

HEATHER J. ROBERTS, M.D., AMC.

11600 Wilshire Blvd., #408 Los Angeles, CA 90025 (310)477-4727

Dr. Roberts would like to welcome Laura, our newest staff member, to our practice. Laura is a certified medical assistant and will join Dora and Patricia in making your visit in our office a pleasant one.

YEARLY SKIN CANCER SCREENINGS

Detected early, skin cancer can be easily treated. The American Academy of Dermatology and the Skin Cancer Foundation recommend annual skin cancer screening. During your exam, Dr. Roberts will check your skin from head to toe. In addition, examine yourself every month at home remembering the A, B, C, D's of melanoma:

- A – asymmetry (One half unlike the other)
- B – border irregular (scalloped or poorly defined edges)
- C – color varied from one area to the other, (shades of tan, brown, black; sometimes white, blue or red)
- D – diameter larger than 6mm (size of a pencil eraser)

If you see any of these features, call our office to schedule an appointment.

Our website is now up and running! Visit us today at
www.DrHeatherRoberts.com

to learn more about what our office has to share with you and your family.

BECAUSE SUNSCREEN SHOULD BE PART OF YOUR DAILY ROUTINE

DR. ROBERTS RECOMMENDS SKINCEUTICALS SPF 20, 30 or 45,
NEUTROGENA SPF57 and UP THE ANTI SPF30(chemical free)

WHICH DO YOU USE?

Living here in “sunny” California we often forget that year round sunscreen is an essential part of our daily routine. By using a broad spectrum UVA/UVB sunscreen daily, you will not only prevent premature aging of the skin but decrease your chances of developing skin cancer. While UVB rays primarily cause sunburns and skin cancer, longer UVA rays, which are more prevalent on cloudy days, can be just as damaging by causing premature aging and skin cancer. To help you decide which sunscreen(s) on the shelf may be right for you and your family, Dr. Roberts recommends: **SPF 20** – For non-summer months and if you're mainly indoors and just going from “your car to the building”. BEWARE: UVA rays penetrate glass windows so if you're commuting more than 30 – 40 minutes daily, you're getting more exposure than you realize. **SPF30** – A better choice for daily protection for most patients.

SPF 45-70 - Best for prolonged outdoor activities, sports, events and water exposure. **“Chemical Free”** – Physical blocking sunscreen. Good for sensitive skin patients who cannot tolerate “chemical sunscreens”, but the trade off is SPF's will not go higher than 30. Remember whatever SPF you use, frequent reapplication, every 2 hours, is the key. Reapplying before and after sweating or being in the water is also recommended. Although sunscreen will give moderate protection, even the best sunscreens cannot block 100% of the UV rays. Avoid peak sun hours (9am to 3pm), seek the shade whenever possible and use sun protective clothing, hats and sun glasses.

WHAT'S NEW IN PRODUCTS

TO FIND THE BEST PRODUCTS FOR OUR PATIENTS, DR. ROBERTS PERSONALLY TESTS AND RESEARCHES THE LATEST COSMECEUTICAL LINES.

DNA Repair serum: This is a powerful repair serum enabling the skin to recover from past UV damage and stimulating it to resist future sun damage through natural enzyme repair processes.

Radical Results serum: This serum loaded with anti-oxidant Vitamins C & E increases the production of collagen, conditions and repairs sun damaged skin, reduces pore size and fights free radicals.

Up the Anti SPF30: This oil-free micronized titanium dioxide, zinc and iron oxides formula physically blocks UVA/UVB, visible and infrared rays to prevent sunburn, sun damage, freckling as well as discoloration.

Starting Up Face cleanser: Foaming gel cleanser packed with antioxidants and two fruit acids to deeply clean pores, diminish blemishes and eliminate excess oil. Sloughs away rough, dead skin cells while natural extracts heal and soothe leaving the skin soft and thoroughly cleansed.

Soothing Beyond Measure: This transparent cream forms a protective barrier for sensitized skin and relieves inflammation and tightness due to minor skin irritation. Reduces redness and bruising. Rehydrates and speeds healing.

Go on-line to www.DrHeatherRoberts.com to view and order all the hand picked products we offer.



Our website is now up and running! Visit us today at

www.DrHeatherRoberts.com

to learn more about what our office has to share with you and your family.

END OF SUMMER SPECIAL

BLU-U ACNE TREATMENTS ...just \$50 & BLU-U w/PDT \$250

Come relax in front of the BLU-U once or twice a week or as needed to control acne flares. Each session takes less than 20 minutes. The Blu-U® kills the P. acnes bacteria in your skin which cause acne. Great for patients who wish to avoid oral antibiotics. With each treatment, the number of acne lesions will decrease. Blu-U treatments can also be enhanced with photodynamic therapy to treat stubborn acne instead of Accutane, control overactive oil glands, sun damaged skin and precancerous spots. Blu-U® and Blu-U/PDT treatments are scheduled with Dr. Roberts' assistants, Dora and Laura, or Sharon, our aesthetician so appointments are readily available daily, Thursday evenings and some Saturdays.

WE INVITE YOU TO GO ON-LINE TO www.DrHeatherRoberts.com TO LEARN MORE!!