

# Mitchell Dermatology

## Your skin is their specialty

At Mitchell Dermatology, excellence in dermatologic skin care is the number-one priority. But peel back the layers, and you will see there is so much more to this practice.

Dr. Hope Mitchell is the first African-American dermatologist in Northwest Ohio as well as founder and medical director of Mitchell Dermatology. Since opening Mitchell Dermatology in 2005, the staff and reputation for high-quality care have both grown. Business Manager Mary Dudley recalls, "I've been with the office since its inception. Looking back over the years, it's amazing how the practice has developed by leaps and bounds."

As a dermatology office, Dr. Mitchell specializes in general and cosmetic dermatology, including skin cancer, mole evaluation, acne, and wart removal. She provides expertise in surgical procedures.



Dr. Hope Mitchell

Throughout recent years, cosmetic procedures have been gaining popularity and offer quick, non-invasive alternatives to plastic surgery. Dermal fillers, such as Restylane and Juvederm, are used to replace lost volume. Stubborn frown lines can be relaxed using Botox or Dysport. These products are common names in the beauty industry and Mitchell Dermatology.

Treatments should always be performed by a qualified injector. Dr. Mitchell views each patient individually, assessing their facial features to achieve precision results. Meticulous by nature, her work is a passion achieved through continuous education and preparation.

"Efficiency comes from education," says Dr. Mitchell. "I have a well-trained office; objectives are met quickly while managing any situation." The highly-skilled, knowledgeable staff adds to the patient comfort level and overall office retention. You will feel at ease when you return to an office of familiar, friendly faces. "Initially, the practice grew slowly but steadily," recalls Dr. Mitchell. "This allowed me to keep focus on the priorities of owning a medical practice and professional patient care."

Dr. Mitchell's team includes several Physician Extenders, who have been with the practice for years. Nurse Practitioner Renee Ott, Physician Assistant Meghan Haley, four Medical Assistants, three Licensed Aestheticians, and three Office Coordinators comprise the group.

With a large offering of services, Dr. Mitchell prides herself on maintaining a schedule that offers both prompt availability and convenience for her patients. "It's important that a patient be seen for their concern in a reasonable timeframe rather than a four-month waiting list."

Your visit to Mitchell Dermatology isn't complete without visiting the adjoining licensed retail dispensary and cosmetic clinic, "Imagine." From medical-grade products to clinical treatments and mineral make-up, there are a variety of options to compliment your skin care goals.

"Imagine" is staffed by three skin-care specialists known as Licensed Aestheticians, Linda Recker, Brandi Marroquin, and Becky Gilbert. "Imagine" is an exciting, unique dimension of the practice. After seeing a patient, I am comfortable in transi-

tioning them to the Aestheticians for product and service follow-up," says Dr. Mitchell. "As Aestheticians they are essential in providing patients with continued education and well-being of the skin. With a busy work and family schedule, they take care of my skin too! Ultimately, I practice what I preach—good skincare!"

The skin is the largest organ, our primary source of protection. Maintaining the health of this organ is vital. Just as we perform regular care of our hair with cut and color services, manicures for nails and pedicures for feet, routine care for your skin should be a top priority.

Consider how you care for your skin from the inside and the outside. Take a moment to reflect on your lifestyle choices:

- Are you stressed? Create harmony in your life! Stress manifests itself in many skin conditions.
- Do you drink plenty of water? Water aids in elimination of toxins and hydrates the body. You should be drinking half of your body weight in ounces of water every day. If you weigh 120 pounds, that means 60 ounces of H<sub>2</sub>O!
- Do you exercise and get fresh air?
- Do you smoke cigarettes? Smoking restricts oxygen in the body and decreases normal organ

function while zapping skin of vitality and glow.

Any changes come to mind? Perhaps your answers were surprising. Make a commitment to truly care for your skin—protect it, nourish it. But remember, like anything, there is no quick fix! However, there are many products and services to start you on the right path.

Rejuvenate your skin with a customized facial, chemical peel, or microdermabrasion. Learn the latest make-up tips from their talented make-up artist. Or enhance your product regimen from their diverse inventory of products.

So, you may be thinking, "A microderma-what? Chemical peel? Ouch! What can a facial possibly do? I don't wear make-up! How much are the products going to cost? This is going to be expensive!" Let's look at this from another angle. Each of these services has a unique way of aiding the function and health of the skin and won't necessarily break the bank!

Microdermabrasion and chemical peels (which aren't excruciating) range in price from \$60 to \$130 per treatment, assist in cellular turnover (exfoliation), even skin tone, lift scarring, and reduce skin lesions which can occasionally be pre-cancerous. All skin types can benefit from facials, \$45 to \$65 per treatment, which balance the skin and promote

circulation. Don't overlook the make-up! Purely made from minerals, Jane Iredale mineral make-up offers amazing coverage while allowing the skin to breathe. Product prices are extremely competitive and contain medical-strength ingredients meant to make changes in the skin.

"We carefully choose our retail products to be effective and results-oriented yet economical," says Linda Recker, Manager. Imagine Retail Dispensary features mineral make-up from Jane Iredale as well as products from Glytone, Avene, Replenix, Neova, plus Dr. Mitchell's own brand of *Mitchell Dermatology* products and the best selling Papaya Enzyme Cleanser. They also offer Latisse, the only FDA-approved prescription product to grow your own eyelashes—longer, thicker, darker! As an added bonus, they will mail products.

Not sure where to begin or what products or services are best for you? Consultations are available with Dr. Mitchell for physician-administered services and with the Aestheticians for cosmetic procedures. Let them answer your questions and get you on the path towards healthy skin.

*Interested in Mitchell Dermatology or Imagine Retail Dispensary? Visit [www.mitchellderm.com](http://www.mitchellderm.com) for the latest information. Or follow them on Facebook and Twitter.*

M

Mitchell Dermatology  
702 Commerce Drive  
Perrysburg, OH 43551  
[www.mitchellderm.com](http://www.mitchellderm.com)  
419-872-HOPE (4673)

### NEW PATIENTS

Schedule a **FREE** consult with Dr. Hope Mitchell to discuss the cosmetic procedure that's right for you! Then receive **20% OFF** any **one** treatment!

OR

Schedule a **FREE** consult with one of our Aestheticians to discuss skin care treatments and receive **20% OFF** and **one** treatment!

Expires 11/30/10

### EXISTING PATIENTS

Receive **30% OFF** any cosmetic procedure with Dr. Hope Mitchell.  
(Includes Botox, Dysport, Restylane, Juvederm, Sculptra.)

OR

Schedule with one of our Aestheticians and receive **30% OFF** any **one** skin care treatment.  
(Includes Microdermabrasion, Chemical Peels, and Facials.)

Expires 11/30/10

Please mention this ad when calling!

Visit us on Twitter and Facebook