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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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The Impressive Benefits of PRP Hair Loss Restoration

Hair loss can be an emotional and confidence-shaking experience for both men and women. If you're dealing with thinning hair or bald patches, you might have already scoured the internet for solutions like hair transplants, topical treatments, or medications. But one treatment that's been gaining considerable attention for its natural approach and effectiveness is PRP Hair Loss Restoration.

PRP (Platelet-Rich Plasma) therapy taps into the power of your own body to promote hair growth—without invasive procedures. Wondering how it works and if it's the right choice for you? We cover everything you need to know, from the science behind PRP to its key benefits, so you can make an informed decision.

What Is PRP Hair Loss Restoration?

PRP hair loss restoration is a minimally invasive treatment that uses platelets, one

of the key components of your blood, to treat hair thinning and receding hairlines. Platelets are known for their healing properties and their ability to promote cell regeneration. Here's how the process works step by step:

1. Blood Draw: A small amount of blood is drawn from your arm.

2. Centrifuge Separation: The blood sample is then placed into a centrifuge, which spins rapidly to separate the platelet-rich plasma from the rest of the blood.

3. Scalp Injection: The extracted PRP is carefully injected into areas of the scalp facing hair thinning or loss.

The growth factors in PRP help improve blood flow, nourish hair follicles, and kickstart the natural hair regeneration process.

But what sets PRP apart from other hair restoration treatments? Let's break down the benefits.

Benefits of PRP Hair Loss Restoration

PRP offers a unique combination of natural healing, precision, and noticeable results. Here's why more individuals are choosing this method to address hair loss:

1. Stimulates Natural Hair Growth: Unlike medications that rely on synthetic chemicals or hair transplants requiring

surgical intervention, PRP stands out for its natural approach. By leveraging your body's own platelets, PRP enhances the health of dormant hair follicles, encouraging them to grow thicker and stronger hair strands.

2. Minimally Invasive and Low Risk: PRP is a minimally invasive procedure that doesn't involve scalpels or implants. Because the treatment uses your own blood, the risk of allergic reactions or infections is incredibly low compared to traditional hair restoration surgeries or topical treatments that may cause irritation. PRP has been dubbed a "low-risk, high-reward" treatment option for this reason.

3. Improved Hair Density and Thickness: Patients often notice their hair becoming denser and more luscious after a series of treatment sessions. This is because PRP not only stimulates the follicles for new hair growth but also strengthens existing strands, preventing further thinning.





4. A Personalized Treatment Option:

PRP is tailored to the individual. The procedure deliberately targets areas of concern, such as a receding hairline or crown thinning, providing a highly customized solution. This precision ensures that your results align with your unique hair restoration goals.

5. Fast Procedure, Minimal Downtime:

Each PRP session typically takes under an hour, with little to no downtime required afterward. Most patients can resume normal activities the same day, making this an ideal solution for busy individuals who want effective hair restoration without a significant recovery period.

6. Enhanced Scalp Health: A healthy scalp is the foundation for healthy hair. PRP improves blood circulation and supplies essential nutrients to the scalp, creating an optimal environment for hair growth. Many patients also report better scalp hydration and reduced irritation as a bonus benefit.

Who Can Benefit From PRP Therapy?

PRP is typically recommended for individuals dealing with early to moderate hair loss. Here's who it works best for:

Men and Women With Thinning Hair:

PRP can help improve hair density and prevent further thinning.

Postpartum Hair Loss: Women experiencing temporary hair loss after pregnancy may benefit greatly from PRP.

Alopecia Areata Patients: PRP can complement other treatments to encourage hair regrowth in individuals with this condition.

Early Balding Stages: PRP works best for those whose hair follicles are still active but need a boost to produce hair.

While PRP is highly effective, it's worth noting that it may not be suitable for individuals with severe or long-term hair loss, as dormant or dead hair follicles cannot be revived. Consulting a healthcare provider at Greenbrae Dermatology will help determine your eligibility and set expectations.

The Results You Can Expect

PRP therapy doesn't deliver overnight results—it's a commitment that pays off over time. Here's what the typical timeline looks like:

After 2-3 Sessions (First Few Months):

Patients often notice less hair shedding and improved scalp health.

After 4-6 Sessions (6-12 Months): New hairs begin to grow in formerly thinning areas, with noticeable increases in volume and thickness.

Long-Term Maintenance (Ongoing): Results are maintained with occasional follow-up treatments, typically scheduled every 4-6 months.

Compared to expensive surgeries or over-the-counter products with mixed results, the consistent effectiveness of PRP makes it a worthwhile investment.

PRP vs. Other Hair Restoration Treatments

How does PRP compare to some of the more well-known alternatives?

Hair Transplants: While transplants surgically move hair from one part of the scalp to another, PRP works by enhancing the health of existing follicles. PRP is often paired with transplants to promote faster healing and hair growth.

Topical Treatments (e.g., Minoxidil): Topical options sometimes improve growth but must be applied daily and limited to scalp areas where hair already exists. PRP goes deeper, targeting the root cause of thinning hair.

Oral Medications: Drugs like finasteride might stop hair loss, but they don't



address thinning or gaps. PRP helps regenerate hair alongside preventative measures.

For many, PRP becomes the ideal choice due to its balance between natural efficacy, convenience, and long-term sustainability.

Is PRP Worth Trying for Hair Loss?

If you're looking for a natural, effective alternative to combat hair loss, PRP Hair Loss Restoration certainly deserves consideration. With its proven ability to stimulate hair follicles, improve scalp health, and rebuild confidence, it's a versatile option that's changing the game.

PRP therapy works best when you understand your unique hair restoration needs—so be sure to consult our healthcare providers to explore personalized recommendations.



June is Acne Awareness Month: Your Guide to Clearer Skin

June is Acne Awareness Month, a time to highlight that acne affects nearly 60 million Americans annually. At Greenbrae Dermatology, we provide personalized acne treatments, including custom skincare routines, medications, and laser therapies, designed to address the root causes of breakouts and prevent long-term scarring.

Every year, dermatology professionals and skincare advocates recognize June as Acne Awareness Month. This dedicated time aims to educate the public, reduce the stigma surrounding persistent breakouts, and highlight the latest advancements in dermatological care. Acne stands as the most common skin condition in the United States, affecting roughly 60 million people annually across all age groups.

Despite how common breakouts are, navigating the vast amount of skincare advice online often leaves patients feeling overwhelmed. Many individuals spend years trying over-the-counter products without seeing meaningful results. Understanding the underlying triggers of your breakouts is the first step toward effective

management.

By partnering with a professional team like Greenbrae Dermatology, you can move past trial-and-error approaches. A structured, medically backed treatment plan helps you address the root causes of your acne, reduce the likelihood of permanent scarring, and ultimately restore your confidence.

What are the most common causes of acne flare-ups?

Acne flare-ups occur for many different reasons, and pinpointing the exact cause requires careful evaluation. The skin condition develops when hair follicles become plugged with oil and dead skin cells. However, several internal and external factors can accelerate this process and trigger severe breakouts.

Hormone changes represent one of the leading drivers of acne. Fluctuations in androgens enlarge the sebaceous glands and increase sebum production. This excess oil creates an ideal environment for bacteria to thrive. These hormonal shifts frequently happen during puberty, pregnancy, and specific phases of the menstrual cycle.

Stress also plays a significant role in skin health. When the body experiences high levels of stress, it produces more cortisol. Elevated cortisol levels stimulate the skin's oil glands, often leading to sudden and stubborn flare-ups.



Additionally, changes in your diet can influence acne severity. Consuming foods with a high glycemic index, such as refined carbohydrates and sugary snacks, causes rapid spikes in blood sugar. These spikes promote inflammation and increase sebum production across the body. Modifying your diet to include whole foods and anti-inflammatory ingredients often supports a clearer complexion.

Why is it important to seek professional acne treatment?

While many cases of acne are mild and occasionally resolve on their own, some patients develop severe, cystic acne. Without proper medical intervention, severe acne frequently leads to permanent physical scarring and hyperpigmentation.

Over-the-counter products typically only target surface-level symptoms. They rarely penetrate deeply enough to resolve cystic breakouts or balance underlying hormonal triggers. Attempting to manage severe acne without a

healthcare provider often prolongs the healing process and increases the risk of skin damage.

Professional treatment ensures that your skincare regimen directly aligns with your specific skin type and the severity of your condition. A certified healthcare provider can safely extract painful cysts, prescribe medical-grade formulas, and monitor your skin's response to prevent adverse reactions.

How does Greenbrae Dermatology treat acne?

At Greenbrae Dermatology, we understand that no two complexions are exactly alike. Our professionals conduct a thorough skin analysis during your initial consultation to identify your specific acne type and environmental triggers. Based on this detailed assessment, we create a personalized treatment plan designed to clear up your acne safely and efficiently.



We provide numerous treatment choices to accommodate different severities and lifestyles.

Custom at-home skincare methods

Building a strong daily foundation is essential for long-term acne management. Our healthcare providers help patients establish custom at-home skincare routines using medical-grade products. We guide you in selecting the right non-comedogenic cleansers, targeted exfoliants, and lightweight moisturizers that protect your skin barrier while fighting acne-causing bacteria.

Prescription medications

For moderate to severe cases, topical or oral medications often become necessary. We may prescribe topical retinoids to accelerate cell turnover and prevent clogged pores. In cases involving deep cystic acne, oral antibiotics or hormonal treatments can significantly reduce systemic inflammation and control bacterial growth.

Advanced laser treatments

Laser therapies offer an innovative approach to treating active breakouts and fading old scars. These treatments work by targeting the deeper layers of the skin, reducing oil gland activity, and destroying acne-causing bacteria. Furthermore, laser treatments stimulate natural collagen production, which helps smooth out uneven skin texture

and diminishes the appearance of existing acne scars.

Start your journey to healthier skin today

Acne Awareness Month serves as the perfect reminder that you do not have to manage persistent breakouts entirely on your own. Taking a proactive approach to your skin health can prevent permanent scarring and significantly boost your self-esteem.

If you are struggling to control your acne, contact Greenbrae Dermatology to schedule your comprehensive skin analysis. Our dedicated team is ready to design a personalized treatment plan that targets your specific concerns and helps you achieve the clear skin you deserve.



Frequently Asked Questions about Acne Treatment

How long does it take to see results from professional acne treatments?

Most patients begin to see noticeable improvements in their skin within four to eight weeks of starting a professional treatment plan. Acne healing requires time because medications need to alter the skin's natural cell turnover cycle. Consistency with your prescribed routine is crucial for achieving the best results.

Does stress directly cause acne breakouts?

Stress does not directly cause acne, but it acts as a powerful trigger that worsens existing conditions. High stress levels prompt the adrenal glands to release cortisol, which subsequently stimulates the sebaceous glands to produce excess oil. This excess oil easily clogs pores and leads to new breakouts.

Are laser treatments effective for severe acne scarring?

Yes. Laser treatments are highly effective for minimizing the appearance of severe acne scarring. The laser energy removes damaged outer layers of skin and stimulates new collagen production underneath. This process encourages the skin to heal itself, resulting in a smoother, more even texture over time.



The Best Neck Firming Creams to Lift and Tighten Skin

Many people meticulously care for their faces while completely ignoring the skin just a few inches below. Over time, this neglect becomes highly visible. The skin on your neck and décolleté is distinctly thinner and has fewer oil glands than the skin on your face. This lack of natural moisture makes the neck highly susceptible to dryness, sagging, and the formation of deep wrinkles.

Because the structural makeup of neck skin is uniquely fragile, standard facial moisturizers often fail to provide the targeted support this area needs. Addressing these specific concerns requires products formulated explicitly for the neck and chest.

Applying a dedicated neck firming cream can dramatically improve the texture and

appearance of your skin. By incorporating powerful active ingredients into your daily routine, you can restore lost definition and achieve a smoother, more youthful look. Let us explore the benefits of two highly effective neck firming treatments.

What are the benefits of Greenbrae Dermatology Neck Firming Cream?

The Greenbrae Dermatology Neck Firming Cream was developed specifically for the delicate skin of the neck and décolleté. This deeply hydrating neck cream helps to firm, lift, and tighten the appearance of skin that has lost definition due to dryness and the natural aging process.



This advanced product relies on a proprietary blend of active ingredients designed to support healthy collagen and elastin production. Regular application helps smooth rough skin texture and promotes a more even skin tone. Additionally, the Greenbrae Dermatology Neck Firming Cream delivers vital antioxidant protection, helping defend the skin against environmental stressors that accelerate aging.

How does Neocutis NEO FIRM Neck & Décolleté Tightening Cream work?

For those looking for an intensive anti-aging treatment, the Neocutis NEO FIRM Neck & Décolleté Tightening Cream offers a powerful solution. This moisturizing complex is formulated explicitly to address the unique signs of aging on the neck and chest.

Neocutis NEO FIRM helps firm and tighten loose skin while supporting the restoration of lost collagen and elastin. By strengthening the skin's structural foundation, it creates a smoother, more lifted profile. Furthermore, this tightening cream specifically targets hyperpigmentation, working to diminish the appearance of age spots and correct uneven skin tone caused by sun exposure.

Why is a dedicated neck cream better than a regular face moisturizer?

The skin on the neck is much thinner and produces less natural oil than the



apply the product using gentle, upward strokes to avoid pulling down on the delicate skin.

Revitalize your skincare routine this June

Taking care of your neck and décolleté is a critical step in any comprehensive anti-aging regimen. By utilizing products specifically formulated for this delicate area, you can successfully combat sagging, dryness, and uneven skin tone.

If you are ready to upgrade your skincare routine and experience the lifting effects of these specialized creams, now is the perfect time to act. For the month of June, you can **save 20% OFF the Greenbrae Dermatology Neck Firming Cream and the Neocutis NEO FIRM Neck & Décolleté Tightening Cream**. Add these powerful treatments to your daily regimen and enjoy a firmer, smoother neckline.

face. Dedicated neck creams are formulated with richer, more targeted ingredients to provide the intense hydration and structural support required to firm and tighten this specific area.

When should I start using a neck firming cream?

Healthcare providers generally recommend incorporating a neck cream into your skincare routine in your late twenties or early thirties. Early intervention helps maintain collagen and elastin production, preventing severe sagging and deep wrinkles before they form.

How often should I apply a neck and décolleté tightening cream?

For optimal results, apply your neck firming cream twice daily—once in the morning and once at night. Always

