

# TAKE TIME

MEDI-SPA NEWS – The newsletter of Infinity Skin Care & Spa, by Kimberly K. Schulz, MD, Dermatologist, **Spring 2008**

## IN THIS ISSUE

### Focus on Acne

Dr. Schulz explains the truths and myths about acne in this informative article for patients of all ages.

### Spring Skin Care Seminar

Please join us Thursday, April 10th (7:00pm–8:30pm) at the Coralville Marriott Convention Center. Details on back.

### Two New Sunscreens Arrive

Introducing SkinCeuticals Active UV Defense and SkinMedica Environmental Defense Sunscreens.

### Mother/Daughter Visia Digital Imaging Special

Teach them to appreciate their skin while they are still young! Take advantage of this special offer.

### Introducing Derasweep MD

This advanced new system takes microdermabrasion to the next level!



Kimberly K. Schulz, MD  
Certified by the American Board  
of Dermatology

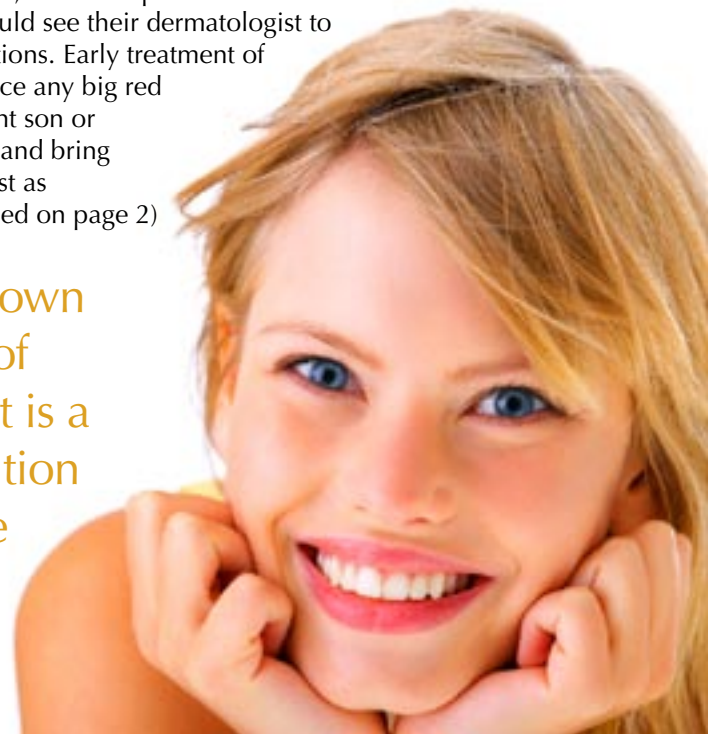
## The Truths & Myths About Acne

It is estimated that 60 million Americans suffer from acne. Acne is best known as a condition of teenagers, but acne is a common condition along the entire age spectrum. In fact, 25% of adults suffer from acne! 20 million Americans have acne scars. Only 11% of acne sufferers receive medical attention. This issue of our newsletter is devoted to acne care. What you learn may surprise you!

First, acne is generally caused by two things, hormones and heredity. Eating a junk food diet won't do your complexion any favors, but it doesn't cause acne. Stress will definitely aggravate acne but it doesn't necessarily cause it. One of the biggest misconceptions about acne is the belief that finding that miracle cleansing product will cure acne. If you have acne your complexion will certainly suffer if you fail to cleanse twice a day, but spending lots of money on fancy cleansers won't solve the problem of inflammatory acne. Aggressive cleansing or rubbing can actually make inflammatory acne even worse! Acne treatment requires medication, period. Only after beginning a rational, customized medication regimen should patients consider enhancing their results with procedures such as microdermabrasion, chemical peels or extractions.

People with acne should see their dermatologist to discuss their treatment options. Early treatment of acne is the key. If you notice any big red pimples on your adolescent son or daughter, do them a favor and bring them to see a dermatologist as soon as possible. (Continued on page 2)

Acne is best known as a condition of teenagers, but it is a common condition along the entire age spectrum.



# The Truths & Myths About Acne (continued)

Studies on psychosocial development of young people with acne show a significant emotional burden from acne, even though it often goes unmentioned by the affected individual. Many patients and their parents don't realize that help is available or they believe that acne is a normal right of passage into adulthood. Please help avoid both the physical and emotional scars from acne and see a dermatologist early.

**What is acne?** It is an inflammatory condition of the skin's pilosebaceous unit, also known as the pore. Hormones (androgens) cause the oil glands to produce more oil. The oil mixed with dead skin cells produces a plug in the pore. Normal bacteria proliferate in this plugged pore environment and cause pimples, both small and large. Plugged pores are improved with topical medications called retinoids. Retin-A and Differin are two common brands of retinoids for acne, which are applied to the skin, typically once per day. The small pimples can be treated with a topical antibiotic applied to acne prone skin

daily. The deeper, tender pimples require an oral antibiotic taken for at least several weeks, possibly longer depending on each patient's situation. Because so many patients have whiteheads and blackheads as well as small and large pimples, many patients require all three kinds of medication to treat their acne. Acne treatment takes time. Most oral antibiotics take full effect after 4 weeks of therapy. Topical retinoids take 8-12 weeks to show significant results.



**Are there special treatments for women?** Absolutely! The traditional therapy outlined above is typical for a teenage boy with acne. Girls and women with acne have other options. First, a hormonal intervention will get at the root cause of the acne rather than

just treating its aftermath. Both oral contraceptives and a medication called Spironolactone may, in certain circumstances, offer effective acne treatment for women without the need for multiple topical medications or oral antibiotics. For severely affected patients of both sexes, Isotretinoin (Accutane, Claravis, Amnesteem and Sotret) can offer long-term remission after approximately 20-24 weeks of the medication.

**What about enhancing results with procedures?** I'm all for anything that increases exfoliation (exfoliation is IT when it comes to acne, an even complexion or anti-aging). Retinoids, glycolic or salicylic acid, microdermabrasion, chemical peels and use of the Clarisonic MD cleansing brush all exfoliate the top layers of dead skin, increase cellular turnover and improve overall skin quality with or without acne. And of course, if you have acne, exfoliation is key to cleaning out the pores and diminishing whiteheads and blackheads. These procedures don't replace medication, they augment it.

**If you or your teenager is suffering from acne, please call and schedule an appointment with the dermatologists at Town Square Dermatology today. 319-337-4566.**

## Introducing Derasweep MD Infinity's new crystal-free microdermabrasion system

This system takes microdermabrasion to the next level! With three levels of treatment and the ability to infuse solutions to target specific skin problems, this system will offer amazing results and a new option to keep your skin looking smoother, younger and pigment free.

Epi-Infused microdermabrasion employs a total of five solutions, including solutions for acne, bleaching, antioxidant protection and hydration. Only one solution is used in a treatment but a single patient likely has different needs throughout the year. An acne infusion will help with plugged pores and acne in the summer. In the fall that same patient may need a bleaching infusion to diminish brown spots after being out in the summer sun. In the winter, hydration may be the greatest need. Each treatment is customized to the individual patient. Regardless of the infused solution, each Derasweep MD treatment provides state of the art mechanical exfoliation leaving the skin smooth and luminous. Patients notice a change after a single treatment!

The face is the most commonly treated area followed by the chest and hands. A typical session lasts 30 minutes. Six sessions every two weeks is recommended, followed by maintenance treatments a few times a year.

## APRIL FEATURED PRODUCT OF THE MONTH

### 15% OFF Clarisonic MD Brush System!

Clarisonic® MD removes six times more makeup than traditional facial cleansing. It also helps reduce oily areas, dry skin patches, blemishes and the appearance of visible pores. Use it daily to reduce the appearance of fine lines and wrinkles so your skin feels and looks younger and smoother. Don't miss the April-only savings on this effective brush system. Provide your skin the daily exfoliation it needs!

### Staff product picks:

*Angela, Infinity's Esthetician and Spa Manager, loves SkinCeuticals Hydrating B5 gel. "SkinCeuticals Hydrating B5 Gel is my favorite product right now. It is light and smooth and gives my skin the perfect amount of moisture under my daily application of sunscreen."*



# Mother/Daughter Visia Digital Imaging Special

## Teach them to appreciate their skin!

Whether your daughter is 10 years old and needs to be reminded about the importance of washing her skin twice daily, 24 years old and needs to be reminded about the dangers and pitfalls of ultraviolet light (tanning), or 45 years old and needs to learn about exfoliation and antioxidants to avoid premature aging, Visia is for her! One look at her Visia Digital Skin images and you'll have your daughter hooked on taking good care of her skin for a lifetime!

The revolutionary new VISIA® system captures digital photos of your face and measures wrinkles, pigmentation, evenness and pores. You will even get to see sun damage or brown spots that are under your skin's surface! After your features are graded, you and your daughter will receive a personalized treatment plan to help you rejuvenate your skin and reverse (or prevent) the signs of aging and sun damage. It's a great way to kick off a lifetime of smart skin care for you, and your daughter.

**Call to schedule your pre-summer complexion check and when you bring your daughter you'll both receive 15% off products and services purchased that day!**



*Teach your daughter to appreciate her skin while she's still young! Encouraging great skin habits (and setting a good example by avoiding sun exposure) will help prevent your daughter's future sun damage and premature aging.*

## Did you know? Fraxel Helps Treat Acne Scars

Fraxel treatment, with its safety and rapid healing time, is now available to people of all skin types for the treatment of acne scars. In addition to acne scars, the Fraxel Laser is also FDA cleared for the treatment of surgical scars, fine wrinkles around the eyes, age spots, sun damage, melasma and tone and texture improvement. **Learn more at [www.Fraxel.com](http://www.Fraxel.com).**

## L I V E S T R O N G !

LIVESTRONG Day 2008 is May 13th! Wear yellow to the spa and get 15% off product purchases all week long! In honor of LIVESTRONG Day, Infinity Skin Care & Spa will host a skin cancer screening and health fair courtesy of Dr. Schulz and the Town Square Dermatology physicians. Watch our website for more information.

Dr. Schulz is the LIVESTRONG Army Leader for the Iowa City/Coralville area! Check out her blog at [www.kimsyellow-hope.org](http://www.kimsyellow-hope.org). If you or someone you know has cancer, Dr. Schulz strongly encourages you to take advantage of the amazing resources available on the Lance Armstrong Foundation website at [www.livestrong.org](http://www.livestrong.org). Do you want to be a part of the LIVESTRONG army? Contact Dr. Schulz today.

## Spring into Summer with New Sunscreens

**SkinCeuticals Active UV Defense SPF 15**  
SkinCeuticals Active UV Defense SPF 15 Sunscreen contains the latest innovation in U.S. sunscreen technology by combining Mexoryl™ SX with avobenzone to provide advanced UVA protection. (This ingredient is only available in an SPF 15 regardless of brand, due to FDA restrictions). This light, water and sweat resistant formula offers great protection as an everyday face, neck, chest and hand sunscreen. The product is extremely elegant and works beautifully under makeup without feeling too heavy or pilling. A great choice for all skin types.

**SkinMedica Environmental Defense SPF 30**  
Containing Z-Cote® Max™ for broad spectrum zinc oxide protection which is invisible on the skin and Octinoxate for UVB absorption, this oil free sunscreen offers maximum protection with the addition of Green Tea Extract, Vitamin E and Caffeine for antioxidant protection, as well as hyaluronic acid and Ceramide-3 for moisturization and barrier protection. This sunscreen is ideal for all skin types.

# Spring Skin Seminar



**Thursday, April 10th, (7:00pm - 8:30pm)**

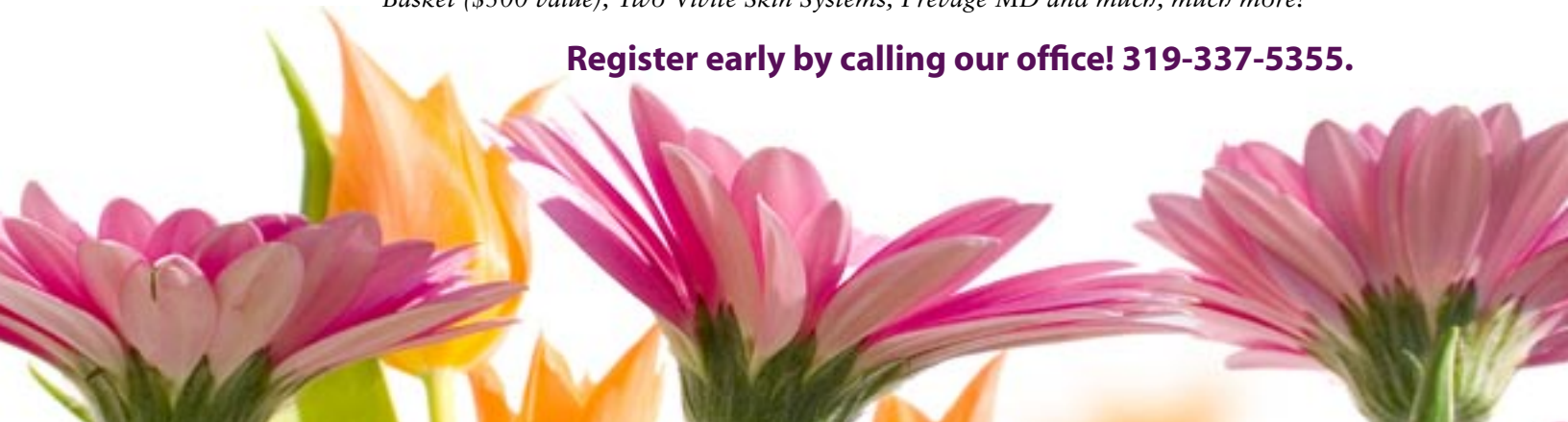
**Coralville Marriott Convention Center**

Are you ready for a warm-up? We are! Join Dr. Schulz and the Infinity staff Thursday, April 10th as we celebrate spring with our biggest skin care event yet. Learn about our exciting new procedures and products, and how to keep your skin looking beautiful in your 20s, 30s, 40s and beyond! Call us today. Space is limited!

**THIS YEAR'S SEMINAR RAFFLE PRIZES ARE BIGGER AND BETTER THAN EVER!**

Register for a chance to win: *Full face Botox treatment, Clarisonic MD Brush System, Massages & Facials, Microdermabrasion and Chemical Peel Services, SkinMedica Gift Basket (\$500 value), Two Vivité Skin Systems, Prevage MD and much, much more!*

**Register early by calling our office! 319-337-5355.**



## MENU OF SERVICES:

### Beautiful Skin Starts Here

- FRAXEL LASER RESURFACING
- BOTOX®
- FILLERS (Restylane® Perlane®  
Juvederm® Radiesse®)
- IPL
- THERMAGE NON-SURGICAL  
SKIN LIFT
- MICRODERMABRASION
- CHEMICAL PEELS
- FACIALS
- MASSAGE
- WRAPS

## HOURS OF OPERATION:

Monday, Friday & Saturday  
(9am-5pm)

Tuesday, Wednesday, Thursday  
(9am-8pm)

Don't forget daily application of  
sunscreen and antioxidants, even  
on cloudy days. These tools are the  
best wrinkle fighters available!

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