



## PROCEDURE OF THE MONTH

### Fraxel

Fraxel improves sun damage, fine wrinkles, and aging on the face, neck, chest and hands. It also treats crepiness and fine lines around the eye and on the eyelids. Also helps skin texture and certain cases of melasma.



**Prepay for 3 treatments and get 15% off in April**

## TIP OF THE MONTH:

### Understanding the Diet-Acne Connection

Acne can affect both teens and adults alike. The relationship between diet and acne is confusing. There is evidence to suggest that certain dietary factors may influence acne; however, the exact mechanisms and specific dietary recommendations are still being elucidated. Some studies suggest that consuming high glycemic index (GI) foods, like sugary snacks and refined carbohydrates, can lead to increased insulin levels, exacerbating acne by boosting sebum production and inflammation.

Additionally, certain dairy products, particularly skim milk, may influence acne development due to hormones and growth factors. Protein powders that contain milk-derived whey protein can also exacerbate acne. Diets high in omega-6 fatty acids, found in processed foods and some vegetable oils, may promote inflammation, while omega-3 fatty acids, found in sources like fatty fish, may have anti-inflammatory effects beneficial for acne-prone skin.

We always recommend incorporating antioxidant-rich foods such as fruits and vegetables, as well as staying hydrated, to best support skin health. However, individual responses to dietary changes vary, so consulting with your dermatologist for personalized advice is recommended.

## PRODUCTS OF THE MONTH

*10% off these products in April*

### Glycolic Elite Gly-Sal 2-2 Acne Medicated Cleanser

Gly-Sal 2-2 Acne Medicated Cleanser clears problematic skin and helps regulate oil production. A combination of 2% glycolic acid and 2% salicylic acid gently removes dull, dead skin and unclogs pores. Formulated for skin that is more sensitive to irritation.



### Glycolic Elite Ultra Lite Facial Cream

Light moisture enriched facial cream formulated with aloe vera and antioxidants, it helps to achieve smoother and softer skin.



The physicians at Dermatology Associates Medical Group have expertise in treating cosmetic, medical, and surgical dermatological conditions.

Please call (310) 626-4631 ext. 227 to schedule a consultation or visit us online at [www.derm90210.com](http://www.derm90210.com)

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