The burden of rosacea: IT’S NOT JUST SKIN DEEP

JANEL ZITZKA

As a dermatology nurse and laser technician, I help people every day to achieve healthy, clear skin. Many patients’ skin care concerns are directly related to sun damage. The complicated, delicate balance of healthy skin and how easy it is to upset never ceases to amaze me. Hormones, bacteria, intrinsic and extrinsic factors are but a few of the many different factors that can lead to cutaneous maladies.

One common inflammatory disease process we see on a daily basis at Associated Dermatology is rosacea. Rosacea is a chronic yet treatable condition that involves inflammation primarily over the central face. It is often mistaken for other skin conditions with similar presentation such as sun damage or acne vulgaris. As such, proper diagnosis is integral in managing and treating rosacea.

Rosacea in addition to persistent redness over the central face that can flare may sometimes be accompanied by a burning or stinging sensation. Oftentimes we see flares present as papules or pustules, what patients often think of as acne. Over time, the redness traditionally gets ruddier and small telangiectasias (small vessels) can develop. In other instances, rosacea may present as thickened tissue around the nose, called rhinophyma. Some patients have involvement of the eyes, presenting with watery, bloodshot or irritated eyes. This is referred to as ocular rosacea.

Many patients with rosacea are burdened with the physical look of their condition, leading to a high correlation with low confidence and low self-esteem. Some patients avoid social situations such as sports, dinner with friends and professional interactions. Spicy foods, sun exposure and emotional stress can also trigger rosacea.

While rosacea is not curable, it can be managed and the goal of clear skin or almost clear skin is what we strive for when treating patients with rosacea. Sometimes a low-dose antibiotic can be taken orally to help achieve more clear skin. The advantage to treating with low-dose antibiotics, such as doxycycline, is that we are utilizing the anti-inflammatory properties without risking the development of antibiotic resistance. Another medication used to manage rosacea is a topical agent, such as metronidazole. These are just a few “tools in our toolbox” to consider when we are forming treatment plans for patients.

Though conventional methods can achieve good results, one of the drawbacks is the hassle of daily application or ingestion. Oral and topical medications help to reduce the presentation of redness and papules, but they fail to actually debulk the burden vascular network rosacea tends to create. Dermatologists have used light- and-energy-based devices for years to reduce the size and amount of fine telangiectasias and background erythema (redness). Traditionally Nd:YAG 1064nm vascular lasers are used to treat the larger vessels one can see with the naked eye. Broadband light technology addresses the classic background redness of rosacea and when used in conjunction with vascular laser results can be very long lasting while potentially taking the place of traditional daily medication.

Rosacea is a persistent, multi-factor condition and as such requires proper diagnosis and customized treatment. Your dermatology-trained provider should work with you and the ongoing management of rosacea as it can become increasingly severe. In dermatology, we are always striving to find new and innovative ways to help rosacea patients, so I encourage you to check in with your dermatologist as recommended to see what progress is being made in the field of dermatology and study of rosacea.

Janel Zitzka, LPN, works for Associated Dermatology.
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3 simple strategies to protect mental health

Improving one’s overall health and maintaining that health over the long haul can have a profound impact on quality of life. For example, the Harvard Medical School notes that regular exercise can slow the natural decline in physical performance that occurs as people age. That means routine exercise can serve as something like a fountain of youth that allows people to keep their cardiovascular fitness, metabolism and muscle function on par with their younger counterparts.

When attempting to improve long-term health, it's important that people emphasize mental health as much as they do their physical health. The Anxiety & Depression Association of America notes the importance and effectiveness of preventive efforts in relation to depression and anxiety. In regard to mental health, prevention efforts can function in much the same way that exercise serves physical health. Routine exercise helps people to maintain healthy weights, reducing their risk for various conditions and diseases. Preventive efforts designed to improve mental health can significantly reduce a person’s risk for anxiety and depression.

Various techniques and strategies can be utilized to promote mental health, and these three are simple and highly effective.

1. Get enough sleep.
   According to the Primary Care Collaborative, a not-for-profit member organization dedicated to advancing an effective and efficient health system, sleep and mental health are intimately related. Sleep loss can contribute to emotional instability. The amygdala is the part of the brain responsible for humans’ emotional responses. When an individual does not get enough sleep, his or her amygdala goes into overdrive, leading to more intense emotional reactions. The prefrontal cortex is another part of the brain that needs sufficient sleep to function properly. Without it, the prefrontal cortex, which is integral to impulse control, cannot function properly. Adults can speak with their physicians about how much sleep they should be getting each night. Those needs change as individuals age.

2. Eat a balanced diet.
   A balanced, healthy diet doesn’t just benefit the waistline. According to the ADAA, a balanced diet that includes protein, healthy non-saturated fats, fiber, and some simple carbohydrates can reduce the likelihood that mental health issues like fatigue, difficulty concentrating and irritability will arise during the day.

3. Volunteer in your community.
   A 2020 study published in the Journal of Happiness Studies found that people who volunteered in the past were more satisfied with their lives and rated their overall health as much better than people who didn’t volunteer. Perhaps the most noteworthy finding in the study was that people who began volunteering with lower levels of well-being tended to get the biggest boost from volunteering. Volunteering provides opportunities to socialize, which can help ward off the loneliness that can sometimes contribute to anxiety and depression.

Mental health is important, and protecting it should be part of everyone’s health care regimen.
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High-tech ways to stop snoring

When climbing into bed, no one wants to endure a snore-filled night of fits and starts. Snoring may be inconvenient, but it’s more than just disruptive. Snoring may indicate a serious health issue.

The American Academy of Sleep Medicine notes that snoring may be associated with obstructive sleep apnea, a serious sleep disorder and a risk factor for heart disease, diabetes, stroke, and many other health problems.

Men’s Health magazine says some 90 million Americans snore, with 37 million doing so on a regular basis. Men are more likely to snore than women. Sometimes snorers can be so loud they disturb bed mates and even those in nearby bedrooms.

People who snore, and their loved ones who deal with the cacophony each and every night, are often on the lookout for ways to alleviate snoring. Despite an abundance of innovation in recent years, anti-snoring solutions have been slow in coming. But technology continues to evolve, and some new anti-snoring solutions have been developed.

- **Track your overnight breathing.** Snorers can use tracking devices to see just how well they are sleeping each night. When worn at night, devices like Fitbit can track breathing and will rate which levels of sleep a person reaches: deep, light or REM. It also records if a person awakens during the night, even when people do not realize their sleep was interrupted. This data can paint a clear picture of sleeping behaviors.

- **Test snore ratings.** Smartphone users can use an app called SnoreLab to rate snoring. The app is left running next to a bed. If it detects snoring, it will record an audio clip and rate the snoring on a scale that ranges from Quiet to Epic. The premise behind the app is that before snoring can be addressed, one must recognize that it is happening in the first place.

- **Smart sleep masks.** The Hupros Sleep Mask is an example of a smart sleep mask. It works with a smartphone to detect snoring. Then the mask gently vibrates to encourage a person to change positions to open up airways and reduce snoring. The mask also has a nose piece that will be engaged if a change of position doesn’t stop the snoring. It delivers expiratory positive airway pressure (EPAP) allowing a wearer to breathe in through the nose, but making it hard to breathe out in the same way. This creates resistance meant to expand lung volume and reduce airway vibrations.

- **Change positions.** Another device that is supposed to help a person change positions to relieve snoring is the Philips SmartSleep Snoring Relief Band. It straps around a user’s torso to monitor sleeping position. If snoring occurs, the device will nudge the snorer on his or her side, a position that is less likely to induce snoring.

- **Go low tech.** While there are many digital devices that may help alleviate snoring, one option does not require a device. A new pillow, such as a wedge pillow, can slightly elevate the head, which may promote better breathing.

Snoring is problematic for millions of people. Turning to technology may help people get the rest they need.

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Over the last year and a half, we have watched access to health care change dramatically. The challenges posed by a global pandemic have made us push the “fast forward” button on technology to allow patients to be “seen” over their computer or cell phone. A telehealth visit is just that—a virtual appointment with a health care provider in which they can assess, diagnose, and treat a medical or mental health condition using telecommunication.

While not all health care can be delivered this way, there are many conditions that are easily addressed virtually. Skin issues are particularly adept for telehealth visits as the evaluation tends to be very visual and can often be done without special diagnostic equipment. In our dermatology practice, we can see patients with acne, rashes, hair loss, or concerning spots with a virtual appointment. We can also provide medication refills or decide over telehealth if that spot on your finger is a wart—and offer some first steps before coming into the clinic. Telehealth also allows us to determine if your skin problem is urgent and needs more immediate attention, if it needs a biopsy, or if you should give it a little more time.

New to telehealth?
Here are a few things that will help make the most of your virtual exam:
1. Make sure you have a quiet, private place to visit. Just like an in-person appointment, you will feel more comfortable sharing details about your illness if you can speak freely. Likewise, your healthcare provider wants to make sure they can speak openly with you and not violate your privacy.
2. Make sure your technology is ready. Phone charged? Room well lit? Camera on? Ask whomever is scheduling your telehealth how you will be connected to the provider when the time comes. For example, our office sends a text message that links you directly, by video, to your Nurse Practitioner. Also, if using a cell phone, try finding a way to set it on a stable surface so it is still. That makes for easier viewing for your provider.
3. Allow enough time. Most of us have had to sit in a waiting room for a few minutes before being brought back to the exam room. Just like an in-person medical appointment, virtual visits may not start promptly at your appointment time. Don't worry if your provider doesn't connect with you at the exact appointment time. Clarify what is an expected wait time when scheduling your virtual visit. We ask our patients to allow 15-30 minutes around the time of their appointment for us to connect with them.
4. Prepare for your visit. Think about what symptoms you have and write them down if necessary. Also, jot down questions you might have. If you think you might have trouble remembering instructions, have someone you trust with you to take notes.

SEE TELEHEALTH, Page 14
What to expect at your mammogram appointment

Over the last 10 years, I have spent breast cancer awareness month in a wide variety of medical facilities throughout the country.

I remember trudging through the crisp fall leaves of Boston as I commuted past Fenway Park on my way to the hospital. For a time, I spent my Octobers waking up early to spend long days riding in a mobile mammography bus, bringing mammograms to rural communities. For the last three years, I have been lucky enough to spend this time of year looking out the hospital windows of St. Peter’s Health. No matter where I am, I always remember to check in with those closest to me around this time.

As the lead mammography technologist at St. Peter’s, I am writing this to check in with you, too. The Centers for Disease Control and Prevention reports that female breast cancers are second only to lung cancers in the list of most deadly cancers. I tell you this not to scare you; I tell you this because, in many cases, death from breast cancer is preventable.

According to the American Cancer Society, 1 in 8 women will be diagnosed with invasive breast cancer in their lifetime. Despite this fact, the ACS also reports that more than 3.8 million women with a history of breast cancer were alive on Jan. 1, 2019. This is because of early detection. As a technologist, breast cancer awareness couldn’t be closer to my heart. Through my firsthand experience I know that mammograms and self-breast examinations save lives.

In a regular workday, I perform around 10 mammograms. As mammography technologists, we make it our absolute goal every day to produce the highest quality images possible for the radiologists who read the studies.

Now that I’ve outlined the importance of mammograms, let me walk you through what to expect during a mammogram.

First, you will update your current contact and insurance information at the registration desk. You will be then directed to the radiology department where the lovely front office staff will guide you to a private mammography waiting room.

From the waiting room, a mammography technologist like me will walk you through your visit. You will be guided to a personal changing room where you can safely store your belongings and prepare for your exam. Once you have changed into your patient gown, you will review your health history with the technologist and have the opportunity to ask any questions or alleviate any concerns you may have.

The technologist will bring you to the mammography exam room where you will witness state-of-the-art Hologic Genius 3D mammography equipment, also known as digital breast tomosynthesis. The technologist will then give you specific breathing instructions, while the machine takes low-dose x-rays as it moves in an arc over the breast. Each breast is compressed twice. The compression felt during the exam should feel tight, but not painful. Once the images are taken, we will walk you back to your personal changing room and out to the front entrance. In my experience, this is typically where patients feel the most relief, and confide that the visit was easier than expected. A visit typically lasts 20 minutes.

If you have any concerns about your mammogram, I encourage you to contact your health care organization’s mammography department prior to your visit. Mammography techs like myself are here to help.

Kaycee Shires, RT, (R), (M), is the lead mammography technologist at St. Peter’s Health and has been with the organization since 2017. She holds a Associates in Science Radiology degree from Santa Barbara City College.
Thinking about thinking about health

**Laughing Water**

Will vitamin D protect me from Covid? Should people drink milk? Is gluten bad for you? Are almonds healthy? These are all questions people ask about health and nutrition, and I’m not going to answer them. Instead I want to hold a mirror to how you think and suggest how you can think more effectively about your health.

So here it is in a nutshell: Our understanding progresses from sheer ignorance to simple distinctions to shades of gray to full living color, and we can make better health decisions as we move up that scale.

It may sound simple, because it is, but maybe it will help you keep your sanity in this crazy world.

**Sheer ignorance**

So let’s start with sheer ignorance. Feels good, doesn’t it? Ignorance certainly can be bliss, and you can’t argue with it, because there’s nothing to argue. And somehow we knew how to eat before we knew anything about nutrition. Even babies seem able to choose a balanced assortment of foods.

So for many of us diet is not an issue. We can simply eat from habit and taste and get along just fine. Until.

**Draw a distinction**

Whether through illness or wanting to look and feel better, at some point we notice that some things are better than others. So we make distinctions. The simplest distinction is a yes-no, good-evil, true-false, binary distinction. With food we make a distinction between what is healthy and what is not.

That’s a step above sheer ignorance if it means eating vegetables and avoiding Twinkies, but sometimes it does more harm than good.

As an ancient Zen text says, “Make the slightest distinction, however, and Heaven and Earth are set infinitely apart.” By adopting an either-or attitude we lose contact with the outside world, each other and the wisdom of our own bodies. You can see that in politics as well as in health fanaticism.

**Shades of gray**

It should be obvious that we don’t live in a black-and-white world. “The dose makes the poison” is an idea credited to the 16th-century alchemist Paracelsus. So, while it may be a black-and-white fact that vitamin C is an essential nutrient, there’s such a thing as too little, too much and an optimal amount.

So this is the realm where concepts like balance and compromise come into play. The question is not whether a food or a particular nutrient is good or bad for you. The question is how much.

Just to get to this point in your thinking is a great thing, but the world is not just black and white, and it’s not just shades of gray.

**Living color**

Our world is endlessly complex, and therein lies its beauty. People are complex and foods are complex. The complexity between them is multiplied at both ends.

You can think about it in geometric terms. Our simple distinctions are like single points, which have no dimension. A shade of gray can be placed on a line, which is just a single dimension. The world we live in is a hyperspace with a countless number of dimensions.

Please see thinking, Page 14
Mental illness affects about one in every five adults in the United States. The isolation and feelings of loneliness prompted by the COVID-19 pandemic have caused the number of new mental health cases to rise. Chances are, you know someone who is struggling with their mental health. It could be a family member, a neighbor, your child’s teacher, a coworker or a friend. Sadly, only half receive treatment, as many feel the unfortunate weight of the stigma that surrounds mental illness.

Mental illness can severely impact people’s lives—not only for the person dealing with the health issues, but also for their surrounding loved ones. Mental illness can cause disruption of thoughts, behaviors, energy and emotions and makes it hard to cope with daily life. The causes of mental disease can vary but can include genetics, brain chemistry, brain structure, traumatic experiences and even heart disease. Some of the most serious types of mental illness in the U.S. include anxiety, depression, bipolar disorder, schizophrenia, personality disorders and autism spectrum disorder. The illness itself may be different, but each one can affect an individual’s ability to live life to the fullest and, at the worst, can lead to fatal outcomes.

This is why, each year, during the first week of October, we observe Mental Illness Awareness Week as an opportunity to fight intolerance, offer support and raise awareness of mental illness. While October 3-9 is dedicated to mental health awareness, you can become informed and help spread awareness year-round. Here are a few simple steps you can take in your community:

- Show respect, acceptance and compassion to those around you. People struggling with mental illness want to be treated fairly, without judgment.
- Be an advocate within your own social circle.
- Learn as much as you can about mental health and share your knowledge with others.

Help a friend or family member

Many people worry about saying the wrong thing to someone who is struggling, but the reality is listening without judgement can help make a person feel validated and truly heard. In addition to being a good listener, one of the best ways to offer support is to help your friend or loved one find professional services.

Make your own mental health a priority

Sometimes it can be easier to care for others and take your own mental health for granted. But now is the time to prioritize your mental health. Making small changes to your daily routine can have a big impact. Self-care looks different for everyone. Here are some examples of what you can do to take care of your mental health:
- Find support from others.
- Stay connected.
- Exercise.
- Get enough sleep.
- Write down your thoughts in a journal.
- Take part in activities you enjoy.
- Ask your primary care provider for a referral to a counselor. Get help from a professional when you need it.

If you or someone you know is at immediate risk of self-harm or of hurting another person, call 911 or your local emergency number.

If you or someone you know is thinking about suicide, get help right away.
- Call the National Suicide Prevention Lifeline at 1-800-273-8255.
- Text (HELLO) to the Crisis Text Line at 741741.

Both services are free and available 24 hours a day, seven days a week, and all calls are confidential.

Provided by Mountain-Pacific Quality Health.

Mental illness awareness: Your mind matters

1 IN 5 adults in the United States are affected by mental illness.

Less than half of those affected get the help they need.

Spread awareness and end the stigma.

Be kind to your mind. Ask for help. You are not alone.
Gaming may be the world’s most popular pastime. Data from the games market and analytics experts at NewZoo estimates that roughly 2.7 billion people, or about 35 percent of the global population, participate in gaming. And gamers aren’t generally casual about their passion for playing, as the “State of Online Gaming 2020” from Limelight Networks found that gamers spend an average of nearly 6.5 hours per week playing.

All that gaming can come at a cost, especially if gamers don’t take steps to protect their eyes while playing. The American Optometric Association notes that the unique characteristics and high visual demands of viewing computer and digital screens makes many individuals, such as avid gamers, susceptible to the development of vision-related problems.

Uncorrected or undercorrected vision problems can be significant contributing factors to computer-related eyestrain, a condition the AOA classifies as computer vision syndrome, or CVS. And gamers may be more vulnerable to CVS than people who routinely read printed materials due to the nature of how the eyes perform when looking at digital devices compared to the printed word. The Mayo Clinic notes that staring at screens strains the eyes more than reading printed materials due to the nature of how the eyes perform when looking at digital devices compared to the printed word. The Mayo Clinic notes that staring at screens strains the eyes more than reading printed materials because the eyes to tend to blink less when looking at screens. That leads to less moisture and more dryness in the eyes, which can lead to eyestrain. In addition, people often use devices that have glare or reflection or poor contrast between the text on the screen and the background. Over time, that can lead to eyestrain. Gamers should not downplay the significance of these differences, as even reading the instructions in a game or the captions as a game goes on can increase the risk for eyestrain.

Avid gamers concerned by the threat of eyestrain can employ various strategies to prevent it.

■ Take frequent breaks. Periodic breaks during which the eyes are not focused on digital screens can provide a much-needed respite from staring at screens.

■ Limit screen time. It might be hard for avid gamers to pull themselves away from their favorite games, but limiting screen time can have a positive impact on eye health and overall health. Like the rest of the body, the eyes need rest to function at peak capacity. Limiting screen time can ensure eyes get the rest they need. In addition, sitting for long periods of time has been linked to a host of adverse health outcomes. In 2015, a large review of studies published in the Annals of Internal Medicine found that sitting for long periods of time was associated with heart disease, type 2 diabetes and cancer and even increased a person’s risk of dying from various ailments.

■ Relieve dry eyes. Over-the-counter artificial tears can prevent and relieve dry eyes. The Mayo Clinic recommends using such products even when the eyes feel fine. Doing so can keep them well-lubricated and prevent a recurrence of symptoms.

■ Make changes to your gaming environment. If necessary, make changes to your gaming room, including using a humidifier to keep air moist and adjusting the thermostat to reduce blowing air. Avid gamers who spend hours each week playing their favorite games should take steps to prevent eyestrain.
STATEPOINT
More than 34 million Americans are living with diabetes, according to the Centers for Disease Control and Prevention, and 90-95 percent of those diagnosed have Type 2 diabetes. With many Americans having deferred medical care since the start of the pandemic, delayed or overdue diabetes diagnoses are expected in the coming months. Experts encourage those living with diabetes and their loved ones to navigate the disease head-on and with confidence.

“Instructions given to those with a new diabetes diagnosis at the hospital are often one-size-fits-all and can feel rigid, so it’s fairly typical for a diagnosis to be met with some resistance or even denial at first,” says Jennifer Sheets, president and CEO of Interim HealthCare Inc., the nation’s leading franchise network of home healthcare, personal care, healthcare staffing, and hospice services.

As Sheets explains, a holistic, personalized approach to diabetes care can lessen symptoms while improving the quality of life for the individual impacted — and their loved ones, and new resources can help your family find its footing.

One such resource is “Caring for a Loved One With Diabetes,” a new guide from Interim HealthCare Inc. The latest offering in its HomeLife Enrichment series, the guide equips families with tools to care for the whole individual, not just one facet of diabetes management, including mind, body, and spirit, as well as the family dimension. According to Interim HealthCare Inc., this wide-angle approach can lead to more compassionate care, improved health and a positive outlook amid health challenges.

Sheets also suggests that families consider professional home-based care, which can serve not only as an educational extension of the doctor’s office, but an opportunity to tailor care in a personal way that makes sense to the patient.

“Making the lifestyle changes recommended by a physician after a diabetes diagnosis can be overwhelming,” explains Sheets. “By extending the education provided by a physician into a ‘real-life’ setting, home health clinicians and paraprofessionals get a total view of the patient to tailor a realistic and effective care plan.”

In the case of Interim HealthCare, which is anchored by more than 25 years in diabetic chronic care, its proprietary training programs enable home health clinicians and paraprofessionals to provide valuable education and assistance in familiar surroundings — at home or in assisted living communities. This intimate, unedited view into an individual’s daily life results in care plans accounting for a patient’s specific needs, personal motivations and unspoken obstacles, for improved health management and ideally, a more rewarding and better quality of life.

“Patients are often more comfortable sharing with a home-based health professional than their doctor what their actual habits are. Whether it’s the occasional drink or consumption of food with lesser nutritional value, once a clinician knows what their patient is truly dealing with, they can help the patient make practical adjustments that can become part of everyday life and with that confidence, kickstart a new understanding and better management of their diabetes,” says Sheets. To download the free diabetes caregiver guide, now also available in Spanish, visit info.interimhealthcare.com/diabetes-guide. To learn more about Interim HealthCare’s diabetes care program, contact a locally owned and operated office. Access the office locator at interimhealthcare.com/locations/.

“With knowledge and the power that unique home-centered care provides, living well with diabetes is absolutely possible,” says Sheets.
As the days get shorter and cooler, we start to say goodbye to summer and hello to fall. While I’m sure summer left many of you with lasting memories, it’s likely that the summer sun has left a lasting impact on your skin too. No matter how diligent you were with sun protection, any amount of time spent in the sun can cause skin discoloration, or hyperpigmentation.

But don’t worry – if hyperpigmentation is one of your skincare concerns, it can be treated!

Hyperpigmentation, the overproduction of pigment in your skin, is a common skin condition that affects all ages and all skin types. Areas of hyperpigmentation will appear darker on your skin’s surface and look similar to large freckles. This darkening is caused by an increase in melanin, the natural pigment that gives our skin, hair and eyes color. There are a number of factors that can cause an increase in melanin, such as UV damage, acne, skin trauma and even hormonal fluctuations. When any of these events occur, it could potentially send a signal to melanocytes in our skin to produce more melanin as an immune response. One of melanin’s jobs is to protect us from the sun by absorbing UV radiation.

The best way to prevent hyperpigmentation or to keep it from worsening is to avoid the main causes – sun exposure and skin trauma. But, this is easier said than done. It’s almost impossible to avoid all sun exposure. The next best thing is being diligent about daily use of sunscreen with an SPF of at least 30 (and don’t forget to reapply every 2 hours!). It is also important to avoid picking your skin to decrease the chances of post-inflammatory hyperpigmentation after trauma, such as scabs or acne, to skin.

Less sun in the fall and winter make now an ideal time to start treatment for hyperpigmentation. There are a wide range of options for treating hyperpigmentation that vary depending on invasiveness and investment. To get the best results, a series of treatments is recommended. Most hyperpigmentation is a buildup of many years of sun damage – this didn’t happen overnight and it will not be resolved with only one treatment.

Combining professional treatments with good at-home skincare produce the best outcomes.

Exfoliation is key when trying to break up the pigmented cells to allow them to fade. Treatment options include laser resurfacing, chemical peels, microdermabrasion and topical products to incorporate into your skincare routine. Look for skin lightening products to help fade and suppress melanin, including over the counter ingredients such as vitamin C, kojic acid, arbutin, niacinamide and licorice extract. Or, prescription strength hydroquinone can be used under the guidance of your dermatologist.

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Gina Morigeau is a Medical Aesthetician at the St. Peter’s Health Plastic Surgery and Medical Aesthetics clinic. Gina began her career as an aesthetician when she graduated from the Montana Academy of Salons, after she received her Bachelor of Arts from Carroll College in 2015.

Skin

Provided by Megan Gittings, FNP-C, DCNP and Lindsay McCarthy, FNP-C, DCNP of Advanced Practice Dermatology.

Whether that’s due to illness, caregiving, homeschooling, or living in a rural community with limited access to medical care. Telehealth provides a way to access quality health care that comes to you. Ask your provider if your appointment can be completed virtually.

Thinking

So when we encounter either-or options we should question whether they are false dichotomies; not everything is black or white, healthy or unhealthy. When we are faced with balance or compromise we should look for synergy, or the ability to work together to create something greater than the sum of its parts.

In a way that’s the essence of life. We are more than a pile of chemicals. It’s the fact that those chemicals work together in a larger physical and spiritual context that creates the magic of life.

Your health

So the best answer to our health questions is “It depends.” The question then becomes how it depends. And for that we can look not only to our individual nutrition but to exercise, sleep, loving relationships and a sense of purpose in life.

Laughing Water is a lifelong yogi, MIT graduate, award-winning online student of introductory philosophy and longtime owner and manager of Helena’s Real Food Market and Deli.

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Laughing Water is a lifelong yogi, MIT graduate, award-winning online student of introductory philosophy and longtime owner and manager of Helena’s Real Food Market and Deli.

Telehealth

5. Be prepared to send photos. Video via cellphone or computer may be choppy or blurry, and occasionally freezes. Sending a close-up photo of your concern might help the provider see more clearly what’s going on. Your provider can instruct you on a secure way to send these images so your privacy is protected. These photos can then be added to your chart.

6. Make sure the provider has your updated insurance cards, home address, and phone numbers. Just like an in-office visit, this visit will be billed to your insurance. Having all the information we need to submit your claim and then get in touch with you is essential to complete your care.

Telehealth may be the perfect solution for you if you have trouble getting away!

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