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Chadds Ford Dermatology Quarterly Newsletter

Special Points of Interest:

- *Meet Christa Cavanaugh*
- *Excimer Laser*
- *Accent Laser*
- *Winter Specials*

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CHRISTA CAVANAUGH OUR NEW PHYSICIAN ASSISTANT



Chadds Ford Dermatology would like to welcome our newest practitioner

Christa Cavanaugh, PA-C. After graduating from University of Maryland with a B.S. in Psychology, Christa attended Arcadia University, where she received a Masters of Medical Science in Physician Assistant Studies. She is a member of both the American Academy of Physician Assistants and the Society of Dermatology Physician Assistants. Christa became interested in Dermatology as a teenager, after suffering from severe cystic acne. She became passionate about

helping others improve their skin. We are excited to have her join our practice and look forward to our patients getting to know her better.

EXCIMER LASER

Chadds Ford Dermatology is expecting the arrival of the Excimer laser, a technology that treats plaque psoriasis and vitiligo, and other skin conditions.

Using an intense beam of focused laser light, the XTRAC laser gets right to the area of concern, leaving healthy surrounding tissue alone.





Accent Laser

THE ACCENTYOURBODY® SYSTEM

This past year, CFD acquired a new laser called the Accent. We are very excited about this new technology and look forward to helping our patients achieve younger, tighter, smoother skin. January brings slightly longer daylight hours as well as a reminder that the warm weather will be approaching soon. As we

make our New Years resolutions, some of you may be considering diet and exercise. The Accent laser can smooth and reduce those annoying areas of excess fat and cellulite. It can also help tighten loose skin in those bothersome areas such as the triceps, abdomen and buttocks. CFD has a membership program that can be pur-

chased as a six or twelve month package. The six month package costs \$2000.00 and allows you to come to the office for skin tightening every two weeks for six months. The abdomen, thighs, arms and buttocks are included. Winter weather can cause many skin issues, particularly in patients with eczema, atopic disease and many other dry skin problems. Regular use of mois-

areas (the face and neck are excluded). The twelve month package costs \$3,500.00 and also includes treatments every two weeks for one year.

WINTER SKIN CARE

turizers can help reduce flare-ups of atopic disease and reduce the need for prescription medication. To receive the maximum benefit from a daily moisturizer, it is best to apply the moisturizer within three minutes of bathing to trap moisture in the skin. Apply moisturizer throughout the day as much as needed to dry areas.

When medication is needed to treat an acute flare of eczema or other dry skin diseases, gently

pat skin dry before applying the medication to the effected areas. Afterwards, apply moisturizer on top of the effected areas as and the entire skin.

Did you know that there is a new class of medications that can reduce the number of eczema flares. They are called barrier repair moisturizers or repair creams. They can be used up to three times a day to prevent flare-ups and are typically used in conjunction with

daily moisturizers. Barrier creams help repair and protect by rebuilding the skin and serving as a barrier to harmful elements. They are safe to apply to external areas of skin and do not contain corticosteroids.

In addition to daily application of moisturizers, it is important to void triggers that can irritate the skin. Common triggers include detergents, soaps, smoke and skin care products

with fragrance, dyes or alcohol.