

NEWSLETTER JUNE 2025

# *June is* National Vitiligo Awareness Month

**Vitiligo** is a benign skin condition characterized by the loss of pigment-producing cells that are responsible for producing melanin, resulting in well-defined white patches of skin and even hair. Early signs include small, pale spots that gradually expand and become more noticeable. While there is no cure, there are treatment options that can help manage its appearance and progression. If you notice changes in your skin or have concerns about vitiligo, schedule a consultation with us for your own personalized care plan.

# **Did You Know?**

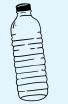


Did you know that when citrus juice is combined with sunlight on the skin it can cause a rash? This reaction is called Phytophotodermatitis. It can cause red, itchy patches, blisters, or even dark streaks that look like burns. It's most common to occur while doing regular activities outdoors like eating, cooking, or enjoying summer drinks. To prevent it, be sure to wash your skin thoroughly after handling citrus and to wear sun protection when spending time outside.

Summer Skin Care Tips for Healthy Skin



**Apply Broad-Spectrum Sunscreen** Use SPF 30 or higher, and reapply every 2 hours—if you'll be spending extended time outdoors we recommend using an SPF of 50 or higher.



### **Stay Hydrated**

Drink plenty of water to support skin hydration and overall cellular function.



## Wear Protective Clothing

Opt for wide-brimmed hats, sunglasses, and UPF-rated clothing to minimize direct sun exposure.



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# **Avoid Peak Sun Hours**

Seek shade and limit outdoor activity between 10 a.m. and 4 p.m., when UV rays are strongest.

500 E. Main Street, Suites 305A & 310 Columbus, OH 43215





Dermatology

This June, when you share your positive experience at Downtown Dermatology with a **Google review**, you'll be entered into a drawing to win one of three luxurious gift baskets that include skincare favorites from CeraVe, La Roche Posay, and ISDIN each thoughtfully curated with our loyal Downtown Dermatology patients in mind, valued between \$85-\$295!



### **Entering is simple:**

1. Post a Google review anytime between **June 1, 2025** - **June 30, 2025**.

2. To ensure your entry, send us a quick message through Klara to let us know you've submitted your review.

One entry per patient. Winners will be chosen randomly and contacted during the week of July 8, 2025.

### Thank you for your continued support. We look forward to treating our lucky winners!







# SUNISDIN VITAOXULTRA Soft Capsules



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SUNISDIN is a once-a-day antioxidant supplement designed to defend against photoaging and enhance general skin health as part of a daily skincare and sun protection routine. Think of it as sun protection from the inside out! SUNISDIN is available for purchase in office, call or text us to set yours aside while supplies last!



\*You may purchase applicable products and cosmetic services at 15% off all day, virtually or in office. Great for body smoothing treatments: SKINVIVE, injectables including Botox, all fillers, Kybella, lasers acne (scars, hair removal, brown spots, unwanted blood vessels), hydrafacials, microneedling, SecretRF and more! Call or message us to take advantage of this great promo for our loyal patients.

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Save the Date for July 14th

#### (614) 224-4566 ColumbusDowntownDerm.com