



# Callender

## Skin & Laser Center

### Newsletter

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Summer Issue June/July/August 2008



Valerie D. Callender, M.D.  
 Board Certified Dermatologist  
 Director, Callender Skin & Laser Center

**Welcome to our First Newsletter!!**  
 As we begin to experience the joys and the fun of summer, I welcome you to our inaugural health and beauty newsletter. This newsletter is designed to provide up-to-date information on the trends and the "hottest" issues in cosmetic and medical dermatology. In an age where medical and cosmetic advances have revolutionized the speciality of dermatology, and where patients rely on the internet as their primary source of information, the aim of this newsletter is to fill the gaps created by the misleading and inaccurate information that pervades that medium.

The newsletter will provide information on tips for maintaining healthy, beautiful skin, hair and nails. It will also provide information on the efficacy of cosmetic products, the desirability and effectiveness of certain cosmetic procedures and other pertinent information relative to the speciality of dermatology.

Our inaugural frequency will be quarterly and if the need warrants we will change this frequency to meet your desires.

Please read this first issue at your leisure and feel unrestrained to pass it on to your family and friends. I also invite you to give me your feedback and suggestions, and do not hesitate to email me with questions when they arise.

Sincerely,  
 Valerie D. Callender, MD  
 Director, Callender Skin & Laser Center

**Sunscreens**



Read about Dr. Callender's recommended sunscreens for 2008 in "It's Summer Time...Make Sure You Have the Right Sunscreen"

**Save the Date**

**Appreciation Day!**  
 August 9, 2008  
 10am-2pm

Join Us for A Day of Beauty  
 The Callender Skin & Laser Center  
 Medi Spa

20% off all products & services



**Gift Card**

Available for that Perfect Gift!

**What's New in Clinical Skin Care**



**NEW TNS Night Eye Repair "The Ultimate Eye Cream"**

- \* Increases Firmness & Elasticity with NouriCel-MDTM
- \* Improves the appearance of fine lines & wrinkles
- \* Strengthens & Hydrates the delicate & fragile skin around the eyes
- \* Reduces the appearance of 'Dark Circles'

**It's Summer Time....Make Sure You Have the Right Sunscreen**

**What to look for in a Great Sunscreen**  
 The best sunscreen has several important criteria. It should offer broad-spectrum coverage which protects you from both Ultraviolet A (UVA) and Ultraviolet B (UVB) radiation. Most sunscreens protect you from UVB, however there are special active ingredients that protect you against UVA. So, what is that number seen on the sunscreen label? This number measures the amount of UVB protection and is called the sun protection factor (SPF). The SPF measures the amount of time you can stay out in the sun with a sunscreen before getting burned. So therefore, the higher the SPF, the better you are protected from the sun. Most dermatologists recommend a SPF of 15 or higher. Interestingly, black skin has a natural SPF of 13.4 compared to 3.4 in Caucasian skin but all skin types should protect their skin against sun exposure because these harmful rays can cause photodamage, skin cancer, and uneven skin tone. Sunscreen ingredients to look for include Avobenzone (Parsol 1789), Mexoryl (Ecamsule), zinc oxide and titanium dioxide. Sunscreens and sunblocks are formulated in lotions, creams, gels and sprays; compatible to all different skin types.

- Other Tips:**
1. Re-apply your sunscreen every 2 hours.
  2. Use only an ounce of sunscreen to cover your entire body before going out. An ounce is approximately the size of a gold ball.
  3. Use a lip balm with a SPF 15 or higher.
  4. Try to avoid the sun between 10AM-4PM when the UV rays are the strongest.
  5. Wear protective clothing-sunglasses, wide-brimmed hats, long sleeves and pants.
  6. Sunscreen protection should be part of ones daily skin care regimen and worn all year long.
  7. If you have sensitive skin, use sunscreen that contain micronized zinc oxide or titanium dioxide.

For further information on UV protection, visit [www.aad.org](http://www.aad.org) or [www.skincancer.org](http://www.skincancer.org)

**Dr. Callender's Choice: Sunscreens**

DCL Chemical Free Sunscreen	SPF 30
Glytone Suncare	SPF 25
Glytone Suncare Waterproof Sunscreen	SPF 30
Kinerase Pro + Therapy Daily Defense Cream	SPF 30
OBAGI NuDerm Healthy Skin Protection	SPF 35
Revale Skin	SPF 15
Skin Medica Environment Defense Sunscreen	SPF 30
Skin Medica TNS Ultimate Daily Moisturizer	SPF 30

Interested in these products? Please visit our Medi Spa located at The Callender Skin and Laser Center 12164 Central Avenue Suite 204 Mitchellville, MD 20721 or call (301)249-6206 for more information.

20% off every Wednesday & Saturday

**Protect & Beautify**



**Make Up by Jane Iredale**  
[www.janeiredale.com](http://www.janeiredale.com)

Many of Jane Iredale's products include sun protection (SPF). These include:

Amazing Base - Loose Minerals	SPF 20
PurePressed - Pressed Minerals	SPF 20
PureMoist LipColours	SPF 18
LipDrink	SPF 15

Interested in these products?  
 Please visit our Medi Spa located at The Callender Skin and Laser Center 12164 Central Avenue Suite 204 Mitchellville, MD 20721 or call (301)249-6206 for more information.

20% off every Wednesday & Saturday

**Laser Hair Removal**

**The "Summer Special" for Hair Free Skin**

Men and women alike can now make unwanted facial or body hair a thing of the past. No more painful waxing, electrolysis or razors! The CoolGlide hair removal system delivers 21st century technology in our office for the treatment of this distressing problem.

The CoolGlide system presents a revolution in hair removal. Using technology beyond that of other lasers, the CoolGlide can disable hundreds of hair follicles in less than one second, and promises long-lasting results.

Our CoolGlide hair removal system is a non-invasive laser specifically designed to eliminate undesired hair from all parts of the body and in all skin types. The CoolGlide system generates intense, long-pulsed light through an actively-cooled handpiece, which effectively disables unwanted pigmented hair follicles, thus impairing their growth. The laser's cold handpiece is placed gently on the skin and glides along as pulses of light are delivered from the laser. When the light penetrates the skin, it selectively damages the root of the unwanted hair.

The CoolGlide can remove hair from all parts of the body including the face, legs, arms, underarms, and back, as well as sensitive areas like the chest and bikini line.

**Save 15%**


**Summer Special!!**  
**15% off Laser Hair Removal Packages!**

For Face, Underarms, Bikini Area and Legs

Print out coupon and bring it with you to your next visit.

**One coupon per patient.**

Offer Expires: August 30, 2008



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