

**Dr. Shari Hicks-Graham**

Happy New Year!

Many of us will read more than our share of articles and blogs about how to be better in 2022. In addition to eating well, drinking more water, less alcohol and exercising, we want to suggest a foundational tip for making your skin better this year.

Start off by getting an annual Skin Check!

- ✓ Great for skin cancer screening for early detection and treatment. Very important for all adults and children with lots of moles or general questions about their skin. Who doesn't want some much needed reassurance from time to time?
- ✓ Also key to gaining control of skin issues like rashes, acne and hair loss that may be tough to manage alone at home. Save valuable resources with the right answers from the start.

Thyroid Awareness Month

January is the month dedicated to education of the public about the thyroid gland. Located in the neck, the thyroid gland plays an important role in regulating the body's hormonal system and acts like a thermostat for the whole body in many ways. When it becomes hyperactive or underactive, however, important problems related to the heart, lungs, eyes and nervous system may occur. Surprisingly, the skin exam may display signs of thyroid disease in subtle or obvious ways.

1. Skin may be extra dry
2. Eyebrow thinning on sides
3. May feel extra cold or warm
4. Hairloss
5. Swelling of skin on the shins

If you or someone you know is concerned about thyroid disease, your primary care physician may help. We can also certainly help you identify specialized signs, so just mention it to us if you have questions.



Vanquish ME

It's time to reinvigorate ourselves with a little help from our friend... this painless procedure uses safe radio frequency heat energy to diminish unwanted inches of fat. It's great for the waistline! Just 4 weekly visits for one hour each, and you'll be well on your way to reaching those springtime goals. With Vanquish, exercise and a moderate diet, your abdominal goals of losing that tummy fat will be moving forward - safely.



Staff Member Spotlight

Kalin Williams has been trained as a clinical staff assistant at Downtown Dermatology and has been working with us for approximately 2 years. She loves assisting with procedures and helping us document visit notes in charts, learning medical terminology and helping carry out plans set by our dermatology providers. In 2020, Kalin graduated with a Bachelor's Degree in Biochemistry from Alcorn State University. Her dream is to become a dermatology physician! During her time away from our practice, she studies for the medical college admissions test (MCAT) and is applying for schools. Please join me in encouraging Kalin as she works toward her goals while serving you here at Downtown Dermatology!



"Amazing practice! Dr. Hicks-Graham and her entire team are consummate professionals with incredible bedside manner. She provides a full spectrum of services and I have been a patient here for years. Recently, I relocated to the east coast and I still fly in for appointments! It is difficult to replicate the results this practice provides. First class practice both medical and cosmetic."
-Nicolette Freeman

Testimonial Time

January 10th
20% OFF

All Products & Aesthetic Services*

*excludes CeraVe, LivSo and Latisse

Save the Next Date - February 14

Marvelous Monday

You may purchase applicable products and cosmetic services at 20% off all day, virtually or in office. Great for body smoothing treatments- VANQUISH ME, injectables including Botox, Juvederm fillers, Kybella, lasers acne scars, hair removal, brown spots, unwanted blood vessels), Hydrafacials, microneedling, SecretRF, Exilis and more! Call or message us to take advantage of this great promo for our loyal patients.