

Cosmetic Center May Newsletter

DERMATOLOGY ASSOCIATES

Keratosis Pilaris "KP"

- Very common skin condition characterized by tiny, hard bumps.
- It can be found on the outer arms, thighs, and sometimes the buttocks
- It is caused by the buildup of dead skin (keratin) around the hair follicle.
- KP generally gets worse in the winter and often clears in the summer.
- KP is self-limiting and disappears with age.
- KP can be treated with products.
- We have several products in the Cosmetic Center to treat and help

May specials

10 % off Sunscreen

10% off Glytone KP Products

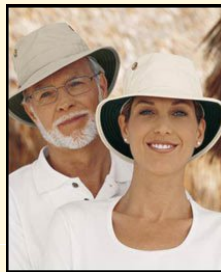
20% off Laser Hair Removal

Glytone and Neostrata Peels– Purchase a package of 6 and get 1 Free
Purchase a Facial and Receive a Free Skin Care Starter Kit

Product of the Month

Tilley Hats

Lifetime Warranty
Waterproof & Float
Many Different Sizes, Styles, and
Colors to Choose From
SPF 50



Procedure of the Month

Facials

Schedule an appointment today for an hour of pampering and relaxation. We will use products suitable for your skin type and condition.



Mother's Day is May 10

Relaxing Facials & Gift Certificates make great gifts!

Mini Facials for the month of May only \$45

You can also shop **ONLINE** at Kingsportderm.com and have the items shipped.

Melanoma Awareness Month

More than 1 million cases of skin cancer are diagnosed in the United States each year, making skin cancer the most common cancer in the United States.

ABCDEs of Melanoma



A. If you draw a line through this mole, the two halves will not match, meaning it is asymmetrical, a warning sign for melanoma.



B. The borders of an early melanoma tend to be uneven. The edges may be scalloped or notched.



C. Having a variety of colors is another warning signal. A number of shades of brown, tan or black could appear. A melanoma may be also red, white or blue.



D. Melanomas usually are larger in diameter than the size of the eraser on your pencil (1/4 inch or 6mm), but they may sometimes be smaller when first detected.

E. When a mole is evolving, see a doctor. Any change— in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting points to danger.

Visit Us Online
Kingsportderm.com

Approximately 62,480 cases of melanoma will be diagnosed each year, nearly 8,420 cases will lead to deaths.

	Incidents	Deaths
Men	34,950	5,400
Women	27,350	3,020



1
 Examine your body front and back in the mirror, then right and left sides arms raised.



2
 Bend elbows and look carefully at forearms and upper underarms and palms.



3
 Look at the backs of the legs and feet; spaces between toes, and sole.



4
 Examine back of neck and scalp with a hand mirror. Part hair for a closer look.



5
 Finally, check back and buttocks with hand mirror.

There are several things that can increase your risk of developing Melanoma, but if caught in the early stage it is almost 100 percent curable.

- Melanoma may be triggered by intense, intermittent sun exposure— the kind that may leave you sunburned.
- Heredity plays a large role in melanoma. The risk is greater if a close relative (mother, father, siblings or children) has had a melanoma.

How To Decrease Your Risk

- Wear a wide brimmed hat, sunglasses and sunscreen with a SPF of 15 or greater.
- Seek the shade, and stay out of the sun as much as possible from 10AM to 4PM.
- Do a self exam monthly and visit a dermatologist once a year for a full body exam.