



Skin Health Report

Spring 2011

Portland Dermatology offers Urgent Same Day Appointments!



Some things just can't wait. If you need to see a dermatologist right away, we can get you in. Please call our scheduling line at 503-223-3104 to [schedule your appointment](tel:503-223-3104) today.

Meet our providers...

The physicians and staff of Portland Dermatology Clinic, LLP hope you have a positive patient experience with us. We've recently updated our [website](#) to provide an educational tool for our patients and public use.

Also, if you haven't been to the office in some time, we hope you'll come with us to our new location at: [1414 NW Northrup Street, Suite 600, Portland, OR 97209.](#)



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[FDA Approves Drug to Treat Metastatic Melanoma](#)

The [Record and Herald News \(NJ\)](#) (4/5, Williams) reports, "Ipilimumab, sold as Yervoy by Bristol-Myers Squibb, was fast-tracked through the Food and Drug Administration review process and approved for use in late March." The drug "was tested in an international study that spanned 125 cancer centers involving 676 patients with Stage III or IV metastatic melanoma. About 23 percent of the patients given the drug were alive two years later, compared with 14 percent of those who did not receive it."

Sunscreen 101

Many patients coming for skin cancer screenings at Portland Dermatology Clinic understand the importance of protecting one's skin from the damaging rays of ultraviolet light that come from the sun. Most accept as part of that protection the importance of sunscreens. With the vast number of sunscreens available, however, it can sometimes be difficult to know which products to choose and how to use sunscreens properly.

The physicians at Portland Dermatology Clinic (PDC) recommend regular use of broad spectrum sunscreens for sun exposed skin to prevent skin cancer and excessive aging of the skin. A sunscreen should be SPF 30 - higher numbers do not protect more as long as it is applied adequately - and broad spectrum (meaning able to protect against both UVA and UVB). The SPF only refers to how well a sunscreen protects against UVB. To ensure UVA protection as well, one must read the active ingredients on the label and make sure that the sunscreen contains at least ONE of the following: avobenzone, Mexoryl, zinc oxide or titanium dioxide. Do not buy it if it doesn't contain one. For those who have concerns about chemical sunscreens, stick with ones that contain only zinc or titanium.



To read the full article please read the ["Sunscreen 101"](#) handout on our website.

Spring Product Special!

SkinCeuticals A.G.E. Eye Cream & A.G.E. Interrupter Moisturizer

Our featured products pair together as a multi-faceted delivery team of powerful ingredients that prevent and correct the most visible signs of intrinsic aging.



Reg. \$235 | Special 10% off

Offer good until April 30, 2010. Visit our office to purchase product or call (503) 223-3104 for more information.



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