



CONSULTATION CORNER

— ROSACEA —



We ask Dr. Riddle the challenging questions we hear during our cosmetic consultations. This month we are focusing on rosacea.

What is rosacea?

Rosacea (roe-ZAY-she-uh) is a common inflammatory skin condition that causes blushing or flushing and visible blood vessels on your face. This is known as Telangiectatic Rosacea. It may also produce small, pus-filled bumps. This variant is known as Acne Rosacea because it can be mistaken for acne.

What causes rosacea?

While the exact cause is not known, there are several “triggers” that can cause a rosacea flare. These flares may last weeks to months and then go away for a while. The most common triggers are sun exposure, certain skin care products, extreme temperatures of hot or cold, alcohol, caffeine, stress, and spicy food.

How do you treat rosacea?

There is no cure for rosacea, but prevention and treatment can control and reduce the signs and symptoms. Avoiding the common triggers helps prevent the flares from occurring. Sometimes however, prevention is not enough, and medical therapy is needed. Treatment options range from specialized face wash, laser therapy, prescription antibiotic treatment, and medicated creams. The right treatment for you will depend on several factors and can ultimately be determined during a consultation at our office.

How do lasers help treat rosacea?

IPL (Photofacial) or Pulsed Dye Lasers (such as Vbeam Perfecta) are the most popular treatments for rosacea. We are proud to be the only Aesthetics Clinic in the entire state of Montana to offer these latest medical technologies. They reduce blood vessel formation resulting in decreased facial redness and less broken blood vessels. Many patients see an appreciable difference in as few as one treatment. Once the blood vessel formation is diminished many patients find they are more comfortable, and their flushing is less severe.

What sunscreen do you recommend for rosacea?

The most important aspect of rosacea care is avoiding sun exposure, so finding the right sunscreen is crucial. I strongly prefer purely physical sunscreens over chemical sunscreens. Physical (aka mineral) sunscreens that contain zinc oxide and titanium dioxide reflect the sun which reduces skin irritation from heat. We are proud to offer a large range of medical-grade sunscreen products in our Aesthetics Clinic.

Do rosacea patients require unique skin care products?

Many people with rosacea have sensitive skin, so finding the ideal treatment regimen can be frustrating when navigating store aisles. If unsure where to start, our estheticians can help you find products that won't irritate your skin. ♦

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ABCDEs of Melanoma

May is **National Melanoma Awareness Month**. Follow these tips from board-certified dermatologists to increase your chances of spotting skin cancer early, when it's most treatable. If you notice any new spots on your skin, spots that are different from others, or spots that are changing, itching or bleeding, make an appointment with Dr. Riddle or one of our wonderful Physician Assistants.

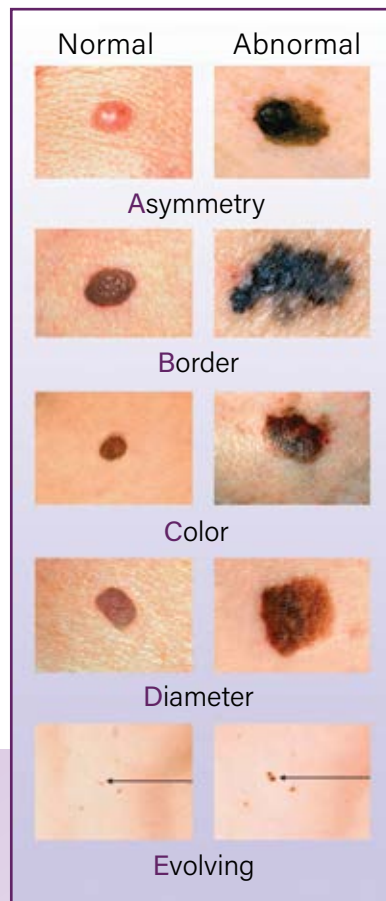
A is for **Asymmetry** — One half of the spot is unlike the other half.

B is for **Border** — The spot has an irregular, scalloped, or poorly defined border.

C is for **Color** — The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.

D is for **Diameter** — Melanomas are usually greater than six millimeters, or about the size of a pencil eraser.

E is for **Evolving** — The spot is changing in size, shape, or color.



Sun Screen



KIM ♦ Sunforgettable Total Protection Brush-On Shield SPF 50

The keywords here are convenient and protection. Sunforgettable Total Protection Brush-On Shield SPF 50 protects from UVA/UVB, pollution, blue light, and infrared radiation plus it is water-resistant. This brush-on sunscreen works great alone or over makeup and is handy for reapplication during the day. It is a great option that can be left in a golf bag or vehicle and has no expiration date because it is 100% pure minerals. Shades are Fair, Medium, Tan and Glow.

CASSIDY ♦ EltaMD UV Elements SPF 44

UV Elements is a 100% physical sunscreen that is gentle, contains moisturizing hyaluronic acid, and is water-resistant for up to 40 minutes. It absorbs beautifully into the skin and leaves it glowing. After I apply the sunscreen my skin feels very hydrated and moisturized. The tint is a universal neutral shade and it works well alone or under makeup.

JEANI ♦ EltaMD UV Lotion SPF 30 +

My favorite sunscreen is EltaMD UV Lotion, and the it can be used on the face and body. I can apply the sunscreen every day before my makeup and my skin feels moisturized and protected. It provides superior moisturizing power and more than 30 times the skin's natural protection from the sun. EltaMD UV Lotion is formulated with transparent zinc oxide to provide broad-spectrum protection from UVA (aging) and UVB (burning) rays. I love how the formula feels light and silky on my skin. It provides me with necessary protection every day!

KYLIE ♦ SkinCeuticals Physical Fusion SPF 50

My favorite sunscreen is the SkinCeuticals Physical Fusion UV Defense SPF 50. I love that as I apply this tinted mineral-based sunscreen, it feels like it really absorbs instead of leaving a heavy or oily residue on my skin. It works well by itself or under a full face of makeup. We have two sizes available in our Aesthetics Clinic to fit your needs.

You can find these recommended sunscreens and many more in our Aesthetic Clinic. During the month of May, receive 15% off any product with an SPF or UPE.

Spring Open House

Thursday, May 18, 4 – 8 p.m.



- ◆ Join Dr. Tanya Riddle and the BD&A team for a tour of our newly renovated offices.
 - ◆ See treatment demonstrations and learn about nonsurgical cosmetic enhancements.
 - ◆ Meet representatives from Candela, Sculptra, Eminence, Epionce, and EltaMD skincare.
 - ◆ We'll be giving out swag bags and **\$5,000 in door prizes!**
 - ◆ Bring a friend for bonus door prizes!
 - ◆ Enjoy light refreshments and treats.
- ◆ **One-night only discounts for products and services:**
 - ◆ Botox \$11/unit (min 35u, while appointments last)
 - ◆ 15% off pre-booked laser treatments
 - ◆ 15% off all skincare products
 - ◆ Special pricing on pre-booked fillers: 25% off first syringe, or 50% off second syringe, or 100% off third syringe.
 - ◆ Appointments must be booked that evening for after May 18
- ◆ **Call 406.294.9660 today to schedule your Botox appointment!**

OUT AND ABOUT

May 11 – Come see us at **Advanced Care Hospital of Montana Health and Wellbeing Expo** 8 am – 1 pm and enter to win fabulous prizes!

June 23 – we will be a hole sponsor at the **Chamber Open at The Briarwood**

June 27 – we will be a hole sponsor at the **Marynell Heringer Women's Golf Tournament** at Yellowstone Country Club

We would love to see you there!



Kynzie's Favorite – Neuromodulators (Botox, Xeomin)



My favorite treatment to receive by far is Botox. Botox or Xeomin is an injectable medication known as a neuromodulator used to treat moderate to severe wrinkles. This medication is FDA approved for treatment of frown lines between the

brows (“11’s”), forehead wrinkles, and lines around the eyes (“crow’s feet”). There are many other areas that can be treated as well including lip lines, gummy smile, bunny lines across nose, etc.

Each product starts working within a few days and lasts approximately 3 months. This is also one of my favorite treatments to perform. I enjoy customizing a treatment plan according to a patient’s needs and desires. With the right technique, Botox or Xeomin provide natural-looking results to enhance your beauty. To see if neuromodulators may be a good treatment option for you, call **406.294.9660** to schedule a complimentary consultation.



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Sign up for our monthly email to receive skincare tips and promotions by scanning the QR code below or by sending your name and email address to **staff@billingsdermatology.com**. **Like us on Facebook** at Billings Dermatology & Aesthetics or **follow us on Instagram** and become eligible for promotions and prizes that are exclusive to social media.



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Laine Elam, PA-C; Tanya Riddle, MD; Kynzie Oliver, PA-C

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SPRING SPECIALS

◆ May

Microneedling or Vampire Facial — 30% off a package of three

Any product with a SPF/UPF — 15% off

◆ June

Semi-Permanent Makeup (Microblading Eyebrows, Lip Blushing or Eyeliner) — 30% off

Any face or body moisturizer — 15% off

◆ July

Microderm HydroPlus+ — 30% off a package of three

Colorescience — 15% off

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Specials are subject to change!

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GentleMax Pro Plus



Vbeam Perfecta



Nordlys IPL

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Get **\$50 credit** for every new Botox, filler, or laser client you refer with our Referral Rewards program.