

KDA Newsletter

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Aloha! from Dr. Klein and staff

I love my work, and my family. The nice thing about being a dermatologist now is that there are great ways to enjoy work, family and vacation all at the same time.

In March, I took my husband and my two sons to the Annual Hawaii Dermatology Seminar in Maui, and we had a splendid time! The lush tropical beauty of the islands, and the conferences I attended, provided me with plenty of inspiration for this newsletter.

Above right is a picture of my sons, Carl and Eric, with two of their friends, in the "water rapids" slide at the Grand Wailea hotel.

We had a great time! Inside this newsletter I have some tips to help you with your next sunny family vacation.



Also, **mahalo** (thank you) for your feedback from my past newsletters. Judging by the heartfelt response to the newsletter last year about my mother, who passed away in 2002; I believe anything that one can do to honor their parents, either by lunch date or organizing an event in their honor, is truly a blessed thing. Thank you in return to those who have since shared their memories with me.

Aloha, Marla M. Klein, MD



I used my Skin Ceuticals UV Sport Defense SPF 45 on my face every day, the Neutrogena SPF 55 Ultra Sheer on the body.... and I am happy to report I didn't get sunburned (or tan) the whole week!



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TRAINING REQUIRED TO BE A DERMATOLOGIST:

- 4 years of college, the Bachelor's Degree
- 4 years of Medical School, the Medical Degree (MD)
- 1 year Internship, in either Internal Medicine or General Surgery
- 3 years 100% dedicated to the skin, in a Dermatology Residency, accredited by the American Board of Medical Specialties
- 2 full days of extensive examinations via the American Board of Dermatology

Dermatologists are the only physicians who are specialists in the diagnosis and treatment of the skin.

503.445.2200

I ♥ EPIONCE PRODUCTS

It took me long enough to try it for myself, but now that I have, I'm so happy that I did.

I first heard about the Epionce skin care line from a competing product's sales representative. He said everyone was talking about how great it was; that was two years ago. Since then, many patients have told me they really like these products and we should carry them. Now we do!



I've been using them myself and they keep my acne-prone rosacea-sensitive skin clear without my medications and they include antioxidants so I don't need by Vitamin C serum anymore.

Epionce technology has been developed based on research ; it works to calm chronic inflammation

and repair the skin's natural protective barrier. It is a highly effective skin wellness line that works at the cause of these conditions.

By improving the skin's ability to heal and protect itself from the detrimental effects of the environment, Epionce skin wellness products help correct and prevent visible signs of extrinsic skin aging, including the development of pre-existing skin conditions, while improving the overall health of your skin. Even if your skin has suffered years of neglect, it is never too late to start restoring it to optimum function!

To find out more information, go to www.epionce.com or call Andrea (Ande) at our office number, **503-445.2200**.

Sun Protection News



This is my son on the beach.

If you love Hawaiian vacations as much as I do, make sure to get everyone in your family a good SPF shirt to wear in the pool and surf. They will simplify your life so much; they are more dependable and less messy than applying sunscreens. We like www.radicoolaustralia.com because they are SPF 100+, about \$25 each, and super comfortable. I've listed some other places to shop for great outdoor clothing on the column on the right.

Also, new this year, Neutrogena is making their Ultra Sheer Helioplex sunscreen in a SPF 70 now. I highly recommend it for men and women.

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www.kda-derm.com

KDA Monthly Specials
www.kda-aesthetics.com

Sun Clothing Shopping:
radicoolaustralia.com
coolibar.com
sunprotectioncenter.com
SunPrecautions.com

POISON OAK PRONE?
 Prepare for summer, get your Marie's Poison Oak Soap now, and use right after possible contact to avoid horrible rash
 \$2.95/bar
www.phoenixorganics.com

Metabolic Rate Test:
 Trying lose weight? Find out exactly how many calories *you* require to lose, gain or maintain your weight. Metabolic testing is available at
The Fox Clinic
 503.431.2388

MINDFUL OF THE MEDIA
 Want to fight back against the media putting so much pressure on people to be more perfect?
www.mindonthemedia.org

Skin Type Solutions

Last summer I read The Skin Type Solution by Leslie Baumann, M.D. and was excited that we see things the same way. Only a small percentage of people understand what kind of skin they have, many women think they are sensitive when they aren't and then can't see results with creams because of it. The opposite can be true too, then you can't tolerate creams or gels as directed.

Dr. Baumann breaks people into 16 groups, based on oily vs dry, sensitive vs resistant, pigmented vs not, wrinkled vs not. (I'm an OSPW.)

I'd like everyone to take the test. It is in the book and takes about 30 minutes to take. The book costs \$9-12 to buy. The test is also available in print in our office and on www.kda-aesthetics.com.

As an alternative, you can schedule an appointment with nurse Marcia to bring in your test answers, and go over the various recommended product options, their cost, where to find them, and how to use them.

We'll even supply you with some samples to take home. The fee for this is \$80, the same as an office visit.



Dearly Departed

This past year has been a little rougher than years of the past. The pharmaceutical companies have stopped making some old favorites (Renova cream 0.05%, Nutracort lotions, Triaz gels, SBR Lipocream, Glyquinn cream, etc); our office no longer accepts two health plans (United Health Care and Health Net insurances); and now

the Long's Drug Store near us, at Washington Square Too, will closing at the end of May. The Long's pharmacist, Kathy, says she will be going to the Rite-Aid nearby on Scholls Ferry.



If you were a Nutracort lotion user, I recommend you try **Aquanil HC lotion**, it is sold over the counter, no Rx needed.

If your skin care prescriptions are at Long's, you can call us with your new pharmacy's phone number and we will transfer your maintenance dermatology Rx's over for you. We hear that the Fred Meyer pharmacies will match Costco prices. We will miss the Long's pharmacists' personal service dearly.

Mole Mapping...We Do It!

At Klein Dermatology, we constantly nag everyone to get their full skin exams done regularly because we know just how important it is. It was great to see THE OREGONIAN do a front page report on it recently too. Who would have expected that Oregonians had a 26% higher rate of melanoma than the other states by average?

Melanoma is the most serious skin cancer and it is effecting more people every year. Many

patients are young. Early detection is the key to survival.

Most patients can be examined without the need of photographs.



For patients with dysplastic (large and weird) nevi though, photographs are extremely helpful for follow-up examinations.

Mole mapping is the process where we photograph each region

of the body, and assign a number to each mole that is "special/odd" based on the "ABCDE's" of melanoma. Then we take close up photos and measurements of all the special moles. Those pictures aid us in detecting new moles later on in your return examination; and help find moles that have changed in either color, size, or shape.

This service takes an extra 30 minutes with the doctor and nurse. Our fee is \$150, and is covered by most insurance plans.



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Dr. Klein on television...

Perhaps you haven't noticed it yet, but Dr. Klein is sort of camera shy. On the right is the first picture of her that you will have seen in the newsletters; with the exception of when she was four years old shown in a picture with her mom last year.

So, it may surprise you to see Dr. Klein on a television commercial for Vaniqa cream. But, you probably will see it...the commercial is going to be shown nationally for one entire year on a number of television stations! It was an honor for her to be selected, and she believes the product is truly safe and effective, and that is why she agreed to endorse it.

Vaniqa cream is a unique prescription cream that has been around for several years, yet most patients are unaware of it. Our patients who do use it, report it to be very effective at stopping facial blonde fuzzy hair from growing. It eliminates the need to wax or shave away peach fuzz long-term, as long as the cream is applied twice daily. It costs between \$56-\$75 at the pharmacy with Costco having the lowest price. There is a rebate for \$25 per tube available on their web site at www.vaniqa.com. Any provider in the office can write the prescription, or call us at **503.445.2200** and Sue or Ramon will call it in to a pharmacy of your choice.



Unique Rx for unwanted facial hair; it stops hair from growing, it is not a hair removal cream.



Tim Carrasco, P.A.-C. and Marla Klein, M.D.