



# ASPIRE<sup>®</sup>

## DERMATOLOGY

Newsletter: December 2020

### Aspire Dermatology Holiday Hours



12/24/20 our Middletown & Riverside offices will be open in the AM.

12/31/20 our Middletown, Johnston, Warwick & Tiverton offices will be open in the AM.

All other offices will be closed for the Holidays

12/24/20 to 12/27/20 and 12/31/20 to 01/03/2021

### New Year, New Things!

In 2021, Aspire Dermatology is happy to welcome a new doctor aboard our team! Dr. Gary Waterman will be seeing patients in our Cumberland and Riverside offices.

Susan Bordonaro, DCNP will be seeing patients in our Warren office on Thursdays.

Pamela Gadbow, FNP-C will be seeing patients in our Tiverton office on Thursdays.



### December Dryness Have You Down? Winter Roughness Have You In A Rut? Is It Eczema, Psoriasis, Or Just Dry Skin?

Read on to hear tips and tricks from one of our Aspire Dermatology physicians on keeping your skin happy, healthy, and radiant all winter long!



Dr. Victoria Comeau, DO





Xerosis (MedicineNet)

Our skin contains a number of components that help it cling to moisture, including Natural Moisturization Factor (NMF) (yes, that is a real thing!), which is key to maintaining soft, supple skin. Dermatologists have many topical formulations like lactate, urea, hyaluronic acid, and ceramides to help regain moisture. From dry, dull skin needing revitalization to problematic, painful cracking hands and heels, there are products we can recommend and prescribe to quench your skin's serious thirst.

Xerosis refers to abnormally dry skin, usually resulting in severe flaking and cracking. A number of conditions can lead to xerosis including low humidity and living in a cold climate. While sometimes the dryness is secondary to environmental factors, it can also be a result of inherited conditions such as Ichthyosis Vulgaris.



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## What is Psoriasis?

Though frequently confused with eczema, psoriasis is its own entity which affects over 8 million people in the United States. It is known for producing thick, red plaques of skin with a silvery scale that easily bleeds when scratched. Elbows and knees represent the classic locations; however, some patients have bothersome plaques arising on the scalp, in the ears, under the arms, in the groin, and even surrounding the belly button. Psoriasis is an inflammatory condition, and there may be inflammation elsewhere in the body. According to the National Psoriasis Foundation, approximately 30% of psoriasis patients suffer from psoriatic arthritis as well, and treatment is crucial to preserve the integrity of joints. Psoriasis also puts individuals at higher risk for conditions like depression and cardiac disease. Early diagnosis is key for protecting joints and optimizing risk factors of multiple co-morbidities.

If you think you may be suffering from psoriasis, we urge you to be evaluated by one of our providers so we can establish a comprehensive treatment plan for you. Have you been suffering most of your life? There are many new, novel therapies out there from non-steroidal creams and ointments to oral therapy and at-home biologic injections that are safe, accessible, and have wonderful rates of clearance!



*MedicineNet (Psoriasis)*



*Cleveland Clinic (Psoriasis)*

## What is Eczema?

Also known as “the itch that rashes”, eczema is infamous for causing an intense itch in combination with red, dry patches. The National Eczema Association reports 31.6 million people in the United States suffer from a form of eczema. While it is most common in the pediatric population, it is not uncommon to be diagnosed for the first time as an adult. There are multiple types of eczema including atopic dermatitis, dyshidrotic eczema, nummular eczema, and hand eczema. While eczema has no cure, flares can be controlled. Topical steroids remain the mainstay of treatment, and when used properly under physician supervision, they are very safe. There are also a few non-steroidal topical options available, and as of 2017 a FDA-approved at-home injection that works with your body’s immune system to calm the condition.



*Eczemaless (Hand Eczema)*



*WebMD (Eczema)*

# Tips & Tricks to Quench Your Thirsty Winter Skin

## Face

- Skip the toner.
- Back off the retinol. While retinols do an excellent job fighting of acne breakouts, correcting pigmentary changes, building up collagen, and turning over skin cells, they are also known for being extremely drying. Change to every other night, or even limit to 2-3 nights per week in order to reap the continued benefits while maximizing your skin's tolerability. Another trick? Try mixing it with your moisturizer.
- Reduce AHA/BHA, glycolic acid, salicylic acid, or benzoyl peroxide-containing washes.
- DO use a gentle, hydrating cleanser.
- DO moisturize twice a day, preferably using a hyaluronic acid-based product.
- DO continue to use sunscreen daily throughout the winter months.
- DO treat yourself. Consider one of our staff favorites during the cold months - a Hydrafacial!



## Body

- Avoid harsh, drying soaps. Instead utilize moisturizing body washes designed for sensitive skin.
- Minimize soaking time. It may seem counterintuitive, but long baths only increase dryness.
- Skip the scalding hot showers. Lukewarm showers are friendlier to your skin.
- DO moisturize the moment you get out of the shower. Sometimes we even recommend applying moisturizer while still wet, then gently patting dry.

## Come on in for a consult

Can't seem to shake the dry factor? Think you are suffering from eczema or psoriasis? Our experts are happy to help. The Aspire Dermatology team of providers is well-versed in assessing your skin's dryness, achieving an accurate diagnosis, and developing personalized treatment regimens that will undoubtedly make your skin glow once again.

MIDDLETOWN OFFICE	102 Valley Road, Middletown, RI 02842
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WARREN OFFICE	851 Main Street, Warren, RI 02885
WARWICK OFFICE	618 Toll Gate Road, Warwick, RI 02886
TIVERTON OFFICE	67 William S. Canning Blvd., Tiverton, RI 02878
JOHNSTON OFFICE	1524 Atwood Avenue, Suite 321, Johnston, RI 02919
RIVERSIDE OFFICE	1525 Wampanoag Trail, Suite 203, Riverside, RI 02915

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