

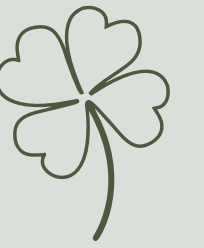
CLEAR  
DERMATOLOGY  
& AESTHETICS  
CENTER

MARCH NEWSLETTER 2024





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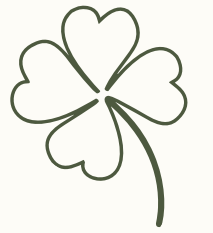


PART. 3

# Hormones

*with Dr. Pearson*

The third part of my hormone discussion is all about estrogen. Why do we care about it in dermatology? Lots of reasons! Estrogens modulate skin physiology by targeting our main skin cells, keratinocytes, as well as other important cells known as fibroblasts, melanocytes, hair follicles, sebaceous glands, angiogenesis (blood vessels) and wound healing.





Various studies have shown numerous roles and benefits of estrogen to skin. Wound healing quality and the rate of healing is dependent on estrogen. Topical estrogen in elderly patients has been shown to reduce and improve delayed healing due to age. Estrogen also showed the hyaluronic acid concentration in the skin to be increased, which means more collagen!

When patients don't have enough estrogen, skin thinning occurs. Loss of collagen and elastin results in skin aging. In postmenopausal women, collagen loss is 2% per year. The circulation in our skin gets worse and dryness increases.

With hormone replacement therapy (HRT) of estrogen, the greatest benefits are seen when started before full menopause. Cardiovascular benefits have been shown in 50-59 yr old women on indicated HRT. There was not benefits if HRT was started greater than 10 years after menopause onset.

Schedule your consultation today to discover the effects of estrogen for a personalized journey to vibrant, resilient skin!

Schedule a consultation with Dr. Pearson or one of our providers (480)-398-1550.

# Phytoestrogens can be found in many of the following foods:



**Nuts:** flaxseeds, sunflower seeds, sesame seeds, almonds, walnuts

**Fruits:** apples, carrots, pomegranates, strawberries, cranberries, grapes

**Vegetables:** yams, lentils, alfalfa sprouts, mung beans, sprouts

**Soy:** soybeans, tempeh, tofu, miso soup

**Herbs:** red clover, licorice root, hops

**Liquids:** coffee, bourbon, beer, red wine, olive oil, jasmine

**Grains:** oats, barley, wheat germ

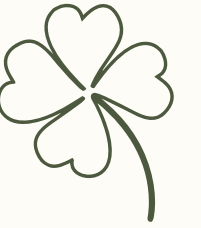


Schedule a consultation with Dr. Pearson or one of our providers (480)-398-1550.



# MONTHLY MOHS

*with Dr. Ogrych*



This patient underwent MOHS micrographic surgery for a basal cell carcinoma of the rim of the ear. Immediately after tumor clearance, the patient underwent reconstruction with a full thickness skin graft to recreate the natural curvature of the ear. At the one week suture removal, the graft is doing great. Scarring will continue to improve over the next 6 months to 1 year. treatment of the helix (curvature of the ear) can be challenging due to the limited blood supply and the difficulty preserving the natural shape of the ear. This patient will have a great cosmetic result.





# HELIX TUMOR REMOVAL



Schedule a consultation with Dr. Ogrich or one of our providers (480)-398-1550.

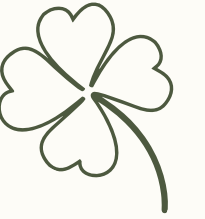


# HELIX RECONSTRUCTION



Schedule a consultation with Dr. Ogrich or one of our providers (480)-398-1550.





# SKINsider tips

*with Haley*

This time of year, I have many patients ask about adding a retinoid to their routine for acne, exfoliation and anti-aging purposes. Retinoids are great for the health of the skin in general and aid in healthy skin-cell turnover.



At our office, we offer the professional brand ISDIN Retinal Advanced Serum which is a great retinol to start with. We also often write prescriptions for RX retinoids like tretinoin or a brand equivalent. **Scheduling an appointment would be the best first step to talk with a provider about which option would be best to reach your skincare goals!**

Once you start using retinols or any products that speed up cell turnover, your skin becomes more sensitive to sunrays, so it is imperative to wear an effective sunscreen daily.

For patients with a sensitivity to retinoids, I recommended also using Epionce Renewal Facial Cream. It has many anti-inflammatory ingredients that help the skin tolerate the retinoid.

For patients who would like an alternative to a retinoid, we carry ISDIN Melatonik; it is a great product for patients who have sensitive skin or have never used a retinol before. It can also be used by pregnant or breastfeeding women whom otherwise cannot use retinoids

Schedule a consultation with Haley or one of our providers (480)-398-1550.



# Join us for a Brown Spot webinar

*with Dr. Latowsky*

**Dr. LaTowsky will be discussing melasma and brown spots!**

Chemical peels are medical-grade facials that stimulate the generation of new skin cells through the peeling of the surface layers of the skin and the healing process.

IPL (intense pulsed light) therapy is a non-invasive skin treatment that uses broad-spectrum light to target a variety of skin concerns, including sun damage, dark spots, and redness.

Fraxel is a laser that addresses brown spots, texture, pore size, and fine lines.

JOIN US FRIDAY, MARCH 29TH AT 2PM MST



# Before & After

## *Chemical Peel*



LIVE DEMO | SPECIAL PRICING | ONE LUCKY RAFFLE WINNER



# Before & After

*IVPL Face*

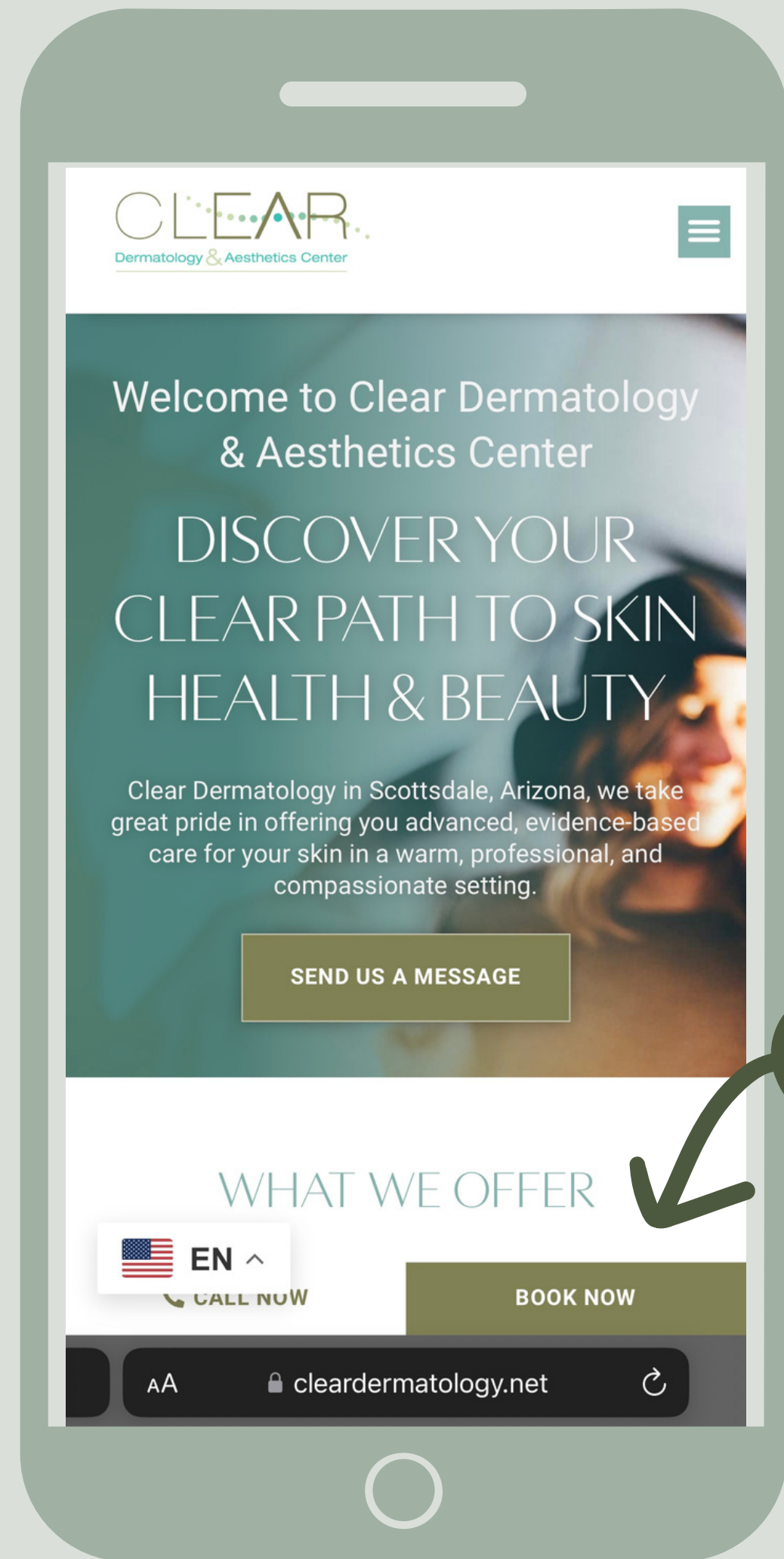


LIVE DEMO | SPECIAL PRICING | ONE LUCKY RAFFLE WINNER

# We offer online Scheduling!

Schedule your own appointment at all three of our locations!

With our online scheduling feature, you now have the power to book your dermatology appointments with just a few clicks, 24/7, from the comfort of your own home or on the go. Our user-friendly platform streamlines the appointment process for your convenience.





# Winter Specials



## **Retexturize your skin this winter**

Buy 5 microneedling sessions, and  
receive your 6th session  
complimentary!

Plus, receive a complimentary Alastin  
Cosmetics Bag w/ Deluxe Samples!



## **Skincare Giveaway**

With the purchase of \$350 or more in  
medical grade skincare products,  
choose from a complimentary:

- SkinMedica Discovery Set
- SkinMedica Brightening Set
- Alastin Cosmetics Bag with  
Samples



## **Juvederm® Giveaway**

Buy 2, Get 1 Complimentary  
Syringe of Juvederm Ultra  
Plus!

\*While Supplies Last

# COMPLIMENTARY BOTOX® TREATMENTS FOR A YEAR? LEARN MORE BELOW!

Sign up for a one-year **Facial or Device Membership** and automatically be entered to win free BOTOX® **for one year!**

\*4 treatments scheduled 3 months apart

\*Up to 60 units of BOTOX® per treatment

Offer available 1/1/24 through 3/31/24

Current members can enter by converting their month to month membership to a one-year membership

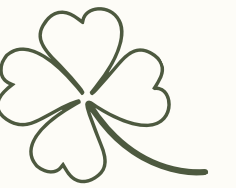
To be eligible, one-year membership must be paid in full upon signing up







# Monthly Memberships



Our expert team designed these exclusive memberships to support the concept that consistently investing in yourself slows down and even reverses the signs of aging. Our team continuously researches the latest cutting-edge, science-based cosmetic treatments and skincare products to bring to our patients.

## INJECTABLE MEMBERSHIP

*with Miya Herrick, RN*

- Monthly membership dues are applied towards injectable treatments.
- Discounted cost for injectable treatments.

### Quarterly Member Benefits:

- 10 free units of BOTOX®
- Discounted Clear + Brilliant®

### Annual Member Benefits:

- Discounted Fraxel Dual® facial treatment (available after 6 months of membership)
- Discounted Sofwave® facial treatment
- 20% discount on skincare at sign up
- 10% discount on skincare while a member

## FACIAL MEMBERSHIP

Choice of one of the below monthly treatments:

- DiamondGlow®
- Signature Facial
- Medical grade peel

### Discounted Upgrades:

- Clear & Brilliant®
- CoolTone®
- Intense Pulse Light Laser (IPL)
- Microneedling
- Vbeam
- PRX Party Peel

### Membership Benefits:

- 20% discount on skincare at sign up.
- 10% discount on skincare while a member
- 20% off annual Fraxel Dual® treatment (available after 6 months of membership)

## DEVICE MEMBERSHIP

Choice of one of the below monthly treatments:

- Clear & Brilliant®
- Intense Pulse Light Laser (IPL)
- CoolTone
- Microneedling
- PRX Party Peel
- Theraclear

### Discounted Upgrades:

- 1 cycle of CoolSculpting®
- Sofwave® neck or jowl eraser

### Membership Benefits:

- 20% off skincare upon sign up
- 10% off skincare during membership
- 20% off one Fraxel Dual® treatment (available after 6 months of membership)

# INVESTIGATE MD

Medical Research & Education

The research team at **Investigate MD** is passionate about contributing to innovation in the field of dermatology through dedication to clinical research and patient care.

If you or someone you know is interested in participating in a clinical trial or want to learn more, please contact us today.

Call or text: 480-440-5985 | Email: [Research@InvestigateMD.com](mailto:Research@InvestigateMD.com)



Registration is filling fast, be sure to secure your spot now!



# Why join a clinical trial or study?

## By participating, you can:

- Learn more about your disease or condition
- Play an active role in your health
- Help researchers find new ways to prevent or treat conditions
- Benefit future generations through scientific advances



**Major medical breakthroughs  
could not happen without the  
generosity of volunteers like you!**

# Do you or someone you know have any of these conditions?



Male Pattern  
Baldness



Hidradenitis  
Suppurativa



Atopic  
Dermatitis  
(Eczema)



Pediatric  
Alopecia  
Areata



Pediatric  
Psoriasis

Call our office today to participate in one of these groundbreaking clinical research trials!

 **480-440-5985**



# Investigate MD *research*

- Our research team has conducted nearly **100 clinical trials**.
- These trials include new treatments for **medical** and **cosmetic** indications.
- Investigate MD's efforts have contributed to a number of dermatology treatments becoming **FDA-approved**.

