



DERMATOLOGY NEWS: PSORIASIS

AESTHETIC NEWS: PLATELET RICH PLASMA (PRP)

THIS MONTH, DR LUSHEN PILLAY EDUCATES US ON A SKIN CONDITION WHICH HAS BECOME MAINSTREAM IN THE LAST FEW YEARS...

PSORIASIS

What is Psoriasis? It is an inherited autoimmune condition that is triggered and exacerbated by certain environmental factors.

Can it be cured? Unfortunately it is a chronic condition, but it can be well controlled and managed with the right treatment.

What causes Psoriasis? It is inherited.

Who does it affect? It can affect anyone and usually comes up at different stages in life. Often a period of stress exacerbates or triggers it. In children sometimes a throat infection can trigger it.

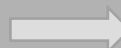
Are there treatments available for this condition? Yes ranging from topical treatments to oral, injectables and phototherapy, there are good options available.

Any homecare remedies to help assist in management of this condition? No, but anecdotally omega 3 and vitamin D3 has been mentioned in the literature to help. Controlled sun exposure can help.

CLICK ON THE LINK BELOW TO READ A RECENT PSORIASIS CLIP WITH DR LUSHEN PILLAY ADVISING ON HOW BEST TO MANAGE THE STRESS INDUCED EFFECTS OF PSORIASIS

https://www.womenontop.co.za/healthcare-and-fitness/take-control-of-your-mental-health-a-healthy-skin-will-follow/?utm_source=rss&utm_medium=rss&utm_campaign=take-control-of-your-mental-health-a-healthy-skin-will-follow

Q & A With Dr Pillay



What is the difference between Botox and Fillers?

Botulinum toxin is a product that works on lines and wrinkles most often used in the forehead and also for other medical conditions like bruxism and dystonia. It works on the neuromuscular junction to decrease movement in the area and thereby smoothing wrinkles. Fillers are most often made up of Hyaluronic Acid which is found naturally in our body. We inject them in areas that are depleted due to aging and also to lift sagging areas.

How big of a role does your diet play in your skin condition?

The old saying "You are what you eat" has never been truer. Diets rich in antioxidants and low in complex carbohydrates and sugars are good for skin, and general health. However, we sometimes need that extra boost from a good trusted skin therapist!

Send through your questions for next month's newsletter to manager@skinderm.co.za or WhatsApp us on 0615406648

AESTHETIC NEWS: ALL THINGS PRP!!!

Often, when our patients hear the words 'needles' or 'blood', it is met with much hesitation and an unwillingness to try it out!

Eventually curiosity gets the better of them and they give in.

The process of PRP really does sound a lot worse than it is. Our patients are often pleasantly surprised at how quick and easy the treatment is administered. And the results really do speak for itself!

PRP is an absolute favorite at our practice due its wide variety of benefits. In Aesthetics it can be administered to treat Hair loss, improves skin texture, assists in reducing pigmentation, effective in treating scars including stretchmarks, and is excellent to improve or maintain overall skin and hair health.

Dr Barbara Sturm first invented the 'VAMPIRE FACIAL' (PRP ON THE FACE)

It has since evolved to ensure a much more pleasant experience as well as enhanced results.

PRP stands for Platelet Rich Plasma. Plasma is a component in our blood which contains proteins to support cell growth. The simplest explanation we give our patients is to think about when your car goes in for service, the minute you get your car back, it feels like a new car. PRP is basically like a 'service' for your skin and hair.

The PRP Process: after we have welcomed you to the practice, we take you to the Lancet Lab where the wonderful nurses draw about 2 vials of blood from your arm. Once the blood has been drawn, the nurses then spin the blood in a centrifuge machine which then separates your plasma from your red blood cells. Whilst the spinning of the blood is in process, one of our highly trained aestheticians will take you back to our rooms and if PRP is being administered on the face, we apply a topical medical-grade anesthetic. The anesthetic is left on the skin for about 10-15 minutes. Once your plasma is ready, we then gently needle it into the skin or scalp if treating hair loss. The actual procedure takes 10-15 minutes to needle the plasma into the skin or scalp. The plasma is a light-deep yellow color. It is also known as 'Liquid Gold'

Once the plasma has been needled into the skin or scalp, the therapist explains your aftercare.

What can I expect after the treatment? The skin may feel dry and tight on the day of the session as well as slightly red. The scalp may feel slightly itchy.

Downtime? There is so downtime besides the redness which usually settles within the next day or two!

Send any questions you may have about PRP to 0780999385!

Visit the link below to watch a PRP – HAIR LOSS PROCEDURE TAKE PLACE!!!

<https://www.instagram.com/p/CLogdG3gvzj/?igshid=aahke3dmrfpm>

MARCH AESTHETIC PROMOS!!

FLASH PEELS R2000 FOR 4 SESSIONS
(NORMALLY R3600)

WITH EVERY PRP SESSION BOOKED IN THE
MONTH OF MARCH, RECEIVE A
COMPLIMENTARY MICRODERM PEEL WORTH
R1000

SEND US A WHATSAPP ON 0615406648 TO
BOOK

Nora's retail recommendation:

"Skinderm's Niacinamide has quickly become a product I can't do without. I generally have quite an oily skin and because of this I have always stayed away from moisturizing my skin, which has now led to other concerns. The Niacinamide hydrates my skin without leaving it oily or uncomfortable'



Aesthetician/ Managers Treatment recommendation:

Komona Govender: ' PRP and Skinboosters are always integrated somewhere into my patients treatment plans, the results are phenomenal and both procedures offer a myriad of benefits. It is very rare that a patient is not suited for these treatments. Next month's newsletter will be focused around Skinboosters so keep an eye out!'"



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SKINDERM BEFORE AND 'STILL IN PROGRESS PICTURES'

Before

After



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