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# GREENBRAE

*Dermatology*





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We'd love to hear your feedback, so we can continue to improve our service to you.

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# Why Winter is the Best Time for IPL Photofacial Therapy

IPL (Intense Pulsed Light) Photofacial therapy is a popular skin rejuvenation treatment that uses light energy to improve the appearance of skin imperfections. This non-invasive treatment is effective in treating sun spots, age spots, redness, and fine lines and wrinkles. While IPL Photofacial therapy is effective all year round, winter is the best season for this treatment. In this article, we will discuss why winter is the best time for IPL Photofacial therapy and what benefits you can expect from this treatment.

## Less Sun Exposure

Winter is a season when the sun is at its weakest, and there is less sunlight

exposure. The UV rays of the sun are known to cause sun damage, and this can affect the effectiveness of IPL Photofacial therapy. When you undergo IPL treatment, the light energy targets the pigments in your skin and absorbs them, heating up the skin cells and causing them to be eliminated. When the skin is exposed to UV rays, it creates melanin pigments in response, which can interfere with the IPL treatment. By undergoing IPL Photofacial therapy in winter, when the skin is less exposed to the sun, you can maximize the effectiveness of the treatment and reduce the risk of sun damage.

### **Improved Results**

IPL Photofacial therapy is a process that involves multiple treatment sessions to achieve optimal results. In winter, you can start your IPL treatment and have enough time for multiple sessions before summer, when you are likely to be more active outdoors. This means that you can achieve the best results from your IPL treatment, giving you smoother, younger-looking skin.

### **Reduced Risk of Post-Treatment Complications**

After IPL Photofacial therapy, there is a risk of post-treatment complications such as redness, swelling, and inflammation. These side effects are more likely to occur during the summer months when the skin is exposed to more sunlight, heat, and humidity. By having IPL

treatment in winter, you can avoid these risks and enjoy a smoother recovery.

### **Preparation for Summer**

Winter is the perfect time to prepare your skin for summer. By undergoing IPL Photofacial therapy in winter, you can reduce skin imperfections and have smoother, rejuvenated skin in time for summer. This means that you can enjoy outdoor activities and show off your skin confidently without worrying about skin imperfections.

### **Increased Comfort**

During and after IPL Photofacial therapy, your skin may feel sensitive, tender, and warm. By having IPL treatment in winter, you can avoid the discomfort that comes with skin sensitivity in summer when it's hot and humid. You can stay indoors and take care of your skin while it heals before you venture out in the sun.

IPL Photofacial therapy is a popular skin rejuvenation treatment that is effective all year round. However, for maximum effectiveness and comfort, winter is the best season for this treatment. Winter allows you to avoid the risk of sun exposure, achieve the best results, reduce the risk of post-treatment complications, prepare your skin for summer, and enjoy increased comfort. If you are considering IPL Photofacial therapy, now is the perfect time to book your appointment and **save 15% OFF on this amazing skin rejuvenation treatment.**

# Q&A Spotlight: Madison Amos



In our inaugural issue, we are thrilled to introduce Madison Amos, one of our newest team members and a Board-Certified Physician Assistant at Greenbrae Dermatology. Madison brings with her a wealth of experience in dermatology, and we were eager to sit down and learn more about her background and specialties. During our conversation, Madison spoke passionately about her commitment to providing exceptional care, particularly in the diagnosis and treatment of skin conditions. Her extensive knowledge and experience are a true asset to our team, and we are honored to have her on board. We can't wait for you to get to know Madison, and we are confident that you will be as impressed as we are.

**When did you realize you wanted to become a Physician Assistant (PA)?**

I was always interested in science, and in college I realized the PA profession was the perfect way to combine my love of science with helping people. I really enjoy the work-life balance that comes with being a PA, and I feel lucky to be able to do meaningful work every day.

**What led you to specialize in skin care and dermatology?**

I learned my passion for skin health from my father, who is a practicing dermatologist

in Pennsylvania. After I graduated PA school I immediately started working in dermatology and have enjoyed working in Colorado, Connecticut, and now here in California.

### **For you, what is the most gratifying part of your job?**

The most gratifying part of working in dermatology is that I get to cure and prevent skin cancer everyday through surgical and medical dermatology. I also love helping my patients look and feel their best through cosmetic procedures; there's no better feeling than seeing a big smile on someone's face because they feel beautiful and ready for their wedding or graduation!

### **What's something you wished patients knew more about skincare?**

I wish all patients knew the importance of protective skin care; all that time without sunscreen in your youth will come back to haunt you later in life. I also wish people knew that sometimes less is more when it comes to skincare! You can have a very effective 3-4 step routine, you don't need 50 skin care products taking up space in your bathroom.

### **What are some of the biggest trends you are seeing in dermatology and skin care today?**

One trend I have really enjoyed is that young people are starting to put more emphasis on preventative skin care.

Sunscreen and a little Botox in your 20s and 30s can pay dividends later in life.

### **What is your daily facial routine?**

AM:

- Cleanse with Foaming Cleanser
- Apply SKNV Mega C B E & Ferulic acid serum to face, neck, and chest
- Moisturize with Neutrogena Hydroboost gel moisturizer
- Apply SPF - either ELTA MD Clear or ELTA MD Elements depending on the day

PM:

- Cleanse with Foaming Cleanser
- Apply prescription tretinoin (Retin-A) 0.05% cream to my face, neck, and chest three times per week
- Apply Neocutis Lumiere Firm tightening eye cream
- Moisturize with Triple lipid repair cream

### **What do you like to do outside of work?**

Outside of work I enjoy hiking, skiing, and caring for my french bulldog, Millie.

Whether you're struggling with acne, eczema, or any other skin concern, Madison can help you achieve the beautiful, radiant skin you deserve. To schedule an appointment with Madison, simply call us at (415) 925-0550 today. We look forward to helping you achieve your skincare goals!



# Managing Atopic Dermatitis: Tips to Prevent Flare-Ups

Atopic dermatitis, also known as eczema, is a chronic skin condition that can be uncomfortable and frustrating to deal with. If you're one of the millions who suffer from atopic dermatitis, you're probably familiar with the uncomfortable symptoms - itching, redness, and dry, scaly skin. The good news is that with proper management, flare-ups can be prevented. We'll provide helpful tips on how to reduce the chances of experiencing flare-ups and improve your overall quality of life.

## **Moisturize, Moisturize, Moisturize**

One of the primary causes of atopic dermatitis flare-ups is dry skin. It's essential to keep your skin moisturized to prevent itchiness, cracking, and inflammation. Use gentle moisturizers that are fragrance-free and free from other irritants, such as parabens and phthalates. Apply moisturizer immediately after bathing, and several

times a day, if necessary. Keeping your skin hydrated helps maintain your skin barrier function, which serves as a protective layer against irritants.

### Limit exposure to irritants

Avoid exposure to irritants that can cause flare-ups, such as harsh detergents, soaps, and solvents. Instead, use gentle, fragrance-free products that are free from dyes and preservatives. Wear protective clothing when doing housework or engaging in outdoor sports. If possible, avoid wool materials, which can also cause irritation. Limit your exposure to dust, pet dander, and pollen, as these can be triggers for some people.

### Take lukewarm baths

Taking long, hot baths can dry out and irritate the skin, making atopic dermatitis symptoms worse. Try taking shorter baths or showers with lukewarm water instead. Also, avoid using harsh soaps or body washes. Instead, use gentle, fragrance-free cleansers to maintain your skin's natural oils.

### Stick to a skincare routine

Establish a daily skincare routine to prevent flare-ups. This routine can consist of regular bathing, applying moisturizers and emollients, and using prescription creams or ointments as directed by your dermatologist. Remember to use skincare products consistently, as



directed, to maintain healthy skin.

### Manage stress

High levels of stress and anxiety can worsen atopic dermatitis symptoms. Practices such as meditation, yoga, and deep breathing can help reduce stress and alleviate symptoms. Additionally, getting enough sleep is essential for your overall well-being and can improve your chances of having clear skin.

Atopic dermatitis can be a challenging condition to manage, but with the right strategies, flare-ups can be prevented. Consistently moisturizing skin, limiting exposure to irritants, taking lukewarm baths, sticking to a skincare routine, and managing stress can all help maintain healthy skin and reduced flare-ups. Speak with your dermatologist to determine the best course of treatment for your individual needs and take the necessary steps to manage your atopic dermatitis.





# The New Skincare Regimen You Should Adopt in 2024

Our skin is one of the most important organs of our body. It protects us from environmental factors and plays a crucial role in maintaining our overall health. With time, our skin undergoes several changes like wrinkles, fine lines, and other signs of aging. However, with proper care and a good skincare regimen, we can make sure that our skin stays healthy and looks youthful for a long time. In this blog post, we will talk about the new skincare regimen that you should adopt in 2024 for healthy and radiant skin.

## Use of Vitamin C Serums

Vitamin C serums have been around for quite some time now, but in 2024 they



## Applying Sunscreen Daily

You've probably heard it before, but it's worth the repetition. Regardless of the weather, you should wear sunscreen every day. It protects your skin from damage caused by the sun's harmful ultraviolet (UV) rays. In 2024, it has become an essential part of our skincare routine. Choose a broad-spectrum sunscreen that has an SPF of 30 or higher to ensure maximum protection.

## Incorporating Night Creams

In 2024, everyone is talking about the importance of night creams to have healthy and glowing skin. Night creams are thicker and more hydrating than daytime moisturizers. It's during the night that our skin naturally repairs itself. Adding a night cream with ingredients like retinol, hyaluronic acid, and ceramides will help to give your skin an essential boost of nutrients.

have taken over as the go-to anti-aging product. Vitamin C is packed with antioxidants that help to brighten and make the skin look more youthful. Incorporating it to your regimen helps to protect the skin from free radicals.

## Chemical Exfoliation

Physical exfoliation using scrubs is an age-old technique for getting rid of dead skin cells. But it's time to ditch that and start with chemical exfoliation. Unlike physical scrubs, which can be abrasive, chemical exfoliation uses acids such as alpha-hydroxy acid (AHA) and beta-hydroxy acid (BHA) to exfoliate. It's an excellent choice for those with acne-prone skin or hyperpigmentation because it removes the dead skin cells that can cause these issues.

As you can see, adopting the new 2024 skincare regimen is all about giving your skin the right nutrients and removing dead skin cells and toxins to achieve a radiant and healthy complexion. Incorporating vitamin C serums, chemical exfoliation, sunscreen, and night creams will help make a big difference in achieving that radiant glow. However, it's crucial to remember that maintaining a skincare habit takes time and consistency, so don't give up quickly, and in a few months, you'll have achieved the skin you always wanted.