



NEWSLETTER

Issue:9

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Valley Skin Cancer Surgery

Conveniently located within
East Valley Dermatology
Center

Valley Skin Cancer
Surgery provides Mohs
Micrographic Surgery
which has the highest
success rate of all
treatments for skin
cancer. Ask your
Dermatologist if Mohs
surgery is right for you
and contact us at 480-
214-0388.

Learn more about VSCS
and
Mohs Surgery at
vscsaz.com

Dr. Lim Quan



Dr. McKenzie

Provider Spotlight

Sara Pickett, PA-C is a licensed and board certified physician assistant by the National Commission on Certification of Physician Assistants. She graduated from Midwestern University in 2004 with her master's degree with an emphasis in dermatology.

After working in the field of dermatology for 9 years in Denver, Colorado, she moved back to her native home state of Arizona in 2012 to join East Valley Dermatology Center. Sara is also an active member of Society of Dermatology Physician Assistants and the American Academy of Physician Assistants. She specializes in general dermatology and enjoys diagnosing and treating medical dermatological conditions as well as surgical procedures. She believes it is important to educate her patients about the risks associated with chronic, unprotected sun exposure. By educating patients about prevention, she has a chance to impact the future health of their skin.



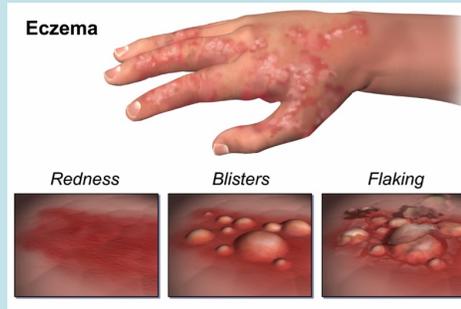
Sara shares her life with her partner, Derek, and their dog, Santiago, whom they rescued from the streets of Mexico. Outside of work she enjoys traveling, biking, community gatherings and spending time with her family.



Call today to schedule your skin exam appointment with Sara Pickett, PA-C!

Do you have Eczema / Dermatitis?

Eczema and Dermatitis are common skin conditions that most likely will result in a rash. There are many causes of these conditions, including allergic reactions, friction, prolonged exposure to heat and moisture, or contact with irritants, such as harsh chemicals.



Allergic Contact Dermatitis is a particular type of dermatitis that can occur after contact with an allergen. Itching and blistering can typically appear within a few days of exposure. Poisonous plants are the most common causes of allergic reactions in the United States effecting millions of Americans each year. Other common causes include metals, dyes, cosmetics, preservatives and fragrances. Identifying and removing these causes can relieve symptoms along with the use of corticosteroids and topicals which can be prescribed by your dermatologist.

Atopic Dermatitis is the most common form of eczema, characterized by patches of dry, red skin that may have scales and/or crust which is often accompanied by intense itching. Eczema usually occurs on the face, neck, and the insides of elbows, knees and ankles. An estimated 60% of people develop it in their first year of life, and 90% develop it before age 5. In the United States alone, atopic dermatitis affects at least 28 million people of all ages.

Although there is no cure for atopic dermatitis, proper treatment can control the symptoms to keep the skin moist, reduce inflammation and minimize the itch. Effective treatment often requires a multifaceted approach that includes medication, proper skin care, coping mechanisms and avoiding known causes.

Protect Your Skin

Sunscreen is only one way to protect your skin from harmful rays. Visit the following companies to learn more about your sun clothing options.

Coolibar

Solumbra

Skin Care Products

East Valley Dermatology carries several products for your skin care needs. We offer all non-prescription products available for purchase on the [Healthy Glow](#) website. Visit today for **FREE shipping** on all online purchases. For products that require a prescription, please schedule an appointment with your Dermatologist for purchase at the office.

Brands Available:

Obagi
PCA Skin
Elta MD

Glytone
Colorescience
Blue Lizard
DerMend
Heliocare
Jane Iredale



**Congratulations,
Dr. Geary!**



2016



Look for...

**Dryness
Itching
Redness**

...which can develop into
**flaking, scaling
cracks, swelling
and blisters**

Our providers at East Valley Dermatology Center can evaluate your treatment options, including new and emerging therapies and help you determine which treatment is best for your condition.

What is a Nurse Practitioner and Physician Assistant?

East Valley Dermatology Center is privileged to have two nurse practitioners (NP) and four physician assistants (PA), whom are licensed and certified, provide full dermatological care to our patients. In addition to the doctors on staff, these providers can also complete your skin exams, diagnose and treat all skin conditions including skin cancer, prescribe medications and order and interpret labs, and develop treatment plans to manage all your skin-related needs. Although these providers have a large patient following, most times they can accommodate your immediate scheduling needs.



What is a Nurse Practitioner (NP)?

A nurse practitioner is a licensed and certified medical professional. They must complete a master's or doctoral degree program and have advanced clinical training beyond their initial professional registered nurse preparation. To ensure the highest quality of care, they undergo rigorous national certification, periodic peer review, clinical outcome evaluations and adhere to a code for ethical practices. Continued education and professional development help maintain clinical competency. Approximately 15% of all nurse practitioners have their own private practices in addition to a number of nurse-managed health centers across the United States.

What is a Physician Assistant (PA)?

A physician assistant is a licensed and certified medical professional whom practices alongside physicians and other providers. They must take a test in general medicine in order to be licensed and certified and must graduate from an accredited PA program and pass a certification exam. PAs must complete extensive continuing medical education throughout their careers just as a physician or NP would do. In the latest studies, there are more than 108,000 certified PAs nationwide who interact

with patients more than 350 million times a year.

Rx Corner

East Valley Dermatology Rx provides a convenient way for our patients to fill prescriptions before leaving the office.



- **Prescription benefits apply** ~ Satisfy your prescription deductibles and out-of-pocket max by filling your prescriptions with us.
- **Competitive pricing** ~ Many patients have experienced lower prescription costs at East Valley Dermatology Rx than neighboring pharmacies. We can also forward to other pharmacies if we cannot satisfy your prescription needs.

NEW over-the-counter products available at competitive prices!



Now carrying Excipial products:

Daily Protection Hand Cream
 Rapid Repair Hand Cream
 10% Urea Hydrating Healing Lotion
 20% Urea Intensive Healing Cream

Now carrying Qilib products:

Hair Regrowth &
 Revitalization System
 and
 Hair and Health
 Reinforcement Supplement



Ask your Dermatologist today if your medication or recommended products are available in-office!

Self - Exams

See your Dermatologist annually for skin checks and examine yourself in between visits.

Self-examinations are key to identifying changes in your skin and new spots that may need to be addressed before your next visit.



1
Examine your body front and back in the mirror, then right and left sides with arms raised.



2
Bend elbows and look carefully at forearms and upper underarms and palms.



3
Look at the backs of the legs and feet – spaces between toes and soles.



4
Examine back of neck and scalp with a hand mirror. Part hair for a closer look.



5
Finally, check back and buttocks with hand mirror.

Sincerely,

**Rosemary Geary, MD, Ryan Falsey, MD, PhD,
Michelle Jeffries, DO, Tamara Casillas, FNP-C,
Ruth Ireland, FNP-C, Julie Silver, PA-C,
Cassandra Shore, PA-C, Yuliya Schoenling, PA-C,
and Sara Pickett, PA-C**

**East Valley Dermatology Center
1100 S Dobson Rd #223, Chandler, AZ 85286
(480) 821-8888, fax (480) 821-0888
www.evderm.com**

Katherine Lim Quan, MD and Jill McKenzie, MD

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Sincerely,

Rosemary Geary, M.D.
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