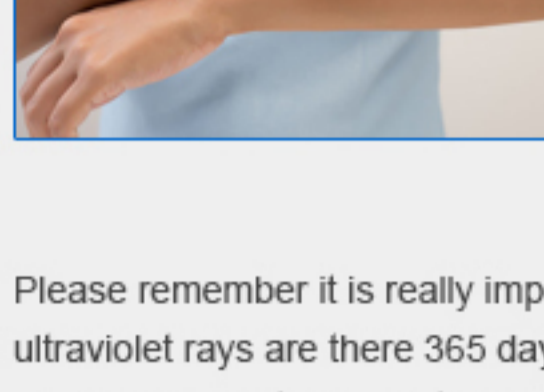


## BEAUTY IS ABOUT BEING COMFORTABLE IN YOUR OWN SKIN

### SKINCARE TIPS FROM THE PROS

### INSIDER INFO

PART 2 OF DR. TREMAINE'S PERSONAL SKINCARE REGIMEN.



This month we turn our focus onto the face! This is where I spend most of my skin care time and energy. The first step to my regimen is washing my face twice daily and during the winter I like to use a gentle face wash. My favorite is **SkinCeuticals Gentle Cleanser**. The next step in the morning routine is the application of a Vitamin C antioxidant serum, followed by a light moisturizer and sunscreen.

Please remember it is really important to wear SPF every day, even in the winter as those ultraviolet rays are there 365 days per year. My favorite winter SPF is **EltaMD UV Daily**, but we have a variety of quality sunscreens available at our office. Everyone has different sunscreen needs and wants, you just have to try them out and see what works for you.

My new obsession is the **SkinCeuticals H.A. Intensifier**. It boosts levels of hyaluronic acid and delivers long lasting hydration without making your skin oily, thus reducing the look of fine lines around the mouth and eyes. I apply it after my antioxidant, but before the sunscreen.

In the evening, I like to use my retinoids, even during the winter (must always be combating the fine lines!). It is really helpful to mix the retinoid with a moisturizer. **SkinCeuticals Metacell Renewal B3** is my favorite facial moisturizer, but if you have dry skin this one may not be enough. **The SkinCeuticals Triple Lipid Serum** is amazingly luxurious and will moisturize, repair, and prevent excessive exfoliation from the retinoids.

For the lips, I keep it fairly simple; **EltaMD UV Lip Balm** during the day and Aquaphor at bedtime. I like to wear matte lipstick, but it wreaks havoc on the lips, so I try not to wear them every day and I always repair my lips with Aquaphor at bedtime.

This is my routine for facial skincare.... But is that too many steps for you?! I totally get it. Visit us at Skin Wellness Physicians and we can create a simplified regimen specialized for you.

### CONTACT US

### EVENTS



## LUNCH AND LEARN SHOP AND SAVE

FEBRUARY 20, 2019  
FROM 12-2PM

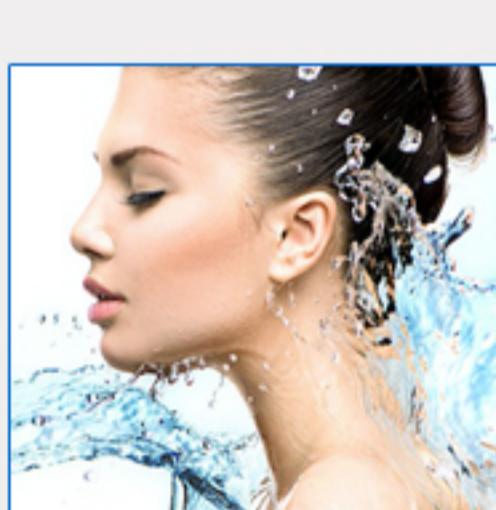
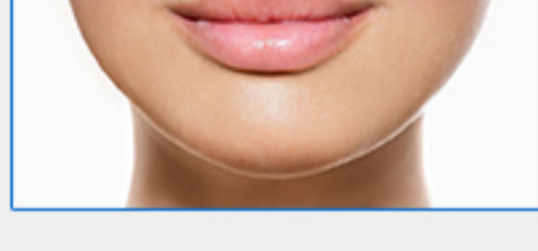
Please join us for lunch as our representatives present the benefits of injectable fillers and importance of maintaining a regular skin care routine. Our medical aesthetician will also be available.

### SERVICE OF THE MONTH

### SPECIALS

LOVE YOUR LIPS. NOT YOUR LINES.

When you purchase SkinCeuticals H.A. Intensifier, a multifunctional corrective serum to amplify your skin's hyaluronic acid levels. You will also receive SkinCeuticals Anioxidant Lip Repair absolutely FREE!



### SERVICE OF THE MONTH EVERYBODY LOVES A FRESH FACE.

Remove dead skin cells, extract impurities and hydrate your skin with a HydraFacial. And for the month of February only, receive a Brightalive add-on (\$65 value) for absolutely FREE!

For all SPECIALS, email us at [rsvp@skinwellfl.com](mailto:rsvp@skinwellfl.com) or call (239) 732-0044

### SPOTLIGHT

DISCOVER LORI FREYHOF

"I feel so fortunate that my patients take an interest in my son Frankie and frequently ask who is taking care of him while I am at work", says Dr. Tremaine, a Dermatologist at Skin Wellness Physicians in Naples, FL. I would like to put this month's spotlight on Frankie's caregiver, Lori Freyhof. She is kind, generous, and full of life, and her amazing care for Frankie allows me to focus my attention on my patients.



Cheers to Lori!

### LET'S TALK ABOUT IT!

### FEATURE

THE IMPORTANCE OF FEMALE INTIMATE WELLNESS

Childbirth, aging, and hormonal variations can lead to significant changes to the vulvo-vaginal skin and mucosa that can negatively affect a woman's quality of life. Pregnancy and childbirth can cause laxity of the pelvic anatomy. In menopause, our estrogen decreases causing atrophy (thinning) of the mucosa. These changes can lead to symptoms such as pain with physical activity or intercourse, itching, burning, dryness and irritation of the vulvar skin, orgasmic dysfunction, stress urinary incontinence and chafing. Unfortunately,



chafing. Unfortunately, despite how common these symptoms are, women are not talking about it and not getting the treatment they need.

Thankfully, **there are non-surgical laser treatments that can help** improve these symptoms. These treatments have been inappropriately coined "genital rejuvenation", however, this term does a disservice to the treatment and women. While the laser treatments can cause cosmetic improvement in the vaginal area, the primary benefits of these treatments are significant functional improvement in the medical condition vulvo-vaginal atrophy and both perimenopausal and menopausal women can benefit from these treatments.

There are several different non-surgical devices (ablative/non-ablative lasers, radiofrequency) that can be used, but today I will focus on ablative lasers, **specifically fractionated carbon dioxide (CO2)**. This laser delivers heat that stimulates the formation of new collagen, elastin, and vascular supply resulting in thickening of the mucosa and restoring the vaginal mucosa to its previous state.

In a study conducted by Perino, et al., 48 post-menopausal patients complaining of vaginal dryness, burning, itching and/or pain during intercourse underwent 3 sessions with the CO2 laser. 91.7% of the patients reported being satisfied/very satisfied with the treatment significantly improving symptoms, while no adverse events were reported. I have never seen a laser treatment with such high patient satisfaction scores before!

What can you expect with CO2 (CO2RE® Intima) laser treatment? The treatment is quick and virtually painless with each treatment session lasting about 15 minutes. Typically, 3 sessions are recommended, spaced 4 weeks part. After the 3rd treatment, a yearly maintenance treatment may be necessary.

Not all patients are good candidates for these treatments. For example, if the symptoms are caused by pelvic organ prolapse (POP), these laser treatments may not be effective. POP is a condition in which one or more of the pelvic organs (uterus, bladder, rectum) descends into the vaginal space. The main cause for POP is vaginal childbirth and often times, surgical intervention is necessary for treatment.

Women no longer need to suffer with the symptoms of vulvo-vaginal laxity and atrophy. Having a pleasurable intimate life is a normal part of a healthy lifestyle and we should feel

*Dr. Anne Marie Tremaine of Skin Wellness Physicians*

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