

## Quarterly Newsletter

1st Quarter 2012

### Happy New Year! Happy New You!

Now is the perfect time to reconsider your commitment to yourself and your skin.

#### Our Top Ten Ideas:

1. Increase your water intake.
2. Exercise 30 minutes daily.
3. Sleep at least 7 hours a night.
4. Apply moisturizer daily.
5. Relax, pray or meditate daily.
6. Wear your sun protection daily.
7. Erase the damage nightly by using retinol
8. Get your birthday suit checked.
9. Smile more.
10. Be positive.

We can help you with subliminal changes that make a large impact. Now is the time to consider certain procedures. These are our top three winter revitalizers:

Laser hair reduction. Especially of the bikini and pubic areas to be ready for swimsuit season

Sculptra Aesthetic. Often called the liquid facelift that lasts more than 2 years. Optimal results are seen after 3 months

Reevaluate your skin care program. Schedule a complimentary 20 minute appointment with Shelly to review your skin care and colored cosmetics.

- Below is a link to a powerful video about real people whose lives have been touched by melanoma. Please watch and share Dear 16-year-old Me:

[http://www.youtube.com/watch?v=\\_4lqUcxMezM](http://www.youtube.com/watch?v=_4lqUcxMezM)

#### Links on topics in this issue:

[www.sculptraaesthetic.com](http://www.sculptraaesthetic.com) [www.janeiredale.com](http://www.janeiredale.com)  
[www.candelalaser.com](http://www.candelalaser.com)

Did you know that skin cancer affects **1 in 5** people? That is **20%** of the population.

Did you know that Dr. Brad is the only fellowship trained Dermatologic Surgeon in the greater Fort Smith area?

Please let us know if you are willing to share your skin cancer story with the media.

Dr. Brad Johnson MD, FAAD • Dr. Sandy Johnson MD, FAAD • Rebecca Dunn PA-C

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