



Skin Speaks

*Skin Wellness Center of Chicago E-Newsletter
Issue 1*

In This Issue

Staff Notes

New at the SWCC

Spring Bake

**Mohs Micrographic
Surgery**

Patient Spotlight

Procedure Spotlight

**Spring Offering: Mango
Peel**

Greetings from Skin Wellness Center of Chicago (SWCC)! This is the launch of Skin Speaks, our quarterly e-newsletter. Our goal is to keep you informed on new developments in skin care, office news and more.

This e-newsletter kicks off in May which is National Skin Cancer Awareness Month. It's been a long winter and we're all excited to enjoy the sunshine that May brings, but before heading outside, make sure you grab your sunscreen and read on for tips and information on sun protection that could save your life!

Sincerely,

Brooke Jackson, M.D.
Medical Director, Skin Wellness Center of Chicago

Staff Notes

Is there a Doctor in the House? Below is a brief overview of the Bios of Dr. Brooke Jackson and Dr Cecelia Ricketts as well as a few staff member updates.



Brooke Jackson, M.D., a board certified Dermatologist, has a mission of educating people of all ages about the importance of proper skin care. Her specialties include skin laser procedures, skin cancer prevention, detection and treatment. Because of her interests in research and training, Dr. Jackson is considered an expert in the field of laser surgery. In fact, she became the first African-American dermatologist to be awarded laser fellowship training at Harvard University where her interests and research helped to pioneer the uses of lasers in ethnic skin. Dr. Jackson completed a second fellowship in MOHS surgery (skin cancer) in Houston where she founded the MOHS unit at the prestigious MD Anderson Cancer Center prior to relocating to Chicago. She is a member of the American Academy of Dermatology, American College of Mohs Surgery and the American Society of Dermatologic Surgery. Dr Jackson has authored numerous textbook chapters and is a frequent speaker at national medical conferences. An avid runner and budding tri-athlete, Dr. Jackson has completed eight marathons and 6 triathlons. She loves spending time with her family, including twin two-year-old daughters.

Cecelia Ricketts, M.D., a board certified Dermatologist, enjoys treating patients from infancy through adulthood. The scope of her practice includes diagnosis and treatment of various skin rashes, acne, and warts as well as the detection and treatment of skin cancer. After graduating from Loyola University Stritch School of Medicine, she completed her medical internship at Rush University Hospital and her Dermatology residency training at Henry Ford Hospital in Detroit, Michigan where she met Dr. Jackson. Dr. Ricketts enjoys spending time with her husband and five children, watching their sporting events and doing Pilates.



Staff Updates

Special congratulations to staff member Adrian on completing the Hustle Up the Hancock race to raise funds for the Respiratory Health Association of Metropolitan Chicago. Way to go!

This year instead of our annual holiday party, the staff donated toys to needy children.

In the News... Check out Dr. Jackson's media appearances, educating the public on proper skin care, on the newly redesigned SWCC web site www.skinwellnesscenter.org filled with worthy information!

New at the SWCC

Finally...an anti-aging product designed especially for sensitive skin. The Skin Wellness Center of Chicago now carries REVALESKIN™ skin care products. This skin care line is ideal for sensitive and aging skin needs, especially patients with eczema. The active ingredient in the products is CoffeeBerry®, which serves as a potent anti-oxidant. CoffeeBerry® diminishes fine lines, discoloration and softens the skin for a youthful look. We carry both the day cream with SPF and night cream. For more information on these products, please visit www.revaleskin.com. During your next office visit, let us custom tailor an affordable anti-aging regimen.

Our billing office is now offsite. For billing questions, please call 708-468-4072 and select option 3 for billing.

Don't forget there is discounted parking for patients at 20 E. Randolph Drive or 60 E. Randolph Drive. Please bring your parking ticket to your office visit.

May: Skin Cancer Awareness Month

Did you know there's no such thing as a healthy base tan? A tan is actually a result of an injury to the skin. Exposure to UV (ultra violet rays), whether it's outdoors or in a tanning booth, is harmful to the skin. For those seeking a healthy glow, we suggest spray tans and self-tanners.

While skin cancer is the most commonly diagnosed cancer, sadly it's one of the most dangerous. Melanoma, the deadliest type of skin cancer, causes on average 77 percent of skin cancer deaths a year. There is a skin cancer risk factor for everyone under the sun. While melanoma is more common in Caucasians, it is deadlier in African-Americans and Hispanics because it's more likely to go undetected and often diagnosed in the late stages of the disease. Patients with darker complexions also suffer from other conditions such as high blood pressure and lupus which require medications that make the skin more sun-sensitive.

Even though Skin Cancer Awareness Month is designated in May, it is important to be aware of the risks of UV exposure all year long.

If you seen any suspicious growing or non-healing lesions on your body, schedule your

full skin exam with Dr. Ricketts or Dr. Jackson today.

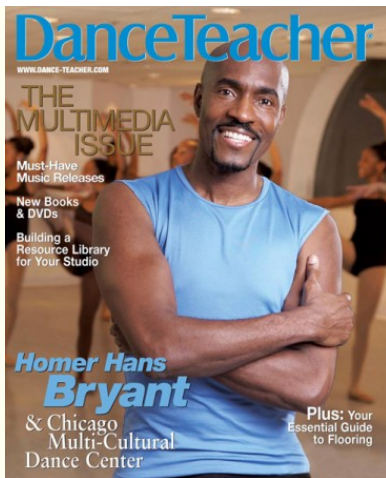
Here are some easy tips to keep you sun-safe:

- Stay in the shade as much as possible, especially from 10:00 a.m.-4:00 p.m. when UV rays are strongest and most damaging.
- Keep any exposed skin covered with clothing.
- Wear a wide-brim, non-straw hat that shades the face, head, ears and neck.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen with SPF 15 or higher and UVA and UVB protection. Look for ingredients such as titanium dioxide, zinc oxide or helioplex.
- Re-apply sunblock every two hours, especially when swimming or sweating heavily.
- Don't forget your lips, back of your neck, tops of your ears.
- Use enough sunblock: an adult should use 2 ounces (a shotglass full) to cover the body each time it is applied.
- Enjoy your outdoor activities, just be safe!!

Skin Cancer Treatment: Mohs Micrographic Surgery

The diagnosis of skin cancer can be unsettling. Once you have been diagnosed with Skin Cancer it is time to consider your options. Skin Wellness Center of Chicago is here to help. MOHS micrographic surgery is a tissue sparing technique which will leave you with a minimal scar while giving you a lower chance of recurrence. Mohs surgery is a subspecialty of Dermatology requiring additional advanced fellowship training. Dr Jackson is a fellowship trained, certified MOHS surgeon. For more information on Mohs surgery please visit www.mohscollege.org.

Patient Spotlight: Homer Hans Bryant



A regular feature in Skin Speaks is saluting our patients doing great things! In our inaugural issue, Skin Speaks would like to salute Homer Hans Bryant, founder and artistic director of the Chicago Multi-Cultural Dance Center (CMDC) in the South Loop. His background includes former principal dancer with the world-renowned Dance Theater of Harlem, Timbuktu on Broadway with Eartha Kitt, The Wiz with Diana Ross and Michael Jackson, guest teacher and trainer for Canada's mesmerizing Cirque du Soleil and ballet master of the Joel Hall Dancers. Bryant is currently an assistant artistic director for Giordano Jazz Dance Chicago. He was also recently featured in

Dance Teacher Magazine.

Bryant is an inspirational force trying to introduce the world of dance to Chicagoans of all backgrounds and ages. The CMDC offers all levels of ballet, jazz, tap, belly dance and creative movement, along with African and Latin dance classes. Classes begin for children as young as three-years-old. According to Bryant, the CMDC is "a place to grow up!" The dance center has been around for 17 years and now has about 300 students.

Celebrity kids who have danced with Chicago Multi-Cultural Dance Center include the Obama girls, and the daughters of former Chicago Bulls greats Michael Jordan and Scottie Pippen.

The CMDC will embark shortly on a capital campaign to move to a new location due to spacing and overcoming the obstacles of low ceilings in the world of dance. For more details or to make a donation, please visit www.cmdcschool.com or call 312-461-0030.

Procedure Spotlight: Split Ear Lobe Repair



Did you know the SWCC handles ear lobe repair? This is a common procedure done in the office with a local anesthetic. An earring's weight, style and size can stretch an ear lobe opening. We commonly treat earlobes that are torn by either a child grabbing an

earring or the earring catching on clothing. SWCC suggests a moisturizer to mask the appearance of flaking and a daily use of a sunscreen of SPF 30 or more to protect the sensitive skin during the healing phase. Re-piercing or wearing earrings can take place three months after the repair.

Spring Offering: Mango Peel

As we come out of hibernation, it's time to do something nice for our skin. The harsh winter months and the Windy City wind can cause havoc on our skin. Now it's time to think tropical as we leap into spring!

The SWCC's Mango Peel is a Beta-C treatment utilizes natural mango ingredients, which have a built-in fruit acid enzyme profile and contain Vitamin A derivatives that activate cell turnover. The peel exfoliates and nourishes dead winter skin while replenishing vitamins, enzymes and nutrients so skin is fresh for spring.



More benefits of the Mango Peel:

- Only takes 25 minutes. Go during a lunch break!
- No "down time" necessary. Apply makeup immediately following the peel.
- Slight tingle exfoliates and nourishes, leaving your skin soft and smooth.
- Delicious and uplifting mango scent.

The mango peel will be available starting on April 1. Each peel is \$60 for a single treatment or \$150 for a series of three.

This concludes our first e-newsletter, Skin Speaks! If you have any questions or news to share on this e-newsletter or need more information, please call our office at 312-236-9950 or drop us a note at SWCC, 111 N. Wabash Suite 1116, Chicago, IL 60602 Attn: E-newsletter.

Thank you,

Brooke A. Jackson, M.D. and the SWCC team

P.S. As I always say, "Don't forget your sunscreen!"

Refer a Friend Offer

Refer five friends that book who book and complete a consultation and **receive a SWCC gift card** that can be used toward any future cosmetic service **or 20 percent off** one time purchase of products. *Friends must give your name during consultation. No purchase necessary. Not to be combined with any other offer.*