



CONSULTATION CORNER BACK TO SCHOOL



I hope everyone found a way to enjoy summer in Montana despite the intense heat! It is time to start preparing for a change of seasons already, and that means back-to-school time. Below are some common questions I get from kids and teenagers as this time of year rolls around.

Q. What is a good skincare routine for me?

Everyone has different skincare needs, but most people should be doing two basic things: wearing sunscreen daily and washing their face at night. If you have

other issues such as dryness, oily skin, or acne, you will likely need additional steps in your routine.

Q. What type of sunscreen do you recommend?

I recommend a mineral-based sunscreen with a SPF of 30 or higher that is tinted. Tinted versions work better and blend in nicer.

Q. What face wash do you recommend?

Start with a gentle cleanser and adjust to meet your needs. I recommend Neutrogena Fresh Foaming Cleanser as a good starting point. It removes makeup, sunscreen and dirt. Also, you need lukewarm water to activate most cleansers. While cold water may help reduce inflamed and puffy skin, it does not work best with cleansers.

Q. What if I have acne — what should I add to my skincare routine?

In my experience, you usually have to attack acne with more than one product, and it takes about three months to start noticing any improvement. So, if you are suffering from acne, I recommend making a dermatology appointment sooner than later. In the meantime, start with a cleanser that has benzoyl peroxide in it. CeraVe Acne Foaming Cream Cleanser is a good one. Since this cleanser can bleach fabrics, I recommend using it in the shower. Also, you need to let the cleanser sit for 2-5 minutes before rinsing.



Q. What is the best type of makeup to use?

My recommendations #1- purchase your foundation from Ulta or Sephora. These stores allow you to return used product if you end up not liking it after all. #2- it is all about color matching. Take the time to find a makeup brand with the best color match for your skin tone. #3 - do not depend on your makeup to substitute for sunscreen. We do not apply enough makeup to give us adequate sun coverage. We often need an extra layer of sunscreen underneath our makeup. And then we have to reapply every two hours to maintain the protections. For this I use ColoreScience powder sunscreen.

Q. I wear deodorant but still sweat a lot.

Not all deodorants have an antiperspirant in them. To help reduce sweating, I recommend antiperspirants with an aluminum-based ingredient. Certain Dri (solid version) is a great product. Also, it takes eight hours for these ingredients to work, so apply your antiperspirants at night and in the morning.

Q. What can I do for smelly feet and underarms?

I get asked these questions a lot. If washing regularly and wearing antiperspirants are not helping, a prescription for a topical antibiotic is often needed to help with unwanted odors.

CELEBRATING

11 YEARS

DERMATOLOGY
EXPERIENCE

HAIR LOSS / ALOPECIA AWARENESS MONTH

August is Alopecia Awareness Month, a time to educate about hair loss and its treatments. Hair loss, or alopecia, can be caused by hormonal imbalances, nutritional deficiencies, autoimmune disorders, or genetic factors. There are several different types of alopecia. To help you understand your hair loss condition it is important to establish care with Dr. Riddle or one of our PAs. This ensures that you have a professional who understands your unique hair and scalp needs and can provide the best possible care. Our office offers comprehensive care for hair loss, starting with an accurate diagnosis to identify the root cause. There are various medical treatments, including medications and topical solutions.

For cosmetic improvements, our Hair Clinic offers PRF (Platelet-Rich Fibrin) injections, which use your own blood to stimulate hair growth. Personalized consultations ensure that treatment plans are tailored to individual needs. Follow-up care is crucial, with regular monitoring and adjustments to the treatment plan to achieve the best outcomes. The Hair Clinic uses Hair Metrix (AI and imaging technology) which will analyze hair and scalp conditions, assessing hair density and thickness. The Hair Clinic offers complimentary consultations. This consultation can help you make informed decisions about your hair loss treatment, increasing the likelihood of satisfactory results. If you are experiencing hair loss, scheduling a consultation is a vital first step to exploring safe and effective treatment options. ♦



Now available at the Aesthetics Clinic

SkinCeuticals Clear Daily Soothing UV Defense SPF 50

Clear Daily Soothing UV Defense SPF 50 is a transparent, non-comedogenic sunscreen suitable for sensitive or redness-prone skin.

- ♦ A Hybrid Blend featuring soothing technology to help calm sensitive or redness-prone skin
- ♦ A lightweight, transparent finish across all skin tones
- ♦ Broad-spectrum protection to help prevent inflammation and premature aging
- ♦ Water-resistant up to 40 minutes

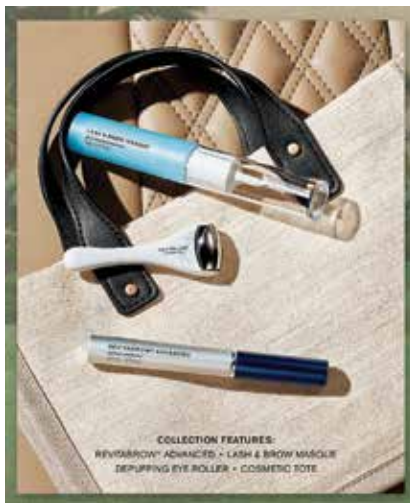


Eminence Citrus & Kale C + E Serum

This award-winning lightweight, advanced serum is for all skin types. The potent Vitamin C in this serum is stabilized by botanically-derived ferulic acid delivering antioxidants to help brighten skin, improve the look of fine lines and wrinkles, and reduce the appearance of free radical damage. Pair with your favorite Eminence SPF to keep your complexion protected while brightening and improving the look of fine lines with the Citrus & Kale Potent C + E Serum.

Revitalash Ultimate Eye Collection (Limited Edition)

Give your eyes the royal treatment. Our best-selling serum enhances natural lashes, while our one-of-a-kind lash and brow mask delivers damage-repairing hydration. A depuffing eye roller and travel-ready cosmetic tote let you create a restorative experience, even on the go. ♦



Cassidy's Skincare Routine

In this edition, Cassidy shares what works for her.

Sticking to your skincare routine is crucial, especially when starting out with new products. Protecting the skin at a young age is so important

The basics of my skin care routine are:

- AM:** Cleanser, Vitamin C serum, Hydrating serum, Moisturizer and SPF
- PM:** Double Cleanse, Retinol cream, Serum and Moisturizer

My specific skincare routine:

- AM:** Epionce Lytic Gel Cleanser, Epionce Purifying Toner, SkinCeuticals Phlortin CF, SkinCeuticals H.A. Intensifier, Epionce Renewal Lite Lotion, Elta MD UV Clear Tinted SPF
- PM:** SkinCeuticals Simply Clean, Epionce Lytic Gel Cleanser (I have acne prone skin) SkinCeuticals Retinol 1.0, SkinCeuticals Discoloration Defense, SkinCeuticals Triple Lipid 2:4:2

For Treatments:

I like to do chemical peels 1–2 times per year, and microneedling monthly. Then I do botox every 3–4 months. ◆



STAY CONNECTED

Sign up for our monthly email to receive skincare tips and promotions by scanning the QR code below or by sending your name and **email** address to staff@billingsdermatology.com.



Like us on **Facebook** at [Billings Dermatology & Aesthetics](#) or follow us on **Instagram** and become eligible for promotions and prizes that are exclusive to social media.



We're joining forces with the Sun Bus!

The mission of The Sun Bus is to reduce the burden of skin diseases, including cancer, through effective screening, education, and research programs.

We will be providing free skin cancer screening, sun safety education and samples at the following steps:

- ◆ **Billings, MT: August 22 (2–5:30 pm)**
Billings: Riverstone Health Clinic
- ◆ **Sidney, MT: August 24 (10 am–4 pm) and August 25 (9 am–2 pm)**

An appointment is strongly encouraged as spots fill quickly. Visit www.thesunbus.org/calendar to see the full Sun Bus calendar, and to secure your appointment approximately two weeks prior to each event.



WELCOME LESLIE



Leslie joined our office in June 2024, and has been a proud Montana resident for the past three years, relocating to Billings from California. With more than 20 years of experience in customer service, she brings a wealth of skills

from her previous roles in the food industry, as a cake decorator, and salon manager. Leslie was inspired to join our team after her daughter started seeing Dr. Riddle; she instantly fell in love with our office and staff. When the opportunity arose, she eagerly jumped at the chance to be part of our incredible team. A devoted user of the Epionce skincare line, Leslie has seen amazing results and is excited to share her passion for skincare with others!

In her spare time, Leslie enjoys playing board games, tackling escape rooms and crafting. She loves shopping for and making her own holiday decor — especially for Halloween, when her house truly comes alive! Most of all, she cherishes spending time with her best friends, her three daughters. ◆

SEASONAL SPECIALS

◆ August

Botox Savings: buy 35u, get 10 free (*\$140 savings*), buy 45u, get 15 free (*\$210 savings*)

30% off a package of three Dermaplaning Treatments or Facials

15% off all SkinCeuticals products

◆ September

Two Sculptra syringes for \$1400 (a \$300 savings!)

Nordlys Frax Laser Resurfacing Face and Neck treatment: **\$1,000** (a \$400 savings!)

15% off all Epionce products

◆ October

Oct 31st only Botox special: \$10.31 BOO-Tox Thursday, October 31, 2024. \$10.31 (clever aren't we?) per unit, 30 unit minimum — a *\$110 savings!*

30% off a sun-undone GentleMax Pro Plus Pigment Treatment

15% off all Eminence products

Check back often at billingsdermatology.com
Specials are subject to change!

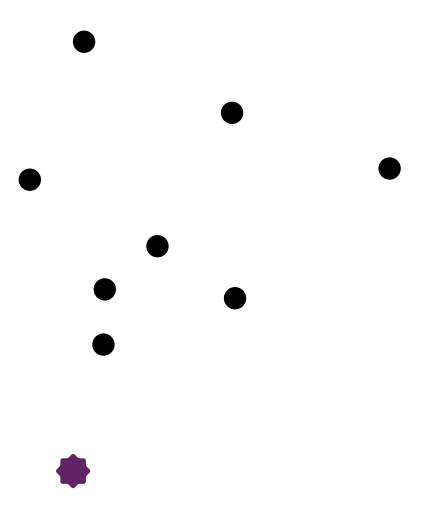


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WAR ON MELANOMA

Billings Dermatology & Aesthetics is proud to support the **Start Seeing Melanoma** movement presented by *The War on Melanoma*.

The War on Melanoma is an all-fronts effort to eliminate melanoma as a cause of death, primarily focusing on the link between early detection of melanoma leading to improved survivorship.

The War on Melanoma brings science, technology, and public health outreach together with patients, families and care providers with the goal of ending deaths from this form of cancer.

Most death is preventable with education and screening. When melanoma is found and treated early, the chances for survival are excellent. Like other cancers, the further melanoma progresses, the harder it is to treat. Five-year survival rates for patients with early stage (Stage I melanoma) are greater than 90% to 95%. When melanoma is discovered after it spreads, or metastasizes, survival rates can drop to 25% and the treatments are difficult and very expensive. ◆ Learn more at startseeingmelanoma.com

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