



Dear patients, colleagues and friends,

I hope this letter finds you well as we transition into the fresh start of a new year. Reflecting on 2024, I'm proud of everything we've accomplished at Advanced Dermatology, and I'm looking forward to sharing some exciting updates and insights with you in this newsletter.

First, on a personal note, I'm thrilled to share that I'm eagerly awaiting a new chapter in my life—becoming a grandmother! As I prepare for this wonderful milestone, I find myself even more energized and focused on the future, both personally and professionally.

The past few months have been particularly rewarding as I've had the opportunity to present at several prestigious conferences. At the Global Aesthetics Conference (GAC) in Miami this November, I shared insights on "Long-term, Combination Non-Invasive Strategies for Rejuvenation," showcasing 5-20 year case studies that highlight the power of strategic, less invasive treatments. The process of developing a presentation led to these insights which I then shared. If it has been a while since we have had a consultation- it might be good to come in for another to take stock and make sure we are getting optimal results and maintenance over time. I had one more talk on "Facial Shaping with Fillers- a career spanning interest of mine, as such profound and natural looking changes can be achieved. I also led a workshop on best practices with Sofwave™ and participated in panels discussing advanced healthcare providers' roles in aesthetic practices.

In October, I presented at the American Society for Dermatologic Surgery (ASDS) Annual Meeting in Orlando, discussing my unique

See "letter continued" page 05.

Contents

- 2-4 Specials & Events
- 5 Letter *continued*
- 6-9 Medical Dermatology News
Before & After photo of
Sculptra® Treatment, and
Before & After Fraxel®
Thulium & Spectra™ Laser
Treatment
- 10-16 Aesthetic Dermatology
News, Before & After
photo of 1 Emface®
series & Injectable Filler
(Juvéderm® Volux®), and
Before & After photo of 1
Genius™ Treatment, and
Before & After photo of
CO2RE Fractional CO2
Laser Treatment, and
Before & After photo of 4
Emsculpt NEO® Treatments,
and Before & After
photo of Injectable Filler
(JUVÉDERM® Voluma® &
Volux® 7 Fraxel® Restore & 9
Spectra™ Laser Treatments
- 17-19 skinfo® News

Stay Connected

 @advdermatology • @skinfoboutique

 advdermatology • skinfo

 @advdermatology • @skinfo

 advancederm • skinfo.com

 Advanced Dermatology • skinfo®

 Advanced Dermatology • skinfo

 Amy Forman Taub, MD

Specials & Events

We are excited to offer you savings on countless treatments this year!

Please call or text us at 847-459-6400 to schedule your consultation!

All Year Long! • Advanced Dermatology •

PATIENT APPRECIATION | 20% OFF ALL YEAR LONG!

We're giving you 20% off each month this year!*

January

- Sofwave™ + Genius™ Radiofrequency Microneedling Treatment Combination
- Aesthetic Treatment Combination (DiamondGlow® or Signature Hydrafacial® + Dermaplaning)

February

- Injectable Filler Treatment (any amount of syringes - all syringes must be used on same day)

March

- 1 RF Fat Reduction Body Treatment (Emsculpt® Neo or TruSculpt iD®)

April

- 1 Laser Resurfacing Treatment (Fraxel®, LaseMD®, Clear + Brilliant® or Clear + Brilliant® DUAL *excludes melasma treatments)

May

- 1 Tissue Tightening Treatment (Emface®, Ultherapy®, Thermage®, Sublime™, Pelleve®, TriPollar™ Apollo®, Sofwave™)

June

- 1 Acne Scar Treatment (Sublative Rejuvenation with eMatrix™, Genius™ Radiofrequency Microneedling, Microneedling, CO2RE Fractional CO2 Resurfacing Treatment)

July

- TotalSkin Solution Treatment Combination (Genius™ Radiofrequency Microneedling + LaseMD®)

August

- You pick! - 1 Cosmetic Treatment of Your Choice

September

- Advanced Rejuvenation Treatment Combination (DermaV™ + LaseMD®)

October

- 1 Photorejuvenation or Q-Switched Treatment

November

- 1 Laser Tattoo Removal Treatment
- 1 CO2RE Fractional CO2 Resurfacing Treatment

December

- 1 Cosmetic Hair Loss Treatment (PRP or KeraLase®)

Each patient must have a consultation prior to booking appointment, if they have not had a previous consultation at Advanced Dermatology for that procedure within the past 2 years. **Call or text us at 847-459-6400 to schedule!**

**One per person, per month. Not valid on medical treatments. Offer cannot be pre-purchased, applied to past purchases, or combined with other offers other than Allē® Rewards, Aspire® Rewards, and ADVantage Loyalty. Space may be limited. Consultation fee of \$100 will be applied to cost of service if consultation is within 60 days & not applied to any other service & treatment is \$350 or more. \$100 discount fee is taken off prior to promotion discounts being applied. Limit one treatment or treatment combination per month, per person. Each treatment or treatment combination promotion applicable to corresponding month noted above, not applicable with treatment package pricing. Each monthly treatment promotion must be purchased and completed in the same month it's noted.*

January 1–February 28 • Advanced Dermatology • INJECTABLE FILLER GIFT WITH TREATMENT

Advanced Dermatology patients treated with 3 or more syringes of injectable filler or 2 syringes of injectable filler + neuromodulator (BOTOX®, Dysport®, Xeomin®, Daxxify®) in 1 visit, will receive a FREE Defenage® 2 Week Post Procedure Kit (\$99 value) plus a bounce back card to get 20% OFF a Defenage® 6 Week Post Procedure Kit at skinfo®.

**Standard terms & conditions apply.*

February 1–28 • Advanced Dermatology • AESTHETIC PACKAGE

Buy 3 Chemical Peels, Get 1 FREE! (Hydrafacial®, Diamond Glow®, Dermaplaning, or Chemical Peel)

**Standard terms & conditions apply. Additional terms & conditions: Can be pre-purchased, first treatment must be performed 2/1/25-2/28/25. Cosmetic DiamondGlow™ treatments only, not applicable to DiamondGlow™ treatments that are submitted to insurance. Treatments can't be mixed and matched.*

February 3–16 • skinfo® • Valentine's Day Sale skinfo®

Spend up to \$150 - Get 10% OFF

Spend \$151– \$250 - Get 15% OFF

Spend more than \$251 - Get 20% OFF

**Standard terms & conditions apply. Additional terms & conditions noted on skinfo.com.*



February 3–6 • Advanced Dermatology • ANNIVERSARY SPECIAL

20% OFF Neuromodulators (BOTOX®, Dysport®, Xeomin®, Daxxify®) **Exclusive offer for Advanced Dermatology**

patients in-store at skinfo®: 20% OFF Revision® Revox™ Line Relaxer or Skinceuticals® P-tiox

**Advanced Dermatology and skinfo® standard terms & conditions apply. Additional terms & conditions: Treatments must be completed 2/3/25–2/6/25. Minimum of 30 units required. \$250 minimum charge for all toxins. skinfo® promotion valid in-store only.*

March 1–31 • Advanced Dermatology •

LASER HAIR REMOVAL PACKAGE

Buy 5 Treatments of Laser Hair Removal

Get 1 Treatment FREE!

**Standard terms & conditions apply. Additional terms & conditions: Can be pre-purchased, first treatment must be performed 3/1/25-3/31/25.*

March 10–15 • Advanced Dermatology •

COSMETIC & LASER WEEK!

SAVE on over 25 treatments, choose from the following promotions* or have them all!

**May be pre-purchased. See page 4 for details.*

NOTICE: Advanced Dermatology is now part of Forefront Dermatology, as announced November 2023. Please note that any balance owed for a medical visit will result in a bill sent to your home from Forefront Dermatology. If you receive such a bill, rest assured it is legitimate and reflects your recent visit with us. Thank you for your understanding!

**Semi-Annual
Sale
20%
OFF**

**May 12–15 • skinfo® •
Semi-Annual Sale Days 20% OFF* All
Products** Available in-store and on skinfo.
com. *Standard terms & conditions apply.
Additional terms & conditions noted on
skinfo.com.

**May 16–18 • skinfo® •
Last Chance Sale 15% OFF* All Products** Available in-store
and on skinfo.com. *Standard terms & conditions apply. Additional
terms & conditions noted on skinfo.com.

**May 12–16 • Advanced Dermatology •
INJECTABLE FILLER WEEK**

**2025 marks a quarter of a century! To celebrate we're
giving you 25% OFF** 2 syringes or more of all Allergan
(Juvéderm® Family: Ultra, Ultra Plus, Voluma®, Volbella®)
injectable fillers this week only!)

**Exclusive offer for Advanced Dermatology patients
in-store at skinfo®: 20% OFF** SkinMedica® HA5® Smooth and
Plump Lip System, skinfo® Vita Lip, and all Growth Factor
products.

*Advanced Dermatology and skinfo® standard terms & conditions apply.
Additional terms & conditions: **Minimum of 2 syringes.** Only applicable
to 1 mL syringes. Special pricing will not be honored on any other day
and all syringes must be used at the time of purchase. A \$100 deposit is
required to schedule this appointment and will be applied to this visit. If
you have not had an injectable filler consultation before, you must have
one prior to treatment. **PDL for bruising is not complimentary following
filler week treatments.** We cannot guarantee an appointment would
be available even for a treatment that is not complimentary due to the
high volume of patients being treated during filler week. Please do not
schedule dental surgery or vaccinations within 2 weeks of your injectable
filler appointment. skinfo® promotion valid in-store only.

Advanced Dermatology (Standard Terms & Conditions)

*One per person. Not valid on medical treatments. Offers cannot be pre-purchased unless otherwise stated, applied to past purchases, or combined with
other offers other than Allē® Rewards, Aspire® Rewards, and ADVantage Loyalty. Space may be limited. Consultation fee of \$100 will be applied to cost of
service if consultation is within 60 days & not applied to any other service & treatment is \$350 or more. \$100 discount fee is taken off prior to promotion
discounts being applied.

skinfo® (Standard Terms & Conditions)

**One per person. Cannot be combined with other offers other than skinfo® Loyalty, Allē® Rewards, Neo Rewards, and Lasting Beauty Rewards, or applied
towards past purchases. Not valid on prescription products. Cannot be split into multiple transactions. All sales are final. skinfo.com promotions always
exclude DefenAge® and eltaMD® products, if one of these brands is included in a promotion, please call or text us at 847-459-2800 to order these products
at promotional price.

Terms and conditions are subject to change and may contain further restrictions, please refer to "Specials & Events" page on advdermatology.com and
skinfo.com to see individual promotional terms and conditions.



**June 10–20 • Advanced Dermatology •
10 DAYS OF SUMMER COUNTDOWN - Choose from
the following promotions – or SAVE on them all!**

*See page 4 for promotion list & details.

**June 30–July 7 • skinfo® •
4TH OF JULY SPEND & SAVE EVENT***

Spend up to \$150, Get 10% OFF
skinfo.com code = FLAG10

Spend \$151 – \$250, Get 15% OFF
skinfo.com code = FLAG15

Spend more than \$251, Get 20% OFF
skinfo.com code = FLAG20

*Standard terms & conditions apply. Additional terms & conditions
notated on skinfo.com.



Scan to see our Specials & Events!



Advanced Dermatology



skinfo®

We have multiple ways you can contact Advanced Dermatology!



- You can **CALL** us! If we do not pick up this means we are assisting other patients. Please leave a voicemail and someone from our office will call you back in a timely manner.
 - You can **TEXT** us! Text us at **847-459-6400**
 - You can **GO ONLINE** to schedule some appointments at **advdermatology.com**
 - You can **EMAIL** us! Email us at **info@advdermatology.com**
- We look forward to hearing from you! 847-459-6400**



Advanced Dermatology • Cosmetic & Laser Week • March 10–15

SAVE on over 25 treatments, choose from the following promotions* or have them all!

Each patient must receive a consultation prior to booking their appointment, so please book your consultation in advance. Call or text us at 847.459.6400 to schedule!

- Emsculpt NEO® – 10% OFF
- Photorejuvenation or Q-switched – 10% OFF
- Profound® – \$100 OFF
- Cosmetic Hair Loss Treatment (Keralase™, PRP) – 10% OFF
- Laser Leg Veins & Sclerotherapy – 10% OFF
- Ultherapy® – \$100 OFF
- Sublative Rejuvenation with eMatrix™ – 10% OFF
- Laser Hair Removal – 10% OFF
- Aerolase® LightPodNeo® (Acne Laser Treatment) – 10% OFF
- Tissue Tightening Treatments (Thermage®, Sublime™, Pelleve®, TriPollar™ Apollo®, Sofwave™) – 10% OFF
- Laser Tattoo Removal – 10% OFF
- Injectable Fillers ** – 15% OFF each syringe (maximum of 2 syringes)
- Clear + Brilliant® or Clear + Brilliant® DUAL – 10% OFF
- Advanced Rejuvenation (DermaV™ & LaseMD®) – 10% OFF
- CO2RE Fractional CO2 Resurfacing – \$100 OFF
- Emsella® – 10% OFF
- Genius™ Radiofrequency Microneedling – \$100 OFF
- Emface® – 10% OFF
- Fraxel® or LaseMD® – 10% OFF
- Microneedling – 10% OFF
- truSculpt® iD® – 10% OFF

*Standard terms & conditions apply. Additional terms & conditions: May be pre-purchased. Multiple promotions can be purchased by one person, except for injectable fillers which must be completed the week of 3/10/25-3/15/25. Not applicable with treatment package pricing.

Advanced Dermatology • INJECTABLE FILLER WEEK • May 12–16

SAVE 25% OFF* on 2 syringes or more of all Allergan (Juvéderm® Family: Ultra, Ultra Plus, Voluma®, Volbella®) injectable fillers this week only! Additional in-store skinfo® promotion exclusive to Advanced Dermatology patients: 20% OFF SkinMedica® HA5® Smooth and Plump Lip System, skinfo® Vita Lip, and all Growth Factor products. Please book your consultation in advance to benefit from this event week.

*Advanced Dermatology and skinfo® standard terms & conditions apply. Additional terms & conditions: **Minimum of 2 syringes.** Only applicable to 1 mL syringes. Special pricing will not be honored on any other day and all syringes must be used at the time of purchase. A \$100 deposit is required to schedule this appointment and will be applied to this visit. If you have not had an injectable filler consultation before, you must have one prior to treatment. **PDL for bruising is not complimentary following filler week treatments.** We cannot guarantee an appointment would be available even for a treatment that is not complimentary due to the high volume of patients being treated during filler week. Please do not schedule dental surgery or vaccinations within 2 weeks of your injectable filler appointment. skinfo® promotion valid in-store only.

Advanced Dermatology • 10 DAYS OF SUMMER COUNTDOWN • June 10–20

Choose from the following promotions* – or SAVE on them all!

Each patient must have a consultation prior to booking their appointment, so please book your consultation in advance if you haven't had a consultation on the service of interest previously. Call or text us at 847-459-6400 to schedule!

- **June 10 • 15% OFF** – 1 Laser Hair Removal Treatment
- **June 11 • 15% OFF** – 1 Fraxel® or LaseMD® Treatment
- **June 12 • 15% OFF** – 1 Emsculpt NEO® Treatment Area
- **June 13 • 15% OFF** – 1 Genius™ Treatment
- **June 14 • 15% OFF** – 1 Thermage® or Sofwave™ or Ultherapy® Treatment
- **June 16 • 15% OFF** – 1 Microneedling Treatment
- **June 17 • 15% OFF** – 1 Emface® Maintenance Treatment
- **June 18 • 15% OFF** – 1 Photorejuvenation Treatment
- **June 19 • 15% OFF** – 1 Dermaplaning Treatment
- **June 20 • 15% OFF** – 1 Cosmetic Hair Loss Treatment (Keralase®, PRP)



*Standard terms & conditions apply. Additional terms & conditions: Can be pre-purchased. Limit one special per day, per person. Not applicable with treatment package pricing.

technique with the CO2RE laser in my session “Back to the Future: Ablative Resurfacing” as well as exploring the evolving landscape of injectables with “Injectables for a Changing World: Science and Safety at the Crossroads.” These experiences reaffirmed the importance of continued learning and collaboration to bring the most advanced and safe treatments to our practice.

Additionally, I’m excited to announce my latest research publication, “Jowl Improvement with Injectable Fillers: Jawline Injections Alone Versus Jawline and Cheek Injections,” which appeared on the cover of *Dermatologic Surgery*, my most admired dermatologic scientific journal, this December. This study was disrupted by COVID and has taken 7 years to come to fruition! This study shows that treating the jawline with fillers improved the jowl—something that had not been appreciated before. This technique has been in use for a few years and many of you have enjoyed the results of a more lifted face. Keep your eyes peeled for more information on this in the next newsletter!

In this newsletter, we’re also diving into essential topics like skin cancer prevention and treatment, including an in-depth look at the differences between radiation therapy and Mohs surgery, as well as highlighting the latest FDA-approved biologic for prurigo nodularis (a form of eczema that causes bumps and is extremely itchy). You’ll also find informative pieces on common yet misunderstood conditions like tinea versicolor and dermatographism.

For those interested in aesthetics, we’re exploring cutting-edge combination treatments, from injectable fillers and Emface® for facial rejuvenation to post-weight-loss solutions tailored for patients experiencing changes after medications like Ozempic® (GLP-1 agonists). We’ll also share the science behind hair restoration with KeraFactor™ and KeraLase™ and discuss why laser resurfacing is a must before spring break and summer.

Finally, in skinfo® news, we’re introducing exciting new products, busting myths about clean beauty apps, and sharing why sunscreen is an essential travel companion—even on a plane. This issue has something for everyone, whether you’re focused on skin health, aesthetics, or finding the perfect skincare products.

As always, our goal is to empower you with the knowledge and tools to make the best decisions for your health and aesthetic goals. One thing that sets Advanced Dermatology apart is our unmatched diversity of tools and technologies. With one of the largest selections of laser energy-based devices in private practice, we are uniquely equipped to provide personalized solutions tailored to each patient. When you come in for a cosmetic consultation, you’re not just receiving treatment—you’re getting access to a comprehensive toolbox designed to address your specific needs with precision and care.

2025 promises to be another exciting year. I look forward to continuing our tradition of excellence in dermatologic care and bringing you the latest advances in the field. As always, I’m grateful for the trust you place in me and my team at Advanced Dermatology.

Warm regards,

Amy Forman Taub, MD, FAAD

And the Staff of Advanced Dermatology,
A Forefront Dermatology Practice & skinfo®,
A Forefront Skincare Boutique

Most medical insurance deductibles will start over on 1/1/2025.

Patients will receive one statement from either Advanced Dermatology and/or Forefront Dermatology. Balances not paid within 30 days will be charged to the credit card on file. Please remember that all dermatology services performed are applied to your surgical deductible. All insurance plans are unique; therefore it is imperative that all patients are familiar with the details of their individual plan.

INSURANCE TERMS TO KNOW

Billed Amount

The amount the physician bills to insurance for an office visit, procedure, or treatment.

Adjusted Amount

Amount that insurance company tells physician to write off to bring the total amount allowed down to the contracted rate agreement between the physician and insurance company. Patients are not billed this difference.

Allowed Amount

The maximum amount a plan will pay for a covered health care service.

Copay Amount

The amount the member is required to pay to the physician's office directly for in-network covered benefits at the time of the service. Specialist co pay (such as Dermatology) is usually higher.



Deductible Amount

The amount the member must pay for covered benefits during the plan year before insurance begins to make payments.

Co-Insurance Amount

Will apply once the member's deductible is met. These are usually a percentage such as 10%, 20% or 30% of the allowed amount. Ex: if your co-insurance is 20% after deductible is met. Insurance will pay 80% of allowed amount and you will be responsible for the remainder of the balance.

Out of Pocket (stop loss) Amount

Is the most that a member pays out of pocket before an insurance company will pay for covered benefits 100%.

****Know your health insurance policy and remember “covered” does not mean paid.****



Prevention + Detection = Protection

by Sarah Kovarik, PA-C with the practice since 2024.

Skin cancer is a topic that's often overlooked until it hits close to home, but understanding its prevention and early detection can make all the difference. As I often emphasize to my patients, education is the first step toward safeguarding your health. With over 5 million cases of skin cancer diagnosed annually in the United States, it's crucial to understand the risks, recognize warning signs, and know how to protect yourself.

One of the most important messages I share is that skin cancer doesn't discriminate. It affects people of all skin types, ages, and lifestyles. While certain risk factors like excessive UV exposure, fair skin, or a family history of skin cancer can increase vulnerability, no one is immune. That's why regular skin checks, both at home and with a dermatology provider are essential.

Early detection saves lives. Skin cancer is often highly treatable when caught in its early stages, but the key is vigilance. I always tell my patients to familiarize themselves with their skin. Look for changes in moles or spots, and keep an eye out for new growths. The ABCDE rule—Asymmetry, Border irregularity, Color variation, Diameter larger than a pencil eraser, and Evolving over time—is a simple yet effective guideline for spotting potential warning signs of melanoma, the deadliest form of skin cancer.

Prevention is equally vital. Protecting your skin doesn't mean avoiding the sun entirely—it means being smart about your exposure. Apply a broad-spectrum

sunscreen daily, even on cloudy days, and don't forget often-missed areas like your ears, lips, and the tops of your feet. Seek shade during peak sun hours and wear protective clothing, including wide-brimmed hats and UV-blocking sunglasses.

As a dermatology PA-C, I'm often asked, "What's the best way to ensure I'm doing enough?" My answer is twofold: prevention and routine professional skin exams. At Advanced Dermatology and skinfo®, we're here to help you take proactive steps. Whether it's scheduling your annual body check, discussing the right sunscreen for your lifestyle, or exploring treatments to address past damage, our goal is to empower you to make informed decisions about your skin health.

Remember, skin cancer is one of the most preventable cancers, yet its prevalence continues to rise. By taking small, consistent steps today, you can protect your skin for a lifetime. If you haven't scheduled your annual body check yet, now is the perfect time. Together, we can keep your skin healthy, radiant, and safe. Stay vigilant, stay protected, and don't hesitate to reach out. Your skin is worth it!



Superficial Radiation Treatment: The Drawbacks are Still the Same

by Tushar Dabade, MD, FAAD, with the practice since 2022.

Radiation treatment for skin cancer, including superficial radiation treatment (SRT), has been around for decades; however, recent advertising has brought this modality to the attention of some patients. Should I use it for my cancer? Dermatologists treat non-melanoma skin cancers – most commonly basal

Career CORNER



Look Around...

If you know of anyone who would like to pursue a career at the award-winning offices of **Advanced Dermatology** or **skinfo®**, please let us know!

Open Positions:

- Advanced Dermatology Patient Service Representative
- Advanced Dermatology Dermatology Clinician
- skinfo® Sales Associate

Direct resumes to:

Michelle Mivelli, Director of Practice Operations
at michelle.mivelli@forefrontderm.com.

cell carcinomas and squamous cell carcinomas – in ways that are individualized to the patient and type of tumor. Not all skin cancers behave the same way, and each individual has different personal factors – state of health, age, lifestyle, etc. – to consider.

Generally speaking, SRT could be used for low-risk skin cancers in patients who cannot tolerate other treatments due to poor health, age, or other factors. The treatment requires 15-20 visits to a physician's office over the course of a couple of months, where a device is used to radiate the very top of the skin (hence the term, superficial). Unfortunately, in practice, it does not penetrate deep into the skin limiting its use for high-risk cancers, and does not have quality long-term data on how often these skin cancers return. The skin is not examined under a microscope, so there is no confirmation of cancer removal. Also, once the area is treated with radiation it damages not only the cancer cells but also the healthy skin around it. This has a few effects: In the short term it can cause irritation, blistering, peeling, and hair loss among other changes, and in the long term can lead to various types of scarring in the entire field treated. Also, if the cancer recurs or another develops in the area, radiation cannot be used a second time, and any procedure on the skin damaged from radiation can be more difficult. Image-guided SRT is also expensive. Given the many drawbacks, national cancer guidelines do not recommend SRT as a first or even second-line treatment option.

There are various other treatment options available which are recommended as first-line by national medical societies. This ranges from Mohs surgery to standard excisions to "scrape and burn" procedures (electrodessication and curettage), depending upon the cancer. The gold standard treatment for high-risk skin cancers is Mohs surgery. Named after Dr. Friedrich Mohs who developed the technique, skin cancer is removed with a very small amount of tissue around it, and it is examined under the microscope immediately to see if there is any skin cancer invading in one direction or the other. If so, that cancer is selectively removed. The skin is then carefully stitched together. Given that 100% of the skin is evaluated, the long-term cure rate is excellent – 99%. This balance of high cure and tissue preservation makes it the most appropriate treatment for high-risk cancers and cosmetically

sensitive areas.

In low-risk skin cancers – for example, a superficial (surface type) basal cell carcinoma on the abdomen - there are a variety of alternatives. Often we consider excision, electrodessication, and curettage, or occasionally topical treatments or photodynamic therapy. These are all excellent low-cost alternatives that are appropriate in these settings. An excision, for example, is when the skin is cut out and stitched immediately. The skin is sent to the pathologist, but a slightly wider safety area of tissue can be removed to ensure a high cure rate. Again, this would be a first-line treatment for a low-risk skin cancer. A one day, cost-effective procedure with an excellent cure rate.

At Advanced Dermatology, we're always at the cutting edge of treatments, reviewing and re-reviewing our approach to individualizing patient care. For high-risk skin cancer, it's clear that the gold standard of Mohs surgery remains just that. It gives peace of mind, knowing the cancer has been completely removed, and gives the best possible cosmetic and functional results. For low-risk cancers, there are a variety of options we consider. SRT at the time had many drawbacks, and while it may be used in low-risk cancers for those that cannot tolerate other treatments due to age or poor health, most often there is a superior therapy that will save patients time, is more cost-effective and doesn't leave one wondering about recurrence or other complications.



Before (left) and After (right) Sculptra® Treatment.
Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.



Review Us!

We really appreciate your business, support, and feedback, and truly value you as a patient.



New Breakthrough for Prurigo Nodularis: FDA Approves Nemolizumab

by Ann Cameron Schieber, PA-C, with the practice since 2013.

Here is some exciting news for patients suffering from prurigo nodularis! Prurigo nodularis is a chronic skin condition characterized by intensely itchy, raised bumps on the skin. The FDA approved Nemolizumab (Nemluvio), a groundbreaking biologic treatment specifically designed for adult patients with this challenging condition.

Prurigo nodularis can significantly impact quality of life, as the relentless itching often leads to sleepless nights, stress, and emotional distress. Nemolizumab works by targeting the pathway responsible for itch and inflammation.

At Advanced Dermatology, we are committed to staying at the forefront of dermatologic advancements. If you have been living with prurigo nodularis, this new biologic could be a life-changing option. Schedule an appointment with your medical provider to discuss whether Nemolizumab is the right fit for you.



Common & Misunderstood - Tinea Versicolor

by Sarah Kovarik, PA-C with the practice since 2024.

Like an emo teenager in the 2000s, tinea versicolor is common, yet often misunderstood. Tinea versicolor is a skin condition that affects people of all ages. At Advanced Dermatology, we frequently see patients concerned about uneven patches on their skin, especially during the warmer months when the condition becomes more noticeable. Let's delve into what tinea versicolor is, what causes it, and how it can be effectively treated.

Tinea versicolor is caused by an overgrowth of a yeast called *Malassezia*, which is naturally found on the skin. While this yeast is harmless in most people, certain factors—such as hot, humid weather, excessive sweating, oily skin, or a weakened immune system—can trigger its overgrowth. This leads to patches of skin that appear lighter or darker than the surrounding area, often on the chest, back, neck, or arms.

The hallmark of tinea versicolor is its characteristic discoloration. These patches may range in color from white to pink, tan, or dark brown. The affected areas

may also feel dry or slightly itchy, but for many, the primary concern is cosmetic. While the condition is not contagious, it can be persistent and may recur, especially in individuals prone to it.

Treatment for tinea versicolor focuses on reducing the overgrowth of yeast. Antifungal creams, lotions, or shampoos containing active ingredients like selenium sulfide, ketoconazole, or clotrimazole are often effective in clearing up the infection. For more extensive or stubborn cases, oral antifungal medications may be prescribed.



Before (top) and After (bottom) 1 Fraxel® Thulium & Spectra™ Laser Treatment. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.

To prevent recurrence, maintaining a proper skincare routine is key. Regular use of medicated cleansers like **skinfo® Essential Cleanser (\$28, 6.7 oz)**, especially during humid seasons or after sweating, can



Tinea Versicolor

help keep the yeast in check. If you've noticed uneven skin patches and suspect tinea versicolor, schedule a medical appointment! Our medical team can provide an accurate diagnosis and guide you through the most effective treatment options.



When Your Skin Writes Its Own Story

by Emily Oehler, PA-C, with the practice since 2007.

Dermatographism, often referred to as “skin writing,” is a fascinating and sometimes frustrating skin condition that affects millions of people. At Advanced Dermatology, we frequently see patients who are curious—and often concerned—about the dramatic way their skin reacts to touch. Let's unpack what dermatographism is, what causes it, and how we can help manage it.

Dermatographism is a form of physical urticaria, or hives, triggered by pressure or friction on the skin. Even something as simple as scratching, rubbing, or wearing tight clothing can cause raised, red welts to appear along the lines of contact. These welts, which often resemble writing or designs on the skin, can be itchy and uncomfortable, though for some they are more of a cosmetic concern.

The exact cause of dermatographism isn't fully understood, but it's believed to be an exaggerated histamine response in the skin. Certain factors, such as stress, infections, medications, or even dry skin, can make the condition more pronounced. While dermatographism isn't harmful or contagious, its persistent nature can be bothersome.

Managing dermatographism starts with understanding and avoiding potential triggers. Gentle skincare routines, loose-fitting clothing, and avoiding excessive scratching can help reduce flare-ups. For more symptomatic cases, antihistamines are often prescribed to control the histamine response and alleviate itching. At Advanced Dermatology, we also explore additional strategies tailored to your unique needs, including topical treatments and lifestyle recommendations.

While there is no permanent cure for dermatographism, it's a condition that can often be effectively managed with the right care and attention. If you're experiencing skin reactions that resemble dermatographism or are unsure about unusual skin symptoms, schedule an appointment with one of our medical providers!

Did You Miss This Virtual Event?

Watch It Now!

Scan the QR code to watch the full event and learn how light therapy can transform your skin!



Visit skinfo®

Shop in-store at skinfo or skinfo.com for the MMSphere 2GO!



Experience the benefits of light therapy for yourself!

If you missed our exclusive virtual event, now is your chance to catch up on this incredible session! Join two of dermatology's most respected experts—Dr. Amy Forman Taub and Dr. Ellen Marmur—as they delve into the transformative power of green light therapy and other light-based treatments.

This engaging event explores the science behind light therapy, its groundbreaking role in anti-aging, and the benefits of the MMSphere 2GO, an innovative at-home device making waves in the dermatology world.





The Art of Injectable Fillers - Enhancing Natural Beauty

by Amy Forman Taub, MD, FAAD,
founded practice in 2003.

Injectable fillers have revolutionized the way we approach facial rejuvenation and enhancement. As someone who works with these treatments daily, I find it amazing how a few precise injections can make such a transformative difference. At Advanced Dermatology, we believe in using fillers not to change who you are, but to enhance the natural beauty already there.

One of the most common misconceptions about fillers is that they'll make you look unnatural or overdone. When they're used correctly, that couldn't be further from the truth. When I approach a patient, my goal is always to enhance symmetry, lift the jowls and cheeks, restore volume, minimize fine lines and above all, create harmony across the face. Whether softening nasolabial folds, defining the jawline, or adding subtle lift to the cheeks, fillers allow us to bring balance and youthfulness back to the skin.

Modern fillers, especially hyaluronic acid-based ones like Juvederm®, Restylane®, and RHA®, are incredibly versatile. Hyaluronic acid is a naturally occurring substance in the body, and its role in attracting and retaining moisture makes it ideal for creating a plump, hydrated look. The beauty of today's injectables is how customizable they are. We can tailor the type, placement, and amount of filler to match your unique facial structure and aesthetic goals.

During consultations, I always stress the importance of subtlety. The best filler results are the ones that enhance without being obvious. Patients often tell

me they feel more confident because their friends or family notice how refreshed they look, but can't pinpoint exactly what's different. That's the sweet spot we aim for—results that are noticeable yet natural.

Safety is another aspect I discuss frequently. Injectable fillers are medical treatments, not beauty products you can pick up off a shelf. That's why it's crucial to trust a skilled, board-certified provider.

Injectable fillers are also incredibly versatile as standalone treatments or in combination with other procedures. They pair beautifully with BOTOX®, Dysport®, Daxxify® or Xeomin® to soften dynamic wrinkles or treatments like Skinivive™ for enhanced hydration and skin smoothness. One thing I recommend to all my patients is to get an annual or biannual form of tissue tightening to stimulate collagen and elastin turnover and growth. It's all about creating a comprehensive plan that's tailored specifically for you.

If you've ever been curious about fillers, I encourage you to schedule a consultation. We'll discuss your goals, review the options, and design a treatment plan that fits your vision. Injectable fillers aren't about changing who you are—they're about revealing the best version of yourself. At Advanced Dermatology, we're here to help you do just that.



Scan the QR code to watch what else Dr. Taub had to say about injectable fillers while at the American Society of Dermatologic Surgery Meeting this past October.



Neuromodulators - Should Resistance be a Concern?

by Emily Oehler, PA-C, with the practice since 2007.

As a physician assistant at Advanced Dermatology, I frequently encounter questions from new patients about neuromodulators such as BOTOX®, Dysport®, Xeomin®, and Daxxify®. One of the most common concerns is whether long-term use of these treatments could lead to resistance, making the results less effective over time. Let me reassure you: resistance to neuromodulators is extremely rare and typically not a concern for most patients; and is overhyped on social media.

Neuromodulators work by temporarily relaxing the targeted muscles that cause dynamic wrinkles, such as frown lines, crow's feet, and forehead lines. These treatments have been used for decades with an excellent safety profile, and the vast majority of

4 Days

ONLY

Semi-Annual

Sale

SKINFO® MAY 12-15 ONLY!

20% OFF

IN-STORE & SKINFO.COM

FREE SHIPPING* on orders of \$100+

**Standard terms & conditions apply. (see page 3)

patients continue to experience consistent results over the years. Resistance, when it does occur, is usually linked to the development of antibodies against the active ingredient, which can occasionally happen with frequent, high-dose treatments.

To minimize this risk, our approach is to "treat to complete." This means administering the correct dosage to achieve full correction during each session, allowing the results to last as intended—typically three to four months, depending on the neuromodulator used and individual factors. When patients receive proper dosing, they need fewer touch-ups, reducing the likelihood of over-treatment and ensuring the best long-term results.

It's important to note that resistance if it does happen, is extremely rare. In those situations, I work closely with that patient to determine if there might be another explanation, such as natural variations in anatomy, metabolism, or the type of product used.

One of the advantages of having multiple neuromodulators available—such as BOTOX®, Dysport®, Xeomin®, and Daxxify®—is that we can tailor the treatment to each patient. For example, Xeomin® is a "naked" version of botulinum toxin that lacks the accessory proteins found in other brands, making it a good option for patients who may be concerned about antibody formation. Dysport®, on the other hand, is known for its quicker onset, while Daxxify® offers the potential for longer-lasting results. This variety allows us to switch to a different product if needed, ensuring patients continue to achieve their aesthetic goals.

Ultimately, neuromodulator treatments are incredibly effective and reliable for the vast majority of patients. The key is working with an experienced provider who understands the nuances of each product and tailors the approach to your individual needs.



Pairing Emface® with Injectable Fillers for Comprehensive Rejuvenation

*by Amy Forman Taub, MD, FAAD,
founded practice in 2003.*

At Advanced Dermatology, we pride ourselves on offering the most innovative treatments to help you achieve a naturally rejuvenated and refreshed appearance. Two of our standout options, Emface® and dermal fillers, are game-changers in the world of non-surgical facial rejuvenation. While each of these treatments delivers incredible results on its own, the combination of the two can take your cosmetic outcomes to the next level.

Exciting News!

DR. TAUB'S LATEST PUBLISHED STUDY!



Dr. Taub's groundbreaking research has been published in Dermatologic Surgery! Her study, "Jowl Improvement with Injectable Fillers: Jawline Injections Alone Versus Jawline and Cheek Injections," explores innovative approaches to facial rejuvenation and provides valuable insights into achieving optimal results with injectable treatments.



Want to learn more?

**Scan the QR code to
access the electronic
version of the publication!**

Emface® is an advanced technology that uses synchronized radiofrequency (RF) and high-intensity electrical stimulation (HIFES) to target both the skin and the facial muscles. It works to tighten and lift the skin while toning the underlying muscles, giving your face a firmer, more sculpted appearance. What sets Emface® apart is its ability to enhance the structure of the face without any needles, downtime, or invasive procedures. This treatment lays the perfect foundation for further refinement with injectable fillers. While I realize many people who choose this option do so to avoid fillers, there is an argument for paring them.

Dermal fillers, such as Juvederm® or Restylane®, address volume loss and fine lines. As we age, areas like the cheeks, lips, and jawline can lose their youthful fullness. Emface® does firm and enhance volume of the cheeks. But sometimes there are some areas that just a touch of filler can "finish" by adding a small amount here and there judiciously. Places like the puppet lines (by the mouth) and any wrinkles or fine lines, especially around the mouth, can be enhanced by adding filler expertly there. Remember- it is the bad filler work you notice! The natural and excellent work goes undetected! When we combine different modalities of treatment you often get more than 1+1=2. Fillers can provide immediate results and complement Emface® by enhancing the areas that RF and HIFES technology

cannot address alone.

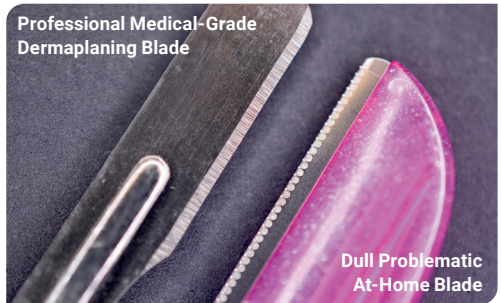
I've personally experienced the transformative effects of both treatments, and I can confidently say that the synergy between Emface® and fillers is real. Patients often tell me that they feel like they've turned back the clock without looking "overdone", and I feel this way about my own appearance. This combination is particularly effective for those who want to maintain a natural look while addressing multiple signs of aging.



Dermaplaning at Advanced Dermatology vs DIY with At-Home Razors

by Sally Holland, LE, with the practice and boutique since 2023.

Dermaplaning is a highly effective exfoliation treatment that removes dead skin cells and fine vellus hairs (commonly known as "peach fuzz") from the surface of your skin. While at-home dermaplaning razors are readily available and may seem like a convenient option, there are several important reasons why professional dermaplaning at Advanced Dermatology delivers superior results and ensures greater safety.



At Advanced Dermatology, our providers use medical-grade, professional dermaplaning blades that are far superior to the inexpensive razors sold for at-home use. These blades are designed for precision and are sharper and more effective at exfoliating the skin. They allow our experts to achieve smoother, more even results without causing micro-tears or irritation. In contrast, at-home dermaplaning razors often have duller blades that can tug on the skin and increase the risk of cuts, ingrown hairs, or even scarring.

Dermaplaning at Advanced Dermatology is performed by licensed professionals with specialized training. They understand the anatomy of the skin and customize each treatment to suit your unique skin type and concerns. This expertise minimizes risks and maximizes results, leaving you with a radiant, rejuvenated complexion. When you dermaplane at home, you're more likely to over-exfoliate, miss key areas, or apply uneven pressure, all of which can lead to less-than-ideal outcomes or even unintended self-harm.

Professional dermaplaning is more than just hair removal; it's an integral part of a comprehensive



Before (left) and After (right) 1 Emface® series & Injectable Filler (Juvéderm® Volux®). Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.



Before (top) and After (bottom) 1 Genius™ Treatment. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.

skincare treatment. We combine dermaplaning with other professional-grade products and treatments to enhance your results. For example, after removing the outer layer of dead skin cells, we can apply serums or masks that penetrate more deeply, boosting hydration and collagen production. At-home razors can't replicate this multi-step, clinically backed approach.

When you choose Advanced Dermatology, you're also choosing a clean, sterile environment that adheres to strict safety protocols. Our blades are single-use and sterile, ensuring that there's no risk of cross-contamination or infection. At-home razors, on the other hand, can be reused or improperly sanitized, increasing the likelihood of bacteria buildup and skin irritation.

The combination of professional tools, expert technique, and high-quality skincare products means dermaplaning at Advanced Dermatology provides results that last longer and look more polished. Patients often report smoother makeup application, a brighter complexion, and an overall improvement in skin texture that simply can't be achieved with DIY razors.

During your professional dermaplaning session, our specialists evaluate your skin and provide personalized recommendations to help you achieve your skincare goals. This tailored approach ensures that you get the most out of your treatment and maintain healthy, glowing skin between appointments. At-home dermaplaning offers no such guidance, leaving you to guess which techniques or products might work best for your skin.

While at-home dermaplaning razors may appear to save time and money, the risks and limited results make them a less-than-ideal choice. Professional dermaplaning at Advanced Dermatology not only ensures your safety but also delivers visible, lasting improvements to your skin. When it comes to something as important as your complexion, it's worth investing in expert care and advanced technology. Book your dermaplaning appointment at Advanced Dermatology today and experience the difference for yourself.



Post-Ozempic Weight Loss Solutions

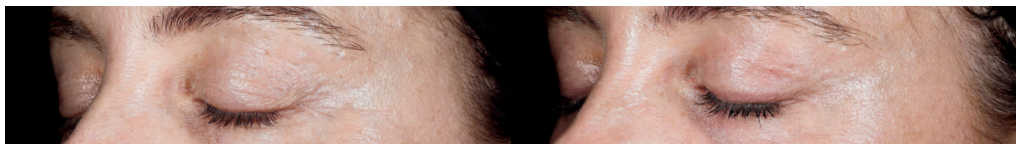
by Elana Block MSN, RN, with the practice since 2011.

I know I've written about this before, but with the growing popularity of weight loss medications it feels more relevant now than ever. As more people are achieving significant weight loss with medications like Ozempic® and Wegovy®, I'm seeing an increasing number of patients seeking help for the aesthetic changes that often accompany rapid weight loss. While the health benefits of shedding those extra pounds are undeniable, the impact on your facial structure and body contouring shouldn't be overlooked. That's where treatments at Advanced Dermatology can help.

Significant weight loss, whether through lifestyle changes or medications like Semaglutide or Tirzepatide, often results in volume loss across the face. While this is a natural part of weight loss, the result can be a hollowed, gaunt appearance, often referred to as "Ozempic® Face." This happens because the fat that once provided youthful fullness diminishes, leaving the skin less firm and dull.

The good news is that dermal fillers offer a simple and effective solution. Products like Juvederm® Voluma® and Restylane® Lyft can restore lost volume in key areas such as the cheeks, temples, and jawline. By replacing this volume, we can bring balance back to your face, leaving you looking refreshed and rejuvenated. For patients looking for long-term improvements in skin texture and firmness, biostimulatory fillers like Sculptra® can stimulate collagen production, enhancing elasticity and restoring your natural glow over time.

While fillers are excellent for restoring volume, addressing skin laxity often requires complementary treatments. Emface® offers a groundbreaking solution for lifting and tightening the skin without needles or downtime. Using radiofrequency and high-intensity facial muscle stimulation (HIFES), Emface® strengthens underlying facial muscles while boosting collagen and elastin in the skin. It's a perfect option



Before (left) and After (right) CO₂RE Fractional CO₂ Laser Treatment. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.

with fillers for patients seeking a more natural, lifted appearance.

In addition to Emface®, non-invasive skin-tightening treatments like Ultherapy® and Sofwave™ are excellent options for addressing sagging skin. Both use advanced ultrasound technology to stimulate collagen production deep within the skin's layers. Ultherapy® provides precise, targeted lifting in areas like the jawline and brow, while Sofwave™ delivers a gentler yet highly effective approach to overall skin firmness and elasticity. Combining these treatments with fillers allows us to create a fully customized, multi-dimensional plan for facial rejuvenation.

Rapid weight loss doesn't only affect the face—it can also leave behind loose skin or stubborn fat deposits on the body. Many patients find that despite their progress, these areas don't respond to exercise and diet as they'd hoped. While surgical options like tummy tucks are available, non-surgical body contouring treatments are becoming the preferred choice for many patients.

At Advanced Dermatology, we offer solutions like CoolSculpting®, which targets and freezes stubborn fat cells, and Emsculpt NEO®, a dual-action treatment that burns fat while building muscle. These treatments are particularly effective for areas like the abdomen and arms, where the effects of weight loss may be most pronounced. By combining these modalities with skin-tightening treatments such as Thermage® or Sofwave™, we can address both the shape and firmness of your body for truly transformative results.

With more patients opting for medications like Ozempic®, we're seeing a shift in the way people approach weight loss and body sculpting. While these medications can help achieve the goal of significant weight loss, they don't address the volume loss, skin laxity, or muscle definition that often follows. That's why treatments like dermal fillers, Emface®,

Ultherapy®, Sofwave™, CoolSculpting®, and Emsculpt NEO® are more relevant than ever. They fill the gap, helping patients complete their transformation and feel confident in their appearance.

Every weight loss journey is unique, and so are your aesthetic needs. At Advanced Dermatology, we specialize in creating personalized treatment plans that address both facial volume loss and body contouring concerns. By combining treatments, we can deliver natural, balanced results that reflect your hard work and dedication.

If you're considering treatments to refine your look after weight loss, now is the perfect time to schedule a consultation. Together, we'll create a plan that enhances your natural beauty and helps you feel like the best version of yourself.



A Super Duo Hair Restoration Origin Story

by Amy Forman Taub, MD, FAAD,
founded practice in 2003.

Finding innovative, effective solutions for the challenges my patients face has always been a central focus of my career. Hair loss can deeply impact self-confidence and quality of life. I wanted to share a bit about the origin stories of KeraFactor™ Serum and Keraase™, advancements in hair restoration that were born right here at Advanced Dermatology.

James Bartholomeusz and I have been colleagues for over 20 years. He has most recently been the Chief Technology Officer of Lutronic Laser Company and now is the Chief Innovation of Sofwave™. Way back when we were both early in our careers we bonded over our fascination with science and how it could transform people's lives. Together, we started a company called Skinqri and developed KeraFactor™ to address a gap in the treatment of hair thinning and loss. While traditional options often fell short of providing results or being easily integrated into daily life, James and I sought to create something unique. Partnering with an advanced chemist and expert in growth factors and other biological materials, the KeraFactor™ products (hair loss solution and shampoo/conditioner, lash and brow solution and post procedure sterile serum) were born. These directly tackle the root causes of hair loss.

KeraFactor™ Serum's success lies in its proprietary blend of bio-identical growth factors and polypeptides. These ingredients are specifically engineered to improve the scalp environment, stimulate dormant follicles, and promote healthier, thicker hair. There are



Before (left) and After (right) 4 Emsculpt NEO® Treatments. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.

4 different phases of hair development; unlike other treatments, KeraFactor's formulation is designed to address all 4 aspects of hair regrowth.

This "hair fertilizer," as we like to call it, doesn't just stimulate growth—it improves scalp health, blood flow, and the overall quality of the hair that regrows. Studies have shown that it increases the diameter of the hair shaft as well as increasing the number of hairs overall.

To maximize the benefits of KeraFactor™ Serum, James and I invented KeraLase™, an innovative treatment that uses the LaseMD™ Ultra laser to prepare the scalp and increase optimal serum absorption. The in office serum is sterile and contains a higher percentage of the growth factors and peptide as well as one ingredient that causes the scalp to respond to light and encourage anti-androgenic receptors that have been identified in preventing hair growth. The laser creates tiny microchannels in the scalp, allowing the KeraFactor™ Serum to penetrate deeply and target the hair follicles directly.

This dual approach—combining advanced laser technology with a scientifically engineered serum—has made treating hair loss much more consistent. While a popular treatment that can achieve good results is called Platelet Rich Plasma, the benefit of using KeraLase™ is that it uses the same growth factors in a much higher concentration than in plasma while also adding some that are very important that are not present in PRP. PLUS, getting injections in your scalp is not too pleasant, whereas KeraLase™ is comfortable and quick, with no downtime, making it an accessible and effective option for men and women alike.

FDA Approval

FDA Approval for BOTOX® Cosmetic to Treat Platysma Bands

This past October BOTOX® Cosmetic (onabotulinumtoxinA) received FDA approval for the treatment of moderate to severe vertical bands connecting the jaw and neck (platysma bands). This marks a significant advancement in non-surgical facial rejuvenation, offering a new option to address one of the most challenging areas for aesthetic improvement.

Schedule a cosmetic consultation to learn more about how this treatment can help redefine your jawline and neck call or text 847.459.6400



The results speak for themselves. Patients who have undergone KeraLase™ treatments often notice improvements in hair density, thickness, and overall health within just a few months. For those who've struggled with thinning hair or hair loss, KeraFactor™ and KeraLase™ provide a non-invasive, science-backed solution that delivers results.

We're proud to be pioneering solutions at Advanced Dermatology, but the gratification of seeing people feel better about themselves is much more important. It's also great to use things that aren't greasy and irritating on the scalp and treatments that aren't painful. My personal use has led to my no longer having to worry about people seeing the top of my head or having to comb my hair "just so" to hide the sparser areas.

If you're ready to explore what KeraFactor™ and KeraLase™ can do for you, schedule an appointment with one of our medical providers at Advanced Dermatology. Let's work together to create a personalized plan to restore your confidence and help you achieve healthier, fuller hair. With KeraFactor™ and KeraLase™, the future of hair restoration is here—and it started with us!



Before (top) and After (bottom) Injectable Filler (JUVÉDERM® Voluma® & Volux®). Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.



Resurfacing Before Spring Break & Summer Hits

by Steven Prus, PA-C, with the practice since 2010.

As spring break approaches and summer is just around the corner, it's the perfect time to start preparing your skin for the upcoming season. At Advanced Dermatology, we believe laser skin resurfacing is an ideal way to rejuvenate your complexion, address skin concerns, and ensure you're glowing as the sunny months roll in.

Laser skin resurfacing is a versatile treatment that targets a variety of concerns, including sun damage, fine lines, uneven texture, and acne scars. By using precise laser energy, resurfacing removes damaged outer layers of skin and stimulates collagen production to reveal smoother, more youthful-looking skin.

The cooler months leading into spring offer the ideal opportunity to undergo resurfacing. Reduced sun exposure during the healing phase ensures optimal results and minimizes the risk of complications. With treatments like Fraxel®, CO₂RE, and LaseMD® Ultra available at Advanced Dermatology, we can customize your treatment to meet your unique needs—whether you're looking for a subtle refresh or more dramatic rejuvenation.

Spring break often means outdoor fun, travel, and exposure to the sun. By scheduling your resurfacing treatment now, you'll give your skin enough time to heal and reveal its best glow before hitting the beach or pool. Plus, resurfacing treatments can repair damage from last summer and help prepare your skin for the season ahead.

Planning ahead also ensures that your skin is refreshed and ready for the increased sun exposure that summer brings. With proper care, including diligent use of broad-spectrum sunscreen and hydrating skincare products, you can maintain the benefits of your resurfacing treatment and keep your

skin looking radiant all season long.

The benefits of laser resurfacing go beyond just one season. By addressing existing skin concerns now, you'll enjoy long-lasting improvements in texture, tone, and overall appearance. Our team at Advanced Dermatology will guide you through post-treatment care to help you maintain your results, including tailored product recommendations and lifestyle tips to protect your skin.



The Popularity of "Barbie BOTOX" or "Trap Tox"

by Emily Oehler, PA-C, with the practice since 2007.

"Trap Tox" and "Barbie BOTOX" are terms coined on social media for the innovative off-label application of neurotoxin (BOTOX®, Dysport®, Xeomin®, Daxxify®) targeting the trapezius muscles in the neck and upper back.

The aesthetic appeal of "Trap Tox" lies in its ability to slim and elongate the neck, creating a more refined and elegant appearance reminiscent of the iconic Barbie doll. By injecting neurotoxin into the trapezius muscles, practitioners can relax and reduce the size of these muscles, resulting in a longer, more slender neck and a feminine shoulder line. This treatment has become particularly popular among those looking to enhance their upper body contours without invasive surgery.

Beyond its cosmetic benefits, patients who have had "Trap Tox" have reported significant relief from neck and shoulder pain. The trapezius muscles often become overactive and tense due to poor posture, stress, or repetitive activities, leading to discomfort and stiffness. Neurotoxin injections help by temporarily paralyzing these muscles, reducing muscle contractions, and alleviating pain. This can be particularly beneficial for people who experience tightness and pain from prolonged computer use or other activities that strain the neck and shoulders.

The procedure involves a series of small neurotoxin injections into the trapezius muscles. The effects typically last three to four months, after which follow-up treatments are necessary to maintain the results. Over time, regular injections can lead to muscle atrophy, potentially reducing the frequency and amount of neurotoxin needed for future treatments. A cosmetic consultation with your Advanced Dermatology provider can help determine if this treatment is suitable for your specific needs and goals.



Before (left) and After (right) 7 Fraxel® Restore & 9 Spectra™ Laser Treatments. Photos courtesy of Advanced Dermatology, A Forefront Dermatology Practice. Results may vary.



New Product Highlights

by Emily Jamieson, LE, with the boutique since 2013.

Lashes by Kerafactor® (\$99, 5 mL) is an innovative eyelash enhancement serum designed to transform lash appearance. This advanced formula combines potent peptides and growth factors to stimulate natural lash growth, providing longer, fuller, and more voluminous lashes. By targeting lash follicles with scientifically developed ingredients, Lashes by Kerafactor® strengthens and nourishes, resulting in a dramatic and natural-looking enhancement. Perfect for those seeking stunning, eye-catching lashes without extensions or false applications.

Brows by Kerafactor® (\$99, 5 mL) offers a revolutionary approach to eyebrow restoration and definition. This precision formula targets sparse and thinning brow areas, promoting healthier and more robust hair growth. Utilizing a proprietary blend of biomimetic growth factors and peptides, Brows by Kerafactor® helps restore brow density and shape, creating fuller, more sculpted eyebrows. Ideal for individuals looking to achieve well-defined, naturally beautiful brows with consistent, long-term results.

Colorescience® Total Lash® Mascara (\$59, 8 mL) is a multi-functional mascara that goes beyond traditional cosmetic enhancement. This innovative product provides stunning visual definition and volume while nourishing and protecting lashes. Its conditioning formula includes botanical extracts and peptides that strengthen lash health, prevent breakage, and promote natural growth. The unique tubing technology ensures precise application, creating beautifully separated, lengthened lashes that look stunning all day long.



Scan to see
New Arrivals
at [skinfo.com](https://www.skinfo.com)!

Defenage® 360 Nail Root Serum (\$87, 0.22 fl oz) is a groundbreaking treatment designed to revolutionize nail health and appearance. This comprehensive serum targets the nail matrix, utilizing advanced Defensin-molecule technology to promote stronger, more resilient nails. By addressing the root of nail growth, the serum helps transform weak, damaged nails into healthy, beautiful structures. Perfect for those seeking to restore and enhance their nail quality.

Nutrafol® Women's Balance Hair Growth Supplement (\$79, 120 capsules) represents a holistic approach to hair health and restoration. This physician-formulated supplement addresses multiple root causes of hair thinning, targeting stress, lifestyle, and nutritional factors. The scientifically developed formula supports comprehensive hair growth, promoting thicker, stronger, and more vibrant hair. An ideal natural solution for women experiencing hair concerns and seeking to improve overall hair health.

SkinCeuticals® P-TIOX (\$148, 1 fl oz) is an advanced environmental protection serum that revolutionizes wrinkle reduction. This peptide-powered formula is inspired by anti-wrinkle treatments, targeting nine types of expression lines with a sophisticated blend of peptides and active ingredients. Its innovative approach provides visible wrinkle correction and skin radiance, offering a non-invasive solution for those seeking to minimize signs of aging and achieve a more youthful appearance.

SkinMedica® HA5® +Hydra Collagen Replenish+Restore Hydrator (\$192, 2 fl oz) introduces the next generation of skin hydration. This advanced formula combines twice the hyaluronic acid with Hydra Collagen to deliver intense moisture and smooth skin texture. Featuring innovative VITISENSCE® Technology, the serum replenishes the skin's hydration reservoir, providing immediate and long-lasting hydration. The result is visibly plump, dewy, and healthier-looking skin with reduced appearance of fine lines.

Plated™ Intense Serum (\$258, 0.5 fl oz) is a high-performance skincare treatment featuring revolutionary Renewosome™ technology. This award-winning serum harnesses the power of exosomes to comprehensively address multiple signs of aging. Clinically proven to reduce wrinkles, redness, and brown spots, the lightweight formula works effectively for all skin types. An ideal solution for those seeking a transformative skincare experience that delivers visible results.



Traveling? Don't Forget Your Sunscreen—Even on the Plane!

by Sally Holland, LE, with the practice and boutique since 2023.

Spring break is just around the corner, and many of us are gearing up for exciting travel plans. While packing your sunscreen might already be on your checklist for lounging poolside or hitting the beach, did you know it's just as important to protect your skin during your flight? At Advanced Dermatology, we want to remind our patients that UVA exposure at high altitudes is a real risk, even while sitting in an airplane cabin.

Airplane windows may block UVB rays, which cause sunburn, but they offer little to no protection against UVA rays. UVA rays penetrate more deeply into the skin, contributing to premature aging and increasing your risk of skin cancer. At cruising altitude—where planes fly around 30,000 feet above the ground—the thinner atmosphere provides less protection from the sun, and the intensity of UVA exposure is significantly higher. Pilots and frequent flyers, for example, have been found to have an increased risk of melanoma due to this heightened exposure.

If you're seated by a window during your flight, you're directly in the path of these harmful rays. Even brief periods of exposure during a single flight can accumulate over time, putting your skin at risk. That's why applying sunscreen before boarding is just as crucial as when you're spending a day outdoors.

For optimal protection, we recommend using a broad-spectrum sunscreen with an SPF of 30 or higher. Look for products containing ingredients like zinc oxide or titanium dioxide, which provide a physical barrier against UVA and UVB rays. **ElaMD® UV Clear (\$43, 1.7 oz)**, **skinfo® Pure Protection Ultra (\$43, 4 oz)**, and **Alastin® Hydratint (\$24, 0.4 oz; \$76, 3.2 oz)** are a few of my favorites from skinfo®. Don't forget to reapply if your flight is particularly long or if you plan to do some sightseeing immediately after landing.

At skinfo®, we're passionate about raising awareness of everyday sun protection, whether you're on the ground or in the air. If you're planning your spring break getaway, prioritize your skin's health by incorporating sunscreen into your travel routine. And if you have questions about the best products or how to protect yourself, we're here to help!



SCHEDULE YOUR

FULL BODY EXAMINATION FOR SKIN CANCER SCREENING

A thorough examination and documentation of every square inch of the body from toes to the scalp, including dermatoscopic review when indicated. Dermoscopy is the use of a highly magnified tool that helps us see further detail in a mole or other growth.



Lincolnshire

SCHEDULE ONLINE
by using the QR code
quick links for the
location nearest you.



Glencoe



We Can Help You Protect Your Skin All-Year-Round!

Scan to Shop
All Sunscreen
at [skinfo.com](https://www.skinfo.com)!





The (Non)science of Clean Beauty and Clean Beauty Apps
by Jonah Figueroa, LE, with the boutique since 2024.

Nowadays, it's impossible to look for a new beauty product without hearing the words, "clean beauty", and it makes sense! We don't want to use products that could harm our health or the environment. In some ways, clean beauty is a little like music- everyone can understand it, but very few people can agree on what's the best. Every brand has its own definition of what it means to be a "clean beauty" brand, so it can be very confusing when one brand says one ingredient is clean versus another brand saying an ingredient isn't clean. Clean beauty apps, like the Yuka app or the EWG app, claim to make navigating this world of clean beauty easier. All you have to do is scan the barcode on the bottom of the box and boom! The app tells you if there are any ingredients in the formula that could be hazardous to your health or the environment. While this may seem like a dream come true, the reality is slightly more nuanced.

Clean beauty apps are fairly consistent in what they state are "good" ingredients and what they state are "bad" ingredients. It's very often that the more natural ingredients score highly yet the synthetic ingredients tend to get low scores. This is a good example of the Appeal to Nature Fallacy, which states that something is good or desirable because it is natural, and that natural products are preferable to synthetic ones. Ironically, natural ingredients like essential oils are

typically more irritating than synthetic ingredients. In its natural form, BOTOX® is one of the most toxic substances on earth, but when it's processed in a lab, it becomes one of the most highly sought-after cosmetic treatments in the world of dermatology.

In cosmetic formulations, there are two different types of ingredients- functional and active. Active ingredients promote change in the skin- vitamin c, for example, can stimulate collagen production. Functional ingredients work to make a product more elegant and improve the performance of the product. Ingredients like dimethicone are used to give products a nice silky texture and ingredients like carbomer make lotions and creams more thick. There are also multiple names for the same ingredient. On the back of a product label, vitamin c will never be written as vitamin c, but it may appear as L-ascorbic acid, sodium ascorbyl phosphate, magnesium ascorbyl phosphate, ascorbyl glucoside, ascorbyl palmitate, or tetrahexyldecyl ascorbate. That's a lot of long words, but they are all forms of vitamin c!

When navigating the skincare, haircare, or cosmetic aisle, it's best to approach the ingredients list with an open mind and curiosity at heart. If an ingredient has a long name and is hard to pronounce, that doesn't necessarily mean it's a bad thing. Dihydrogen monoxide sounds scary, but it's water, after all.

If you have any concerns or need personalized advice, stop by skinfo® and speak with one of our licensed estheticians!

Solve this word search and save at skinfo®

\$5 OFF

an in-store purchase of \$50 or more!*

*Standard terms & conditions apply (see page 4). Additional terms & conditions: Can only be redeemed once through 12/31/25. Offer expires 12/31/25. Redeemable in-store only. Must show solved puzzle for discount to be applied.

O	O	S	Y	G	K	C	C	L	A	A	Y	F	K	L
T	I	G	D	B	B	M	P	D	R	J	S	C	G	T
Y	R	V	I	R	Y	P	D	B	T	G	J	P	M	O
S	R	A	U	R	H	S	T	W	P	K	P	K	S	B
Y	W	E	Z	L	T	L	N	K	L	N	W	B	P	R
A	V	J	G	O	M	R	X	A	U	K	D	J	R	O
R	I	W	M	E	R	E	E	I	C	S	T	Z	I	W
A	A	T	U	L	N	I	N	T	S	X	L	E	N	L
V	O	J	J	I	Q	E	F	J	N	L	E	V	G	I
U	S	R	D	I	P	R	Z	K	I	W	B	B	F	
J	D	E	R	M	A	P	L	A	N	I	N	G	R	T
M	S	I	H	P	A	R	G	O	T	A	M	R	E	D
T	E	A	I	R	P	L	A	N	E	I	J	V	A	R
Q	T	G	D	N	M	M	W	P	I	E	V	D	K	X
O	I	S	D	J	L	G	L	I	U	F	J	E	R	R

AIRPLANE
DERMATOGRAPHISM
BROW LIFT
INTERTRIGO

DERMAPLANING
REGENERATIVE
SPRING BREAK
SCULPTRA

RAZOR
NEMLUVIO
UVA RAYS

4 Days
ONLY



A FOREFRONT SKINCARE **BOUTIQUE**

20% OFF*

MAY 12-15 ONLY, IN-STORE & SKINFO.COM

Semi-Annual Sale



Stock Up On Your CORE 4 skinfo® Skincare Products

Sunscreen, Antioxidant, Growth Factor, and Exfoliant, make up the skincare CORE 4 program by balancing skin type, personal preference, budget, and lifestyle.

****Standard terms & conditions apply (see page 3).**

Advanced Dermatology,
A Forefront Dermatology Practice
skinfo® • A Forefront Skincare Boutique

275 Parkway Drive, Suite 521
Lincolnshire, IL 60069

716 Vernon Avenue
Glencoe, IL 60022

advdermatology.com
847 • 459 • 6400

skinfo.com
847 • 459 • 2800



Amy Forman Taub, MD, FAAD

Ranked #10 Nationwide on Newsweeks
America's Best Cosmetic Dermatologists
of 2024 & Named Top Doctor 2024 by
Castle Connolly and Chicago Magazine