

## East Valley Dermatology Center



### NEWSLETTER

**Issue: 13 Quarter 1 / 2018**

**From all of us at East Valley Dermatology Center,  
we wish you a HAPPY and HEALTHY NEW YEAR!**

**We look forward to serving your dermatology needs in 2018.**



Rosemary Geary, MD



Ryan Falsey, MD, PhD



Michelle Jeffries, DO



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Sara Pickett, PA-C



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Wendy Ridenour, PA-C



We are proud to announce with great honor that  
East Valley Dermatology Center was voted  
***BEST Dermatologist***  
in the Best of 2017 East Valley Tribune of Chandler!

Thank you to all of our patients for your continued  
support throughout the year and choosing us to be your  
Dermatologist. Without you, we would not be the  
successful practice that we are today.

***Thank You!***

## **Do you suffer from Chronic Dermatitis? We can help!**

**Have you been treated in the past for chronic atopic dermatitis and been  
unsuccessful in finding relief to control the condition?  
Your dermatologist can prescribe a new medication called DUPIXENT®.**



**DUPIXENT® is a prescription medicine used to treat adults with  
moderate-to-severe atopic dermatitis which is not well controlled with  
prescription topicals or for those who cannot use topical therapies. It is  
not a steroid and can be used with or without topical corticosteroids.**

**DUPIXENT® is given as an injection under the skin with a pre-filled  
syringe. Your dermatologist can review and train you or your caregiver  
on the proper instructions for use.**

**Schedule an appointment at East Valley Dermatology Center  
to see if you are a candidate for DUPIXENT®.**

### **Nail Disorders**



**Do any of these look familiar to you? Did you know your dermatologist can diagnose and treat nail disorders.**

The conditions of our nails can be a reflection of our general state of health. General symptoms to watch for as a sign of a nail problem include changes in color, shape, thickness, swelling of the skin around the nails, bleeding or discharge, and pain. Some changes in the nail, such as discoloration or thickening, can signal health problems including liver and kidney diseases, heart and lung conditions, anemia and diabetes.

- Nail problems usually increase as we age and can affect a high number of senior citizens.
- Fungal infections cause about half of all nail disorders and are more common in toenails because the toes are confined in a warm, moist, weight-bearing environment.
- Rare conditions, such as melanomas, can grow under the nail and can often be mistaken for an injury. Consult a dermatologist if the dark-colored streak appears within the nail plate, and if the discoloration does not gradually improve or if the streak increases over time.
- Additional nail problems include, white spots after an injury to the nail; vertical lines under the nails; bacterial infections; ingrown toenails.

Did you know ...

- Fingernails grow faster than toenails - especially on your dominant hand
- Age, health status, time of year, activity level, and heredity play a roll in your nail growth.
- Women's nails grow slower than men's nails.
- Our nails grow faster in the summer than in winter.
- Nail growth is affected by disease, nutrition, medications, trauma, chronic illness, fever and the aging process.

Healthy Tips:

- Prevent bacteria from collecting under the nail by keeping them clean and dry.
- Cut your fingernails and toenails straight across and slightly rounded in the center. This helps avoid ingrown toenails and keeps your nails strong.
- Do you have thick toenails? Soak your feet in warm salt water for 5-10 minutes, then apply a urea or lactic acid cream to soften the nails, making them easier to

- trim.
- Do not bite your fingernails. Nail biting can cause damage to the skin around your fingers and can increase the chance of infection.

***Call today to schedule an appointment with one of our providers and allow them the opportunity to take care of your dermatology needs.***

## **New Year, New Benefits and Plans - Get Informed!**

East Valley Dermatology Center accepts most major carriers but it is advised that you contact our office and your insurance carrier prior to your appointment to confirm that we accept your specific insurance plan and network.



### **What is your financial responsibility in 2018?**

Most patients will experience a reset of their Deductibles beginning January 1, 2018. It is important for you to know and understand your financial responsibility of any Deductibles, Co-Insurance and Co-Pays. If you need assistance in understanding these financial benefits, please contact your insurance carrier prior to your appointment. New and existing plans may have different benefits in 2018 than what you might have had previously. Understanding your benefits before you visit the doctors office can help eliminate the surprise when you receive a bill for your portion after your insurance processes your claim.

As a reminder, Dermatology is *not covered* under your *preventative* benefits. An office visit and any procedures completed during your visit will be billed to your insurance and applied to any Deductibles, Co-Insurance and Co-Pays based on your individual plans. You will be required to pay your Co-Pay, if applicable, at the time of your visit. Any remaining patient responsibility will be billed to you after your insurance has processed your claim. All cosmetic/elective procedures and non-insurance visits are payable in full at the time of service.

### **Does Your Insurance Plan Require a Referral from your PCP?**

Please verify that we have received your referral prior to your visit, if your plan requires a referral to be seen at a specialist office. We will do our best to assist in the process but it is patient responsibility to obtain their referral. Contact your insurance company if you are uncertain if your plan requires a referral to see specialist.



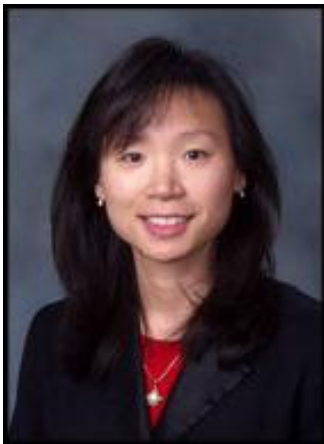
## Dermatology prescriptions are available in-office!

- Fast, Easy & Convenient
- Processed through your Insurance
- Competitive rates

### Reminders from the prescription desk ...

- **Plan ahead** ~ A yearly appointment is required to receive additional refills. Don't wait until you are out of your medication before scheduling.
- **Be prepared** ~ Bring your prescription insurance card with you to your appointments. In some cases, it may be a separate card than your regular medical insurance card.
- **Get informed** ~ contact your prescription plan and find out what your 2018 benefits are, understand your deductible and out-of-pocket costs, and discover any changes to which tier your medications are on.

## Valley Skin Cancer Surgery



Dr. Katherine Lim Quan

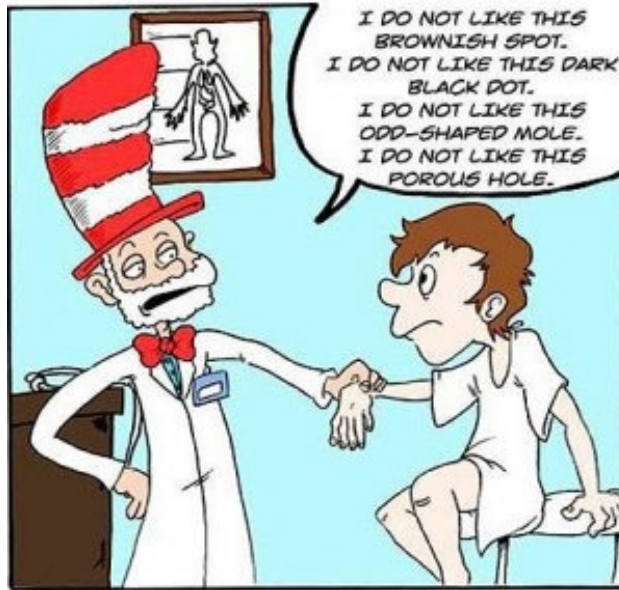
Conveniently located within East Valley Dermatology Center

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 Valley Skin Cancer Surgery and Mohs at [www.vscsaz.com](http://www.vscsaz.com)



Dr. Jill McKenzie



Sincerely,

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

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**Katherine Lim Quan, MD and Jill McKenzie, MD**

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