



# A Stitch in Time



## Meet the Family....

In keeping with tradition, we would like to introduce you to our office "family," including **Pat Cassell, Office Mgr.**

With over 25 years in the medical setting and 20 years in management, Pat is the glue that holds us all together. She made the jump from our previous location and has worked for Dr. Shenko for 5 years.

A product of Rochester, NH, she has traveled to Minnesota and now back to Oxford, MA, where she lives with her husband and their 2 children. She is an avid Patriots fan and has been knows to enjoy a glass of wine here and there.

## Adult Acne

Acne is a chronic condition, not restricted to teens, and does not discriminate against race, age or gender. Stress and hormones, not necessarily diet, dirt or chocolate, is to blame. This explains why acne is usually most prevalent during the menstrual cycle, adolescence and pregnancy.

Acne is a disease of the oil glands and hair follicles, which affects the face, chest and back. It can often lead to serious skin damage and scarring.

The goal in treating acne is to heal breakouts, prevent scars and stop future breakouts. Gentle exfoliation is key!

*While there is no cure for acne, it is treatable:*

SkinCeuticals **Blemish Control Gel** contains 1% salicylic acid to exfoliate dead cells, unclog pores, and dry up blemishes without drying your skin. It may be used as a full face treatment or a spot treatment to target breakouts.

SkinCeuticals **Clarifying Clay Masque** contains 5% hydroxy acid to gently exfoliate, as well as the highest quality earth clays to decongest pores and remove impurities and excess oils from the skin. Weekly usage is recommended.

**Either item: Sale price \$25.60**

(Effective 1/2/07 thru 2/28/07)

## We offer state-of-the-art Plastic & Reconstructive surgery

- Abdominoplasty
- Botox®
- Brachioplasty
- Breast Reduction
- Breast Augmentation
- Breast Lift
- Brow Lift
- Ear Lobe repair
- Eyelid Surgery
- Facelift
- Liposuction
- Neck Lift
- Otoplasty (Ear pinning)
- Restylane®
- Scar revision



## Did you know....

1 hour of second-hand smoke can cause the same amount of aging as smoking 2-4 cigarettes!!



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