

## HEALTHY SKIN IS YOURS

### O'DONOGHUE DERMATOLOGY



#### Dr. O'Donoghue

Dr. O'Donoghue is dedicated to treating and improving all disorders and diseases of the skin, hair, and nails. He is board-certified by the American Board of Dermatology and has earned Fellowships in the American Academy of Dermatology, Florida Society of Dermatologic Surgeons and the American Society for Dermatologic Surgery.

Dr. O'Donoghue is a dermatologist who cares and has pride in his work. He is dedicated to the highest level of patient care and stays at the forefront of medical research.

We also offer a full range of procedures for improving the appearance of the skin including laser skin resurfacing, Lightsheer hair removal laser, Restylane, Radiesse, Juvederm, Intense Pulsed Light Laser, laser vein removal, peels and BOTOX® Cosmetic.



#### Mohs surgery



#### Mohs Surgery

A surgical procedure to remove a visible lesion on the skin in several steps. First, a thin layer of cancerous tissue is removed. Then, a second thin layer of tissue is removed and viewed under a microscope to check for cancer cells. More layers are removed one at a time until the tissue viewed under a microscope shows no remaining cancer. This type of surgery is used to remove as little normal tissue as possible.

#### Why am I waiting?

Right now your tissue sample is being processed onto a slide for Dr. O'Donoghue to read and check for clear margins of any cancerous cells.

#### What happens after I am cleared?

Jameson Pawlik, PA-C is our surgical PA that performs the Mohs closure. Look for his impressive bio on page 4.

#### How do I take care of my wound?

Leave our pressure bandage in place for 24 to 48 hrs. Then wash daily w/ antibacterial soap, pat dry, apply aquaphor or vaseline on a bandaid till we see you for suture removal.

## What Skin Type Are You?



**Normal skin type:**  
Well balanced skin, neither dry nor oily.  
Small, barely visible pores with smooth texture.  
Minimal issues with blemishes.  
Non sensitive.

**Dry skin type:**  
Skin easily irritated.  
Flaky, dry skin surface with less sebum content.  
Fine lines may develop easily.  
Pores barely visible.

**Oily skin type:**  
Shiny, greasy appearance.  
May have enlarged pores.  
Prone to redness, pimples and blackheads.  
No dry patches.

**Combination skin type:**  
Dry in some areas, oily in others.  
Breaks out easily.  
Irritated easily.  
Occasional enlarged pores.

## 10 Tips:

1. **Sunscreen:** Prolonged sun exposure can damage your skin tone that forms wrinkles, fine lines, dark spots or patches.
2. **Exfoliation is key:** Exfoliation is crucial to smoother and brighter skin, as it removes dulling skin debris and piled up dead cells.
3. **Apply nutrients to your skin:** Keep in mind that your skin needs extra hydration and moisture during the summertime.
4. **Never forget your eyes, lips, & feet:** Eyes, lips and feet are not only greatly exposed but are neglected areas of the body when it comes to protecting from the sun's harmful rays.
5. **Lighten up your skincare routine:** As we transition from winter to summer temperatures, a principle change to your skincare routine is adjusting the textures and formulations.
6. **Antioxidants are your skin's bestie:** The benefits of antioxidants help prevent the signs of aging by supporting collagen and elastin production, stimulating cellular regeneration and metabolism, improving hydration, discolorations and increasing overall integrity of the skin.
7. **The rewards of retinol:** We all love retinol for its anti-aging benefits.
8. **Hydration is key:** Hydration keeps your skin radiant, soft, and supple
9. **Your skin is as good as your diet:** Diet plays an essential role in your skin's overall health.
10. **Protect your skin w/ proper clothing:** In addition to seeking shade and applying sunscreen, wearing sun-protective clothing goes a long way in protecting you from the sun's harmful UV rays, which can increase your risk of skin cancer.



## THE SUN AND YOUR SKIN: 10 TIPS FOR SUMMER SKINCARE

By Kendra Clark, DMS-C-S, MPAS, PA-C

### The Sun and Your Skin: 10 Essential Tips for Summer Skincare

For many, summer is the best time of the year. With the dog days of summer comes longer days, radiant sunshine, sipping lemonade at poolside and BBQs with friends and family. Summer is a season of vacations, adventures, fun and romance; however, there is an innate risk that summer imparts on all of us. With the intensity of heat and sun exposure, summer can be a trying time for your skin. In addition to the harsh sun, pollutants and other environmental contaminants that may affect our skin's luster and glow.

Making simple changes not only in your daily summer skin care regime but healthy eating and drinking habits will help minimize the harmful effects of the harsh summer sun.

Before we discuss 10 essential tips for summer skincare, first and foremost one must understand their skin type and complexion followed by a clear understanding on how summer affects the skin.

It is very important to be aware of what skin type you most identify with in order to know your ideal summer skin regime. To briefly summarize the four skin types, let's identify their key features. (listed to the left of this article).

Now let's address how the summer sun and climate can affect your skin. Increase in temperatures during the summer months, combined with humidity and heat, can increase the activity of the sebaceous glands. The sebaceous glands are sensitive towards increasing temperature, thus increases its activity to produce more natural oil (sebum) in the layers of our skin.

In addition to increase of sebaceous gland activity, the heat can also cause pores to open; therefore, more prone to harboring dirt and oil, trapping bacteria, which can cause acne and blemishes on the face. Acne breakouts have a tendency to occur most common in summer. People with oily skin are more prone to it as the bacteria and oils in the skin mix with the sweat causing clogged pores and acne.

Moreover, those who have a tendency for dry skin, the increased heat tends to make their skin rough and patchy.

Now that we have briefly discussed the essentials of skin typing, the difference between dark versus light complexions and their melanin makeup, in addition to essential pearls on how summer sun affects the skin, let's delve into the 10 essential tips for summer skincare. (listed to the left of this article).

Ask our Skin Scholars in our skin boutique for Summer Safe Skin Care!

# PRP Hair Treatment



**Step 1**  
Between 10 to 60 milliliters (mL) Trusted Source of your blood is drawn, typically from your arm, and put into a centrifuge. This is a machine that spins rapidly to separate fluids of different densities.

**Step 2**  
After about 10 minutes in the centrifuge, your blood will have separated into three layers Trusted Source:

platelet-poor plasma  
platelet-rich plasma  
red blood cells

**Step 3**  
The platelet-rich plasma is drawn up into a syringe and then injected into areas of the scalp that need increased hair growth.

NEW TO O'DONOGHUE DERMATOLOGY:

## Nutrafol System

Nutrafol takes a science-backed approach to hair health by using clinically tested ingredients to multi-target key

From **#1** Dermatologist-Recommended Hair Growth Supplement Brand

root causes of thinning hair from within, provide support directly at the scalp, and defend hair from damage.

Bio-specific Nutraceuticals patented for hair growth.

Nutrafol's Hair Growth Nutraceuticals improve hair growth in men and women through different life stages and lifestyles.



A whole-body approach to hair and skin health.

Nutrafol Hair Growth Nutraceuticals feature Synergen Complex®, a patented blend of phytoactives clinically shown to improve hair growth by multi-targeting key root causes of hair thinning—including hormones, stress, lifestyle, metabolism, nutrition, and aging.\*\* Physician-formulated for patients with the following hair health concerns: thinning, shedding, poor hair growth, breakage, and weakness.

Topical hair health products for support directly at the scalp and strands.

Nutrafol's line of topical Hair Health Support products are formulated for patients experiencing visible signs of thinning hair, and scalp dryness that causes flaking, irritation, redness, and itchiness.

Bio-specific Hair Serums for men and women support visibly thicker hair directly at the scalp. Additionally, Nutrafol Scalp Microbiome Collection products purify and balance the scalp microbiome while Nutrafol Conditioner strengthens hair and defends against damage.

Backed by clinical research.

Nutrafol products are backed by 18 publications on hair wellness research—including 11 clinical studies with 2 randomized placebo clinical trials that substantiate Nutrafol's clinical trials.

Trusted by 4,500+ healthcare professionals.

Our growing network of professional partners is proof that Nutrafol empowers practitioners to take charge of their patients' hair growth by supporting hair health from the inside and out.

## **JAMESON PAWLIK, PA-C MASTER INJECTOR**

Jameson is a Clinical Assistant Professor from FSU, and has been a board-certified Physician Assistant since 2003. He completed his Bachelor of Arts degree in Psychology and Pre-Medical Studies at The College of the Holy Cross and went on to earn his Master of Science in Physician Assistant Studies from Massachusetts College of Pharmacy and Health Sciences in Boston.

Jameson practiced in the field of Cardiothoracic Surgery for 6 years before turning his attention to, and finding his true passion in the field of Dermatology. He is a current member of the American Academy of Physician Assistants as well as the Society for Dermatology Physician Assistants.

Originally from Massachusetts, Jameson spent his childhood in Florida, but he's a "Cape Codder" at heart. Prior to returning to the Sunshine state, Jameson practiced Dermatology in Cape Cod and Maui. He is an avid New England sports fan and he enjoys going on adventures with close friends and family.



## **SKIN SCHOLARS**

### **KAMI YOST, MSN, APRN, FNP-C**

Board Certified Advanced Practice Registered Nurse.

Collaborative practitioner with 20 years of experience in the healthcare field.

Graduated summa cum laude from USF as a Family Advanced Practice Registered Nurse

7 years experience as a dermatology APRN

Distinguished 4-year Military Career in United States Marine Corps

#### **MEMBERSHIPS AND CERTIFICATIONS**

National Academy of Dermatology Nurse Practitioners (NADNP)

Florida Society of Dermatology Physician Assistants (FSDPA)

More info to come!

