



## CONSULTATION CORNER

## — ACNE —



*We ask Dr. Riddle the challenging questions we hear during our cosmetic consultations. This edition we are focusing on acne.*

**What causes acne?**

Acne develops on the skin when the pores become clogged, which may occur because of overproduction of oil, a buildup of bacteria, or the shedding of dead

skin cells. When these substances build up in the hair follicle, they form a soft plug that forces the follicle wall to bulge and protrude from the skin, causing a lesion to develop. To fully understand the causes, you should first identify the type of acne you are experiencing. Some other factors that may trigger or aggravate an existing case of acne are hormones, medications, stress, diet, and genetics.

**Is it normal to get acne after puberty is done?**

YES! Adolescent acne is extremely common, but so is adult acne. Approximately 25% of men and 50% of women suffer from acne at some point in their adult lives. I believe a lot of this is due to changes in hormonal levels over time. So yes, it is very, very normal to have acne.

**What are some DIY tips for treating acne?**

Be patient and stick with a regimen. It typically takes three months to start seeing results, so do not get discouraged. Also, it is very important to wash your face every night. I cannot stress that enough.

**Additional tips:** make sure your pillowcases are clean, avoid touching your face throughout the day, and do not pick/pop lesions. There are a few common over-the-counter ingredients that

can help with acne breakouts. Benzoyl peroxide is helpful for red and pustular lesions and can be found in products like CeraVe Acne Foaming Cream Cleanser and PanOxyl. Adapalene gel is helpful for whiteheads and blackheads and can be found in products like Differin Gel.

**When should I see a skin care professional for my acne? What treatments do you use?**

To avoid unnecessary and permanent scarring, early treatment is key. Even mild acne leaves a scar 25% of the time. Virtually everyone can have clear skin with the right treatment. So, if your over-the-counter regimen is not working, make an appointment with a skin care professional early in your acne journey.

Treatment options range from specialized face wash, prescription creams, antibiotics, hormonal treatments, isotretinoin (Accutane), and laser therapy. 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 acne?**

Studies show that pulsed-dye laser (PDL) treatments can help clear acne. In our Aesthetic Clinic we use the Vbeam Perfecta laser. This type of treatment works best when combined with other acne treatments and is particularly helpful for patients unable or not amenable to other treatments.

PDL laser treatments kill the bacteria that causes acne and reduces the inflammation that causes acne lesions to appear so red.

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## Cassidy's Acne Story

I have suffered with acne from a very young age. As a pre-teen, I was one of the first of my classmates to experience breakouts, which was the start of my self-consciousness surrounding my skin. Acne followed me into high school, where I covered my pimples in caked-on makeup. All throughout my twenties the acne was still with me, though I tried every product I could. It was very frustrating as an esthetician myself; I couldn't figure out my own skin and how to clear up my acne. I used every product that said, "acne treatment" or "helps with acne." None of those

products worked though it seemed like I went through almost every acne brand out there.

When I started working at BD&A, they had me try the Epionce skincare line. Within a month of using Epionce, my skin completely changed for the better. For once I had hope that I could have clean and clear skin. As I kept using Epionce my skin totally cleared up. My basic skincare regime is Epionce Lytic Gel Cleanser, Purifying Toner, Lytic Plus Retexturizing Treatment and Renewal Lite Facial Lotion.

When talking with patients who come in with acne concerns, I am very transparent with them, and I can relate because I know what they are going through. I tell them not to get discouraged because we will find a regimen for them. If you would like to explore options for your skin, give us a call and schedule a complimentary consultation. ♦



## Acne 411

The following treatments at our Aesthetic Clinic can help kill bacteria, unclog pores, reduce inflammation and soothe the skin:

- ◆ Vbeam Perfecta PDL Laser
- ◆ Chemical Peels
- ◆ Just for You Facial
- ◆ Extractions
- ◆ Acne products at the Aesthetic Clinic – we have a variety of medical grade products at different price points to help treat the varied types of acne. We can help with cleansers, toners, masques, targeted treatments, moisturizers and sunscreen specific for acneic skin

*Call 406.294.9660 to schedule your complimentary consultation and learn more about your treatment options.*

## STAY CONNECTED

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](mailto: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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# We are pleased to welcome Melanie Lehman, PA-C to our team!



Melanie Lehman is a certified Physician Assistant and is proud to be born and raised in Montana. She completed her undergraduate degree at the University of Denver, majoring in Biology and Psychology. She then received a Master of Science in Physician Assistant Studies from Des Moines University in 2005. Melanie practiced dermatology for over 17 years in California and is thrilled to be back in her home state of Montana. She prides herself on providing exceptional care with a kind bedside manner. Melanie is an active member of the American Academy of Physician Assistants, Society of Dermatology Physician Assistants, and Montana Academy of Physician Assistants. In her free time, Melanie enjoys camping, hiking, cooking, and spending time with her husband and daughter.

## We asked Melanie to share some of her skincare insights:

### ◆ What drew you to dermatology?

Dermatology has always been near and dear to my heart because as a teen and young adult I battled acne for many years. I experienced first-hand how important good dermatological care can be in a person's life. Then, when I was in Physician Assistant school, I did a dermatology rotation and found it fascinating. To be able to see and touch the skin and address concerns, and then to actually see problems on the skin resolve, is very rewarding.

### ◆ What is a common question you hear from new patients?

"What am I supposed to look for if I am checking for skin cancer?" I always try to keep this simple and review what we call the ABCDEs of skin cancer:

- A - asymmetry (one half of the spot is unlike the other half)
- B - border (if the border is irregular or not well defined)
- C - color (more than one color or suspicious colors such as black, red, or blue)
- D - diameter (bigger than a pencil eraser is more suspicious)
- E - evolving (changing in size, shape, color)

Other things to look for: if something looks like a pimple but does not resolve within four weeks, or a mole that bleeds easily (without being picked or scratched).

### ◆ What is an important step most patients miss in their skincare routine?

SUNBLOCK, SUNBLOCK, SUNBLOCK! I cannot emphasize this enough. It needs to be applied every day, no matter what the weather, and no matter if you will even be outside during the day.

◆ **Do you have a favorite skincare treatment?** Chemical peels.  
They are great for freshening up the skin and can heal fairly quickly.

### ◆ What skincare advice would you give your 20-year-old self?

To wear sunblock regularly is absolutely the most important skincare advice I could give anyone. Starting early helps to prevent skin cancer from developing later and also helps with anti-aging.

## OUT AND ABOUT

**AUGUST 12-13, Yellowstone International Air Show** —  
Come get some shade and say "Hi" at our booth.

**OCTOBER 31** - Visit us at the office in costume and we'll have treats and prizes!



# LATE SUMMER AND FALL SPECIALS

## ◆ August

**Dermaplaning:** 30% off a package of three Dermaplaning Treatments or Dermaplaning Facials

**Back to School Special:** 20% off a package of three 45 Minute Teen Facials (Save \$45)

**SkinCeuticals products:** 15% off

## ◆ September

**Laser Resurfacing (Frax/Fraxel):** Face and Neck for \$1,000 (Save \$400)

**Epionce products:** 15% off

## ◆ October

**Vampire Facial (Microneedling w/PRP):** 30% off a package of three

**Eminence products:** 15% off

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