

*Discover Your Unique Way
to Beautiful, Healthy Skin...*

Newsletter
February 2009

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Introducing Laser 360°... 3 Technologies paving the way to Complete Skin Rejuvenation

For a limited time, choose a package of any of the laser or light applications described below and receive as our gift to you absolutely free a series of 3 sessions (\$1,800 value) of near-infrared skin tightening!

Tired of blotchy pigmentation, broken capillaries, fine lines and wrinkles, sallow, yellowish complexion caused by sun exposure, stress, suboptimal diet or inadequate sleep...Look no further than surprisingly affordable, little to no downtime, phenomenal Laser 360° with its 3 Technologies leading in 60-90 days to complete skin rejuvenation! Dr. Sommerville will personally customize the treatment protocol to address your individual needs and concerns. Laser 360° is comprised of the following procedures:

Pixel Perfect Fractional Skin Resurfacing with the Pixel laser for fine lines, wrinkles, acne scars and large pores. A series of two to four virtually pain-free treatments are needed to gradually stimulate new cells to replace aged and sun-damaged skin.



This treatment is safe and effective and produces long-lasting, noticeable results. You can expect your skin to be flushed after treatment, yet any post-procedure redness resolves in only one to two days. Make-up usually can be applied the next day. This laser can safely be used on the face, neck and chest.

Pulsed Light Treatments targeting broken capillaries, redness, sun spots, blotchy pigmentation and fine lines on the face, neck, chest and hands. A series of three to five sessions are required and the treatments usually last about 20 minutes. After treatment, patients can usually return to normal routines and activities right away.

[Click here for more information on Intense Pulsed Light Therapy](#)

Skin Tightening with Near Infrared Technology for loose facial and neck skin. This deep dermal yet comfortable heating of the lipids and connective tissue leads over time to new collagen production. A series of three to six treatments produce a tighter, fresher appearance.

For more information about our services or to check our other exciting promotions, we invite you to call our office at **301.656.SKIN** or [click here](#) to contact us by email.



Dr. Sommerville is a Board certified dermatologist and a Fellow of the American Academy of Dermatology. She is dedicated to providing her patients with truly cutting-edge techniques carefully researched in terms of safety and efficacy, in the atmosphere of trust and mutual respect.

For more information on Dr. Sommerville, [click here](#)

PROMOTIONS



Erase your Frown Lines and Create Gentle **BOTOX®**-induced Frown Lift with our BOTOX® Cosmetic Promotion... starting at \$250 per area!

Receive Free Lipid Drops, our Best-Selling Hydrating Serum Loaded with Sphingolipids and Ceramides When you Schedule Any Cosmetic Procedure in the Month of February and March!

DR. SOMMERVILLE ANSWERS YOUR QUESTIONS

Q. Is tanning ever a good thing?

Dr.S. The tanning industry would like you to believe that a tan offers protection against sunburn (so called baseline tan). Studies however indicate that a tan generated by UV exposure offers **at most** a sun protection factor (SPF) of less than 3. An SPF of 15 or higher is required for proper protection. More importantly, prolonged UV exposure can lead to DNA damage and photoaging even in the absence of a sunburn.



Q. Does using a sunscreen on a daily basis cause vitamin D deficiency?

Dr.S. The same UV radiation responsible for DNA damage that causes skin cancer is also responsible for vitamin D production in the skin. Vitamin D is fundamental to bone developments and maintenance. Additionally, inadequate levels of Vitamin D are correlated with immune-related diseases such as type 1 diabetes, hypertension, rheumatoid arthritis, multiple sclerosis as well as cancers of the colon, prostate and breast.

Humans obtain vitamin D from UVB exposure, diet rich in oily fish, cod liver oil, fortified orange juice and milk, as well as from supplements. Some data suggests that sunscreens with an SPF 8 or higher indeed reduce photosynthesis of Vitamin D by 95%.

WHAT'S NEW IN SKINCARE

Introducing... VIVITE™ Revitalizing Eye Cream



Brought to you by Allergan (also known for BOTOX® Cosmetic and Juvederm®), Revitalizing Eye Cream is specially formulated to reduce fine lines and dark circles in the sensitive area around the eye. VIVITE™ skin care line is known for its GLX Technology blending the benefits of glycolic acid with natural antioxidants and botanical ingredients such as chamomile, aloe, wild mango butter, green tea, pomegranate, licorice root, and olive leaf extract. Other ingredients include interference pearls to diffuse light and brighten under-eye circles, caffeine to reduce puffiness, peptides, and superoxide dismutase.

DID YOU KNOW?

Diet and acne, real relationship or fiction?

Recent study published in the Journal of American Academy of Dermatology indicates that consumption of milk, even skim milk, may indeed contribute to acne. Milk contains androgen hormones, androgen precursors, and other nonsteroidal growth factors that affect the pilosebaceous unit, a vital structure in acne formation. The study suggested that vitamin D intake may have an independent role in acne formation.

The information contained in this newsletter is of a very general nature. For specific advice and treatment plans, please consider scheduling an appointment with Dr. Sommerville.

To find out more about any of the above procedures, or to check our other exciting promotions, we invite you to call our office at **301.656.SKIN (7546)** or visit our website at www.cherychasedermatology.com