

OUTSTANDING DOCTORS OUTSTANDING CARE



BY: DANIELLE BADGETT, CERTIFIED MEDICAL AESTHETICIAN

PREVENT CORRECT PROTECT YOUR SKIN

At Texas Medical & Surgical's medical spa, SkinMedic, we promote skin health....not trends. To improve and maintain your skin's health, there are three fundamental elements that you should include in your regimen: Prevent, Correct, and Protect.

PREVENT

To prevent skin damage from environmental elements, studies have shown the antioxidant Vitamin-C to be a powerful agent. Applied once a day, Vitamin-C gives you protection from photo damage throughout the day. Duke University research shows that once topical Vitamin-C gets into skin, it cannot be washed, rubbed, or perspired off and it remains active for up to 72 hours. This makes a Vitamin-C gel ideal for athletes and outdoor enthusiasts.

Vitamin-C is also necessary for the production of collagen, the major structural protein of the skin. Consistent topical application results in the decreased appearance of fine lines and wrinkles within three to eight months. Skin texture, color and tone may improve in as early as a few days.

Consuming large amounts of Vitamin-C will not deliver the same results. The body control mechanisms tightly limit the amount of Vitamin-C that can enter the skin through ingestion. Rubbing oranges on the skin will not deliver results either, because the Vitamin-C is not in a form that the skin can absorb.

For best results, choose a topical product that offers Vitamin-C in

the form of L-ascorbic acid with a low pH. Duke University research shows that stabilized L-ascorbic acid at low pH delivers 20 to 40 times more Vitamin-C to the skin than can be achieved by diet or by supplement.

At SkinMedic, we offer the SkinCeuticals line of topical Vitamin-C products. SkinCeuticals offers serums with different levels of strength to suit every skin type, including the most sensitive.

CORRECT

Regardless of lifestyle, skin begins to change over time. Signs of collagen breakdown, loss of moisture, and decreased cell turnover occur as skin ages. Scientific discoveries have led to improved skin care products that are more effective in correcting damage and repairing skin's lost luster, even to sensitive lip and eye areas. Products are available to reduce pore size, lighten hyperpigmentation (such as age spots and melasma, which is common during pregnancy), and smooth wrinkles. However, since the market is full of products with varied ingredients and results, we recommend that you consult with a professional aesthetician to find the product(s) suited best to your skin needs and skin type.

PROTECT

Harmful UVA and UVB rays can penetrate the skin causing sun damage and skin cancer. It is so important for you to use a sun block everyday, especially on cloudy days, when the sun rays are a lot stronger. Even as little

as driving in your car, your driver side will show more damage from the sun than the passenger side. So always remember to include your sun block in your daily regime.

Many advances in sun block formulas have been made. It is now possible to achieve sun protection without experiencing "greasiness," white streaks, or even a heavy feel. We recommend a sun block made with transparent zinc oxide, which works very well under cosmetics. At SkinMedic, we offer a variety of transparent zinc oxide sunscreens.

As a medical aesthetician, I see the first hand effects of environmental damages of the skin. So it is very important to include preventative, corrective, and protective products into your daily routine. These three simple steps can make the biggest difference in the world. Call me at 214.345.1418, and I will be glad to answer any questions you may have about your skin or about available products. We also provide free skin analyses and consultations. Call for your consultation today,

Danielle

Love Your Skin Tips:

- ♥ Apply a product with Vitamin-C daily.
- ♥ Have your skin professionally evaluated.
- ♥ Wear sunscreen daily.

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SPECIALTIES

Audiology
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Urology
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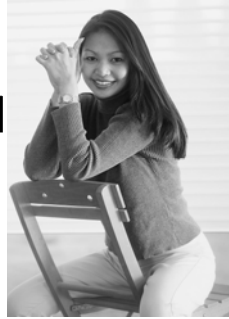
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How Can a VACCINATION Protect *Women* from **CANCER?**



The American College of Obstetricians and Gynecologists recommends GARDASIL vaccine for females 11 through 26 years of age.

What is GARDASIL?

GARDASIL is a vaccine (injection) that helps protect against the following diseases caused by 4 types of the Human Papillomavirus (HPV):

- Cervical cancer (cancer of the lower end of the uterus or womb)
- Abnormal and precancerous cervical lesions
- Abnormal and precancerous vaginal lesions
- Abnormal and precancerous vulvar lesions
- Genital warts

You or your child cannot get these diseases from GARDASIL.

There are more than 100 HPV types; GARDASIL only helps to protect against types 6, 11, 16, and 18. These types have been selected because they cause approximately 70% of cervical cancers and 90% of genital warts.

The vaccination helps prevent these diseases, but it will not treat them. As with all vaccines, GARDASIL may not fully protect everyone who gets the vaccine. This vaccine will not protect you against HPV types to which you may have already been exposed nor will it protect you against other diseases not caused by HPV.

What are the possible side effects of vaccination?

The vaccine has been shown to be generally well tolerated. However, as with all vaccines, there may be some side effects. The most commonly reported are: Pain, swelling, itching, and redness at the injection site; and fever. Difficulty breathing has been reported very rarely.

Before you are vaccinated, you should tell your TMSA healthcare professional if you or your child:

- Has had an allergic reaction to the vaccine;
- Has a bleeding disorder and cannot receive injections in the arm;
- Has a weakened immune system, for example, due to a genetic defect or HIV infection;
- Is pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women;
- Has any illness with a fever more than 100°F; and/or
- Takes or plans to take any medicines, even over the counter medicines.

Females who receive GARDASIL should continue cervical cancer screening, as vaccination does not substitute for routine screening.

At Texas Medical & Surgical Associates (TMSA), your health and the health of your child are very important to us. We want to make sure that you are informed of the best healthcare practices. Please take the time to discuss the GARDASIL vaccine and any other questions or concerns about other matters you may have with your TMSA women's healthcare professional.

Your TMSA women's healthcare professional will decide if you or your child should receive the vaccine.

TMSA Women's Healthcare Offices

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An Important Message from the Billing Office:

Have you completed your coordination of benefits form sent by your employer?

These forms are sent out by your insurance company yearly and must be completed in order for the insurance to process and pay your medical claims. Since the responsibility lies with the insured, any claims pending for coordination of benefits information will be billed to you.

Here's how coordination of benefits works:

- ➔ If you and your spouse are covered under each other's group plans, your plan is always primary for your claims, and your spouse's plan is primary for his or her claims.
- ➔ If the group has more than 20 employees and the spouse reaches age 65, then the group plan is primary over Medicare.
- ➔ If the group has more than 100 employees and spouse becomes disabled, then the group plan remains primary over Medicare.
- ➔ If dependent children are covered under both your group plan and your spouse's, the plan of the parent whose birthday (month and day) occurs first in the calendar year will be considered primary.

Respond right away to requests from your insurance company asking for information about other insurance coverage you or your dependents may have. This ensures that your claims are processed promptly and by the primary health plan first.

Angela Hill
Central Business Office Manager

How to Reach TMSA Billing

If you have a question about your account, please call our central business office during the hours of 8:30-5:00, Monday through Friday.

**Patient Account
Services**
214.345.5778

If you are unable to reach Patient Account Services at the above number, please try **214.345.5733** or **214.345.2913**.

Share Your Suggestions

Do you have a suggestion on how we can serve you better? We would love to hear it! Call Christy Anderson, our patient liaison, at:

214.345.5799

or email her at christy.anderson@TexasMedSurg.com.



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