Cooper's Winter Skin Care Regimen Special!

Purchase 1 each of CeraVe AM, CeraVe PM and CeraVe SA and receive a Free CeraVe Foaming Cleanser

Obagi Blue Radiance Peel- \$99 (regular price \$120)

Offers cannot be combined. Offers expire 1-31-2014



a prescription medication, so you should consult with one of our dermatologic providers to see if this is an appropriate treatment for you.

Antioxidants- Antioxidants have received much press over the past few years as an addition to the anti-aging regimen. Antioxidants combat free radicals that cause DNA damage. Vitamin C products are perhaps the most popular. We recommend the ZO® Medical line in our office.

Multi-Purpose Products- For those of us that want things fast and simple, these are the products to look for. Skin Medica TNS Essential Serum® provides peptides, antioxidants and alpha-arbutin to provide an all-in-one rejuvenation product.

Peels- There are varying degrees and depths of peels to help rejuvenate the skin. A microdermabrasion followed by a

glycolic peel done monthly over a series of months can provide smoother skin, improvement in discoloration and a nicer palette for your makeup. This procedure causes little downtime - the so called "lunchtime peel". The Skin Medica® line of peels has been a favorite of dermatologists in our office. It does cause 3-4 days of downtime (skin peeling like a sunburn) but the results have been fantastic for our personal regimens and goals.

At North Baltimore Dermatology and Advanced Dermatology Bel Air, we can help advise you on a personalized regimen of products and procedures based upon what we as dermatologists and dermatologic providers use ourselves. Please call on our offices to help you achieve your skin care goals. Visit us on the web at www.DermTeamMd.com for more information.

Englert Dermatology

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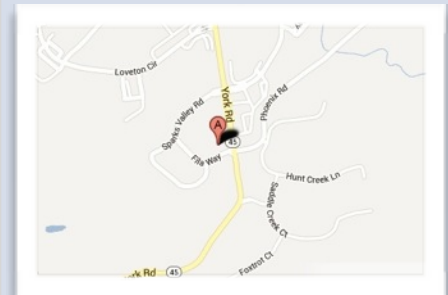
www.DermTeamMd.com

Office Hours:
8:30 am - 4:30 pm M-F

Office Locations:

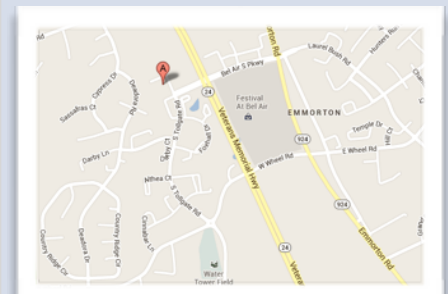
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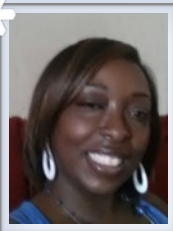
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Winter Sun Protection Reminder!

When participating in outdoor activities (skiing, snowboarding) apply sunscreen liberally and evenly to all exposed skin. You should apply at least a teaspoon of sunscreen to the face.

source - *The Skin Cancer Foundation* www.skincancer.org



DermTeam Spotlight

In this issue, our spotlight is **Maisha Johnson**. Maisha has been a member of the Englert Dermatology Derm Team for over 6 years. She is usually at our Sparks (Hunt Valley) office where she is an integral part of the practice. You may have seen her in her role as a Medical Assistant or working at the Front Desk. She assists the providers during surgeries and is a key advocate for patients who are on biologics for treatment of psoriasis. Maisha is also one of the trainers for the practice, training and mentoring new Medical Assistants. Maisha strives to make a difference in the lives of patients

and coworkers. Beyond the discussion of medications and diagnoses, Maisha looks to make connections with patients, striving to help people by finding little ways to make a difference. She enjoys the interaction with patients and says she has gotten many great recipes and learned of new places to shop! When away from the office, Maisha enjoys going to the movies and dining out. She is also an avid reader, finishing a book every 1-3 days. Her favorite genres are non-fiction and horror. Maisha is currently reading the Alex Cross series by James Patterson.