

Connolly Dermatology Newsletter



Protecting Your Skin

The warm rays of spring are upon us, and people will be spending more time outside, enjoying gardening, sports and the beach. Practicing sun safety is vital in preventing harmful sunburns to keep the fun going! Here are some tips to step up your spring routine:

- **Sunscreen:** This is the most crucial step in preventing skin cancer. Apply a daily SPF 30 broad spectrum sunscreen (1 oz). Reapply every two hours or after swimming or sweating. Your dermatologist can answer specific question about the best sunscreen for your skin type: Examples: sensitive skin (MD Solar Sciences Mineral Lotion) or people with a more active lifestyle (MD Solar Sciences SPF Stick).
- **Protect:** Sunscreen is only one component to the sun protection plan. Wear sun protective clothing: hats, shade, sunglasses, etc. Look for product labels with UV-protection details. The AAD suggests finding sunglasses that indicate 100% UV protection (ex: Kaenon \$144).
- **Skin checks:** During the warmer weather we begin to notice spots that may have changed through the winter. Be sure to have any non-healing or changing spots checked.
- **Avoid Tanning:** The rise in popularity of tanning is no secret. Most people love the sun. UV rays from tanning beds and the sun can cause wrinkles and skin cancer. The sand and water reflect the suns UV rays that can cause skin damage.

Welcome Joseph Colletti, PA-C



Joseph received a Master's Degree in Physician Assistant Studies from Philadelphia University while attending the accelerated program. He also earned a Bachelor's Degree in Science at Philadelphia University. Since graduating Joseph has committed his time and dedication to the field of Dermatology and giving back to his hometown area, the Jersey Shore, where he was born and raised. Growing up at the Jersey Shore, Joseph is passionate about educating his patients and community on the importance of proper sun protection and the need for routine skin cancer screenings. In his leisure time, Joseph enjoys fishing, snowboarding, playing sports and spending time with family and friends.

Connolly Dermatology

(609) 926-8899

Mention this Newsletter to receive \$2.00 off any moisturizer or sunscreen

In The News



This year promises to be exciting for Connolly Dermatology. We are proud to welcome a new Physician Assistant, Joseph Colletti, to our already dynamic team of providers. We are also proud to announce the opening of our new Whiting location.

The purpose of this newsletter is to share with you, our patient, special announcements, skin tips, seasonal skin care information, special offers, and to share dermatology related news articles. Thank you for entrusting Connolly Dermatology with all your dermatological needs.

Sincerely,

Dr. Coyle Connolly

Excerpt from "The Examiner"

Examiner.com is a dynamic entertainment, news and lifestyle network that serves more than 20 million monthly readers across the U.S. and around the world. Read the full article [here](#).

We recently interviewed Dr. Coyle Connolly, a board-certified dermatologist who talked to us about starting a new skin routine. Women frequently try different products and we sampled some of his recommendations, our opinion is posted following the interview.

Q.: In regards to the SkinMedica AHA/BHA Exfoliating Cleanser, how often can someone use an exfoliator?

Dr. C.: A potent skin exfoliator, Skin Medica's AHA/BHA Exfoliating Cleanser is approved for application three times a week. The dual power of alpha hydroxy (AHA) and beta hydroxy (BHA), or salicylic acid, help even out skin tones and smooth the skin. Patients with sensitive skin may only be able to tolerate an exfoliator one or two times a week. I tell my patients to start the product slowly, every third night, and increase the frequency as tolerated. Excessive redness, irritation or dryness is to be avoided.

Q.: In fact, could you explain a sequence of what product should go on when and why?

Dr. C.: An application sequence would be sunscreen in AM, exfoliating cleanser in PM and an eye gel with vitamin prior to bed. Excess oil, dirt, pollution and makeup may be removed by applying a deep cleansing oil at night.

Q.: How does applying an organic green tea like Hedgerow and Kent aid in skincare?

Dr. C.: Tea bags such as Vitamin World Hedgerow and Kent Organic Green Tea contain caffeine, which helps to reduce eye puffiness. All you have to do is soak the tea bag in warm water for a few minutes, drain excess water, and apply to closed eyes. Some prefer to refrigerate the tea bags for an added cooling effect to further reduce unsightly eye bags. Cold temporarily shrinks the blood vessels that contribute to swollen eyes.