

Summer Skin Prep — Protect, Prevent, Glow

As we head into sunnier days, summer skin prep starts with one non-negotiable: daily sunscreen. We at Downtown Dermatology recommend mineral-based SPF formulas, which use zinc oxide or titanium dioxide to physically block UV rays and are ideal for sensitive or acne-prone skin. Some of our favorite options include **Alastin Pro Mineral Sunscreen** and **ISDIN** mineral sunscreen, available in tinted and non-tinted formulas. Pairing your sunscreen with a lightweight moisturizer and antioxidants like vitamin C helps defend against environmental damage and promote an even, glowy complexion.



May is Melanoma Awareness Month

Melanoma check for the signs

Because melanoma is particularly serious, you should be familiar with the signs to look for. The ABCDE of melanoma can help you to detect it early.

- A** Is the spot asymmetric?
- B** Does it have uneven borders?
- C** Does it contain different colours?
- D** Is it larger than 6mm in diameter?
- E** Is there an evolution in growth?

EVOLUTION is the most important of the ABCDE warning signs.
A spot that has changed in size, shape, colour, elevation or another trait (such as itching, soreness, bleeding or crusting).
MPA encourages everyone to get regular skin checks with a healthcare professional. If you notice new or changing spots MPA advises you to seek immediate medical advice.

Melanoma Awareness Month is dedicated to prevention and early detection of the most aggressive form of skin cancer. The good news: when caught early, melanoma is highly treatable. We encourage monthly self skin checks and annual skin exams performed by your provider. Remember the **ABCDEs of melanoma**: Asymmetry, Border irregularity, Color variation, Diameter larger than 6mm, and Evolving (any mole that changes). If you notice a new or changing lesion, schedule an evaluation promptly. Early action truly makes all the difference.

Aerolase® Laser for Hyperpigmentation

Struggling with dark spots or uneven skin tone? The **Aerolase®** laser is our new favorite treatment for safely treating hyperpigmentation and melasma in all skin types. Its advanced technology targets excess pigment while being gentle on surrounding skin, brightening and evening your complexion with minimal downtime. Treatments are comfortable, customizable, and designed to restore clarity and glow. Reach out by text or call to schedule your consultation today!



Marvelous Monday

Our next **Marvelous Monday** events are **May 11th June 8th!**



Enjoy special discounts on select treatments and products. Spots are limited, so book early!

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.