

# COMPREHENSIVE DERMATOLOGY CENTER OF PASADENA

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Volume 5, Issue #8





## A Month of Celebration and Savings

This month marks 5 years of our partnership with you in healthy, beautiful skin. We've grown so much, and it's all due to you, our loyal patients. Join us this month to celebrate and save! Please forward this newsletter to a friend, and don't forget that this month and every month, when you refer a friend, you both receive a 20% discount on a cosmetic service with our thanks.

# 5 Beautiful Years, One Great Night!

Join Us for Our 5th Anniversary Casino Party, Where Everyone's a Winner!



Thursday, May 12 4 pm to 7 pm Call or email now to RSVP

# by Friday, May 6!

Fabulous refreshments, great tunes

Once-in-5-years exclusive discounts (25% or more!) on your favorite cosmetic treatments and products, when you prepay at the party



Learn more about what's new in healthy, beautiful skin and earn a spin on The Wheel of Fortune, where everyone's a winner



Spend \$500 or more, and be entered to win one of FIVE \$1,000 Gift Certificates
good toward injectables and skin care products, or one of FIVE gifts of SkinMedica's revolution in hydration, HA5!



Not sure how you might want to use your 5th anniversary discounts? Our Doctors, our Physician Assistants, and our Cosmetic Consultant will all be on hand to assist you!

The more the merrier, so bring your besties (and your Mom, for a Mother's Day Month treat!).

<u>Just be sure to RSVP today!</u>



# Know the Signs & Let Us Help You Be Proactive!

One in 5 Americans will get skin cancer. Protection and early detection are the keys to avoiding and surviving this most common form of cancer. So we'll take just a bit of your time this month to repeat the public service announcements your dermatologist most wants you to hear.

#### **Protect Yourself**



# **Protect yourself in five ways from skin cancer**

This graphic is a handy reminder of the common-sense precautions you can take to protect your skin from damaging UV rays (which not only cause skin cancer, but age you prematurely). This is not a menu of options; these all work together!

To help you stay protected, take advantage of 20% savings this month on your favorite EltaMD and SkinMedica Total Defense + Repair sunscreens! (See Products of the Month, below.)

#### **Check Yourself**

Monitor spots on your skin for signs of change. New or changing moles and spots may signal melanoma, the most deadly form of skin cancer. Know these signs, and look for them (have a partner help you, if possible) monthly.

NORMAL		CANCEROUS
	<ul> <li>"A" IS FOR ASYMMETRY</li> <li>If you draw a line through the middle of the mole, the halves of a melanoma won't match in size.</li> </ul>	
	"B" IS FOR BORDER  • The edges of an early melanoma tend to be uneven, crusty or notched.	
	"C" IS FOR COLOR  • Healthy moles are uniform in color. A variety of colors, especially white and/or blue, is bad.	
	<ul> <li>"D" IS FOR DIAMETER</li> <li>Melanomas are usually larger in diameter than a pencil eraser, although they can be smaller.</li> </ul>	
	<ul> <li>"E" IS FOR EVOLVING</li> <li>When a mole changes in size, shape or color, or begins to bleed or scab, this points to danger.</li> </ul>	

Of course, if you notice any of these signs--even if you're not really sure--call us right away.

By the way, we like that both prevention and detection involve FIVE steps. We like 5s this month! Practice those lucky fives to stay alive, healthy, and beautiful!

#### **Get Your Annual Full-Body Skin Check This Month**

Once a year--more often, if you have a history of skin cancer or are otherwise more susceptible--schedule a **full-body skin check** by a healthcare expert. Schedule yours with one of our Physician Assistants right now, while you're thinking of it. Call or **email** for your appointment.

One last note: Please don't tan, whether in the sun or under lamps. Tanning turns skin to leather (literally), and does severe, even when unseen, damage to your skin cells. As a reminder, we ask you to join in celebrating Friday, May 27--the Friday before Memorial Day, when beach season kicks off--as Don't Fry-Day. Tell your friends!



#### **Products of the Month**

20% OFF Your Favorite Sunscreens All Month



EltaMD® Sun Care

We carry a full line of sunscreens from <u>EltaMD</u> and <u>SkinMedica Total Defense + Repair</u> to suit all your sun protection needs. You'll find both chemical and physical options, untinted or tinted, formulated for all skin types, all developed to provide the highest quality full-spectrum UV protection. Shop our sunscreens at <u>20% OFF</u> in conjunction with Skin Cancer Awareness Month. Browse our selection or ask us for a recommendation!



#### **Around the Office**

#### **Mother's Day Gifts**

Mother's Day is Sunday, May 8! Comprehensive Dermatology Center of Pasadena Gift Cards--available in any amount, good toward cosmetic services and skin care products--make great Mother's Day gifts for all the moms, nanas, sisters, daughters, and BFFs on your list!

#### **Saturday Hours**

We are open two Saturdays this month--May 14 and May 28-from 8:30 am to 12:30 pm for medical, laser, and aesthetic appointments.

#### Party! Party! Party!

We have to say it again! We're so excited about our 5th Anniversary Casino Party that we have to remind you one more time to RSVP by phone or <a href="mailto:emailto:



### Mary Lou's News

# See Me on May 12 for Your Best Skin Care Bets!



Along with our doctors and physician assistants, I'm so looking forward to seeing you at our 5th Anniversary Casino Party! We can answer your questions about treatments, and help you make the most of your exclusive discounts on prepaid services and

products. If there's something you're interested in that doesn't appear on the Event Discount Menu you receive at the party, don't hesitate to ask. I'm happy to work with you to personalize your plan for healthy, beautiful skin!

#### Look Beautiful Now--Pay Over Time

Ask me about **CareCredit**, our financing service. It's easy to apply, and you have six months to pay for your treatment--at NO interest! (Note: Payment plans not available for prepaid discounted treatments, products, and packages.)

#### The Fine Print

Unless otherwise specified, all offers are good through May 31, 2016 only, and may not be combined with other discounts. You may prepay treatments to get the discount; prepaid treatments may be scheduled at your convenience. Thank you!

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