



elements



SERPENTINE DERMATOLOGY

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MAKE YOUR SKIN NEW AGAIN

NOVEMBER'S THE PERFECT TIME TO DO A SKIN AUDIT – AN ANNUAL, SYSTEMATIC REVIEW OF YOUR SKIN THAT ENSURES YOUR BIGGEST ORGAN IS NOT JUST IN GOOD WORKING ORDER, BUT HEALTHY AND THRIVING AS WELL.

November is Healthy Skin Month – at least in the United States – but we feel it's a tradition that's worth observing!

Whether you choose to do a self-check at home or come in and have us do a comprehensive assessment, taking time for your skin's health affords you the opportunity for self-care in the busy lead-up to Christmas. If you start putting the right regimens in place now, your skin will be glowing come the holidays. The fact that we're smack dab in the midst of the rainy season helps too; fewer sunny days means paler skin, making it easier for our dermatologists to detect any unusual spots.

Finally, how many times do you look at the list of active ingredients in a product and wonder how they're pronounced, far less what they do?

We're honouring November's healthy skin theme by highlighting the names of a few nifty ingredients in some of our favourite products and explaining how they can help give your skin a more natural glow – **because healthy skin is happy skin!**

For more skin care advice, visit our website, serpentine-dermatology.com



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YOUR TIME FOR HEALTHY SKIN

YOUR SKIN CAN ACTUALLY REVEAL A LOT ABOUT YOUR OVERALL HEALTH, SO TAKE THE OPPORTUNITY THIS MONTH TO ENGAGE IN HEALTHY HABITS AND CHECKUPS TO ENSURE EVERYTHING IS A-OKAY!



1 KEEP A CLEAN SCENE – Wash your face daily, especially after being out and exposed to environmental pollutants, as well as after exercising. Use a mild facial cleanser and moisturiser that is suited to your skin. We have a wonderful range of SkinCeuticals products to suit your individual needs.



2 MOISTURISE – Right after you shower, while your skin is still damp, is the best time to use a moisturiser on your face and body, as it helps lock the moisture in.



3 KNOW YOUR TYPE – Your skin type, that is. Do you have dry, oily or combination skin? Is it normal or sensitive? These details matter when determining the best products for you.



4 DO SELF-EXAMS – Regularly check for any signs of skin cancer by identifying any spots or moles that are changing, irritating you in some way, itching or bleeding. Follow the ABCDE rule – if a spot is asymmetrical, has uneven borders, changes colour, has a diameter larger than a quarter of an inch, is elevated or otherwise uneven, you should have one of our dermatologists examine it.



5 USE SUNSCREEN – We've got a wide range of SkinCeuticals sunscreens, all carefully formulated for specific skin types and needs, and all with superior broad-spectrum protection. Always choose water-resistant sunscreens, 30 SPF or higher. Be smart in the sun as well – wear polarised sunglasses to protect your eyes, and if your skin is prone to sun damage, cover up as much as you can.

GIMME AN “N”!

THE BEST SKIN CARE PRODUCTS AND MEDICATIONS ARE A PRECISELY FORMULATED ALCHEMY OF INGREDIENTS THAT WORK TOGETHER TO ACHIEVE A POSITIVE RESPONSE – FROM KEEPING SKIN FRESH AND SUPPLE TO MINIMISING THE APPEARANCE OF FINE LINES OR UNWANTED BLEMISHES.

Here are a few that are useful for healing, nourishing and nurturing your skin...

1. NIACINAMIDE is a form of Vitamin B3, one of the eight B vitamins critical in maintaining good health, as it helps convert food into usable energy. Because it's a water-soluble vitamin, the body doesn't store niacinamide, but it's found in foods like meat, poultry and fish, green vegetables, milk, eggs, cereal grains, nuts, seeds and beans. When used topically, niacinamide has been proven to strengthen the skin's moisture barrier and reduce the appearance of blotchiness and discoloration.

Its anti-inflammatory properties have had a lot of success in treating stubborn skin conditions like rosacea – and because it's a great skin protector, it's an ingredient that you'll find incorporated into sunscreens.

SkinCeuticals products that include niacinamide range from **METACELL RENEWAL B3**, a lightweight lotion that minimises early signs of ageing, and **DISOLORATION DEFENSE SERUM**, a multi-phase treatment that achieves brighter-looking skin, evening out skin tone in as little as two weeks.

METACELL RENEWAL B₃ CLINICAL + VISIBLE RESULTS

IMPROVEMENT IN RADIANCE, SKIN TONE EVENNESS, TEXTURE, AND SURFACE LIFT

PHOTOGRAPHS ARE REPRESENTATIVE OF AVERAGE RESULTS

2. NIZORAL is an antifungal medication that counteracts fungal infections like pityriasis versicolor, a skin condition referred to as “lota” in Trinidad and Tobago. This skin yeast infection, which is common in tropical climates like ours and most often affects people who perspire heavily, causes flaky, discoloured patches to appear on the skin. As a prescription medication, nizoral should only ever be used on the advice of a doctor, as it can interact with other medicines and cause serious health implications.

3. NEOSPORIN is a broad-spectrum, over-the-counter ointment that lessens the risk of infection following minor skin infections, cuts, scrapes and burns. As effective as it is, however, it does come with the risk of side effects (from rashes to hearing loss), and it is not recommended for use during pregnancy. In our experience, many people are actually allergic to this product, so it's important to be aware of any adverse reactions and not abuse it simply because no prescription is required.

Skincare Savings to be Thankful For

- Buy any **Laser Package**, receive an upper lip or chin **PACKAGE FREE**
- 15% OFF** all Facial or Legs **Vein Removal Treatments**
- \$100 OFF** all **Facials** on Thursdays

* Terms and conditions apply

SKINSIGHT

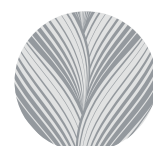
“Healthy skin is a reflection of overall wellness.” – Dr. Murad



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