



ASPIRE[®]

DERMATOLOGY

Newsletter: January 2021



Things to remember in the New Year

Dr. Gary Waterman has joined our team and is seeing patients in our beautiful new Cumberland office & our Riverside office.

New Year, New Plan? Did your insurance ID or carrier change for the year? If so, please let us know as soon as possible so we have the most up-to-date information.

Be prepared - as of January 1st, most deductibles are resetting. Plan benefits may change as well. Please check with your insurance company if you have any questions.

Follow our team on Instagram & Facebook for current news & updates throughout the month!



New Year, New You!

Due to the significant impact of COVID-19, many of us are thinking the new year couldn't have arrived soon enough. It has been a very stressful year with lots of changes: many of us have transitioned to working from home, children have been attending online learning, and many of us haven't been able to hug family members in months.



Sarah Belden, DO

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The emotional impact of it all is enough to make us want to hit the “reset” button and embark on a new beginning. Now that the new year is here, why not make 2021 about YOU? Now is the time to put yourself first. Whether it is through rescheduling your skin cancer screening exam that was postponed or scheduling a cosmetic consultation to rejuvenate your appearance, we are here to help!



Get your skin checked

Do you have a suspicious spot on your skin you've been putting off getting checked? Now is the perfect time to schedule your skin cancer screening. Skin cancer is the most common cancer in the United States; in fact, 1 in 5 Americans will develop skin cancer in their lifetime. People of all colors and races can get skin cancer.

There are many different types of skin cancer, including basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma. BCC and SCC are the most common forms of skin cancer, but melanoma is the most deadly. With early detection and proper treatment, the cure rate for BCC and SCC can be greater than 95 percent. When melanoma is detected before it spreads, it also has a high cure rate. Regular self-skin exams and a yearly examination by a dermatologist help people find early skin cancers.

At your skin cancer screening, your provider will take the time to examine your skin thoroughly. At this visit, you may also bring up other concerns related to your skin (psoriasis, eczema, acne, etc.) To schedule your yearly examination, you may call our office at (401)-239-1800. Those who have had a skin cancer before will need closer monitoring.



Rejuvenate your skin

Stress has been implicated in the generation of facial wrinkles. Let's face it; who hasn't been stressed lately? Repeated muscle contractions from frowning, squinting, or raising eyebrows cause skin to furrow and fold, gradually resulting in the formation of facial lines. To combat signs of facial aging, there are two major kinds of non-surgical anti-aging treatments:



Call 401.239.1800 *for*
Same Day Appointments



AspireDermatology.com

Injectables

Neurotoxins (Botox® and Dysport®) and traditional hyaluronic acid fillers/collagen stimulators are injected into facial areas to reduce the appearance of lines and wrinkles and restore facial contours. These two approaches can be performed with varying downtime and sustainable effects.



Neurotoxins (Botox® and Dysport®)

Neurotoxins work beneath the surface and temporarily reduce the underlying muscle activity that causes moderate to severe frown lines, crow's feet and forehead lines in adults – to help them look visibly smoother. In addition to these areas, neurotoxins have been used to generate the trending “lip flip” resulting in a fuller-appearing lip. Expect to see results within two weeks of treatment with effects lasting for up to six months. Cumulative treatment can result in more sustained effects.

Fillers (Restylane®)

Over time, our skin becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Fillers, also known as the “liquid facelift”, are composed of the natural substance called hyaluronic acid that becomes depleted over time. Aspire carries multiple products in the Restylane family. These products are known to add fullness to the cheeks and midface area, provide natural-looking results by smoothing away facial wrinkles and folds, and restore volume to the lips.

Ask us which treatment is right for you at your next visit.



On behalf of Aspire Dermatology, we would like to wish you a happy and healthy 2021. We look forward to seeing you soon!

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