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# EXCEPTIONAL

## DERMATOLOGY







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# October is National Eczema Awareness Month: What You Need to Know

October brings more than just falling leaves and pumpkin spice—it's also National Eczema Awareness Month. This annual observance shines a spotlight on a skin condition that affects over 31 million Americans, yet remains widely misunderstood.

Eczema isn't just dry skin or a minor irritation that goes away with some lotion. It's a chronic inflammatory condition that can significantly impact daily life, from sleepless nights due to intense itching to social anxiety about visible symptoms. Many people suffer in silence, unaware that effective treatments exist or hesitant to seek professional help.

This month provides an opportunity to learn about eczema's complexities, dispel common myths, and understand how proper medical care can transform lives. Whether you're dealing with eczema yourself or supporting someone who is, knowledge becomes your most powerful tool in managing this condition.

## Understanding Eczema: More Than Just Itchy Skin

Eczema, also known as atopic dermatitis in its most common form, is a chronic inflammatory skin condition characterized by persistent itching, redness, and irritation. The term "eczema" actually encompasses several related conditions, but they all share similar symptoms and triggers.

The hallmark of eczema is the itch-scratch cycle. Affected skin becomes intensely itchy, leading to scratching that further damages the skin barrier. This creates more inflammation, more itching, and the cycle continues. The result is red, swollen, cracked, and sometimes weeping or crusted skin that can appear anywhere on the body.

### Who Does Eczema Affect?

Eczema doesn't discriminate by age, gender, or ethnicity. It commonly begins in childhood—about 60% of people with eczema develop it before their first birthday. However, adult-onset eczema is also possible, and some people experience their first symptoms well into



adulthood.

The condition often runs in families and frequently occurs alongside other allergic conditions like asthma and hay fever. This connection suggests a genetic component, though environmental factors play an equally important role in triggering flare-ups.

### The Hidden Impact of Eczema

Living with eczema extends far beyond physical discomfort. The visible nature of the condition can affect self-esteem and social interactions. Many people with eczema report feeling self-conscious about their appearance, leading to avoided activities or social situations.

Sleep disruption is another major challenge. The intense itching often worsens at night, leading to poor sleep quality for both patients and family members. This



lack of rest can affect work performance, school achievement, and overall quality of life.

For parents, watching a child struggle with eczema brings additional stress. The constant vigilance required to manage triggers, apply treatments, and comfort an uncomfortable child can be overwhelming.

## Common Triggers and Misconceptions

Understanding eczema triggers is crucial for effective management, but identifying them can be complex. Common triggers include:

**Environmental factors** such as harsh soaps, detergents, fragrances, dust mites, pet dander, and certain fabrics. Weather changes, particularly cold, dry

conditions, can also worsen symptoms.

**Stress** plays a significant role in eczema flares. The relationship is bidirectional—stress can trigger flares, and having eczema creates stress.

**Food allergies** may contribute to eczema in some people, particularly children. However, food is often blamed incorrectly for eczema flares when other triggers are actually responsible.

One persistent myth is that eczema is contagious. It absolutely is not. You cannot catch eczema from someone else, nor can you spread it to others. This misconception can lead to unnecessary social isolation and discrimination.

Another common belief is that eczema is simply poor hygiene. This is not only false but harmful. People with eczema often need to be extra careful about their skincare routine, and suggesting otherwise adds shame to an already challenging condition.

## Modern Treatment Options

The landscape of eczema treatment has evolved dramatically in recent years. While there's no cure, numerous effective treatments can help people achieve clear or nearly clear skin and significantly improve their quality of life.

### Topical Treatments

Moisturizers remain the foundation of



eczema care. Short cool showers with a gentle cleanser and regular use of moisturizers help repair and maintain the skin barrier, reducing the frequency and severity of flares. The key is finding products that work for your specific skin and using them consistently.

Topical corticosteroids have been the mainstay of anti-inflammatory treatment for decades. Available in various strengths, they can quickly reduce inflammation and itching during flares. However, concerns about long-term use have led to the development of newer alternatives.

## **Biologics**

For moderate to severe eczema that doesn't respond adequately to topical treatments, systemic options are available. Biologics, which target specific parts of the immune system involved in eczema, have revolutionized treatment for many patients. These medications can provide dramatic improvement in symptoms and quality of life.

## **JAK Inhibitors**

The pipeline for new eczema treatments continues to grow. JAK inhibitors, both topical and oral, represent an exciting new class of medications. JAK inhibitors are a type of medication that helps block the immune system's response, potentially reducing the severity of eczema. In clinical trials, JAK inhibitors have shown great promise for helping with eczema

symptoms. The benefits may include a significant reduction in the number and severity of skin lesions and a rapid reduction of itchiness. A person may notice this reduction in as little as 12 hours for topical applications and 3 days for oral doses.

## **UVB Light Therapy**

UVB Light therapy is a light-based treatment that uses specific wavelengths of ultraviolet light to manage chronic skin conditions like psoriasis and eczema. It works by slowing the growth of affected skin cells and reducing inflammation. Treatments are quick, non-invasive and performed under medical supervision for safe, effective results. While not a cure, UV light therapy is a proven method to manage symptoms and improve the appearance and comfort of affected skin.

## **The Importance of Professional Care**

Professional dermatological care is essential for proper eczema management. A healthcare provider can accurately diagnose the specific type of eczema, identify triggers, and develop a comprehensive treatment plan tailored to individual needs.

Signs that it's time to see a healthcare professional include widespread eczema, frequent flares despite home care, signs of infection, or significant impact on work, school, or social activities. Healthcare professionals can also help

distinguish eczema from other skin conditions that may appear similar but require different treatments. Accurate diagnosis is the first step toward effective management.

## **Taking Action This Awareness Month**

National Eczema Awareness Month serves as a reminder that no one needs to suffer with uncontrolled eczema. If you or someone you know is struggling with persistent skin issues, professional evaluation can make a significant difference.

The goal of modern eczema treatment isn't just to manage flares when they occur—it's to prevent them from happening in the first place and maintain healthy, comfortable skin long-term. With the right approach, most people with eczema can achieve significant improvement in their symptoms and quality of life.

## **Ready to Find Relief?**

Living with eczema doesn't have to mean accepting constant discomfort or limiting your activities. Effective treatments are available, and the first step is getting an accurate diagnosis and personalized treatment plan.

At Exceptional Dermatology Care, we understand the complex challenges of eczema and are committed to helping patients achieve healthier, more comfortable skin. Our experienced team stays current with the latest treatment

advances and works with each patient to develop an approach that fits their lifestyle and goals.

Don't let another month pass struggling with eczema symptoms. Book an appointment at Exceptional Dermatology Care today and take the first step toward clearer, more comfortable skin.







# Say Hello to a New Fall Glow with Moxi Laser

Summer's golden hour glow doesn't have to fade with the changing leaves. While autumn brings cozy sweaters and pumpkin spice everything, it also presents the perfect opportunity to refresh your skin and achieve that coveted radiant complexion you've been dreaming of.

Enter Moxi laser treatment—a revolutionary approach to skin rejuvenation that's specifically designed to help you transition into fall with confidence. This innovative treatment works by gently resurfacing your skin, targeting the summer damage that might be dulling your natural radiance while preparing your complexion for the months ahead.

Unlike harsh treatments that leave you hiding indoors, Moxi offers a gentler path to

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glowing skin that fits seamlessly into your busy autumn schedule. Whether you're dealing with sun spots from summer adventures or simply want to even out your skin tone before the holiday season, this treatment delivers results that speak for themselves.

## **Why Fall Is the Perfect Time for Moxi Laser**

Autumn creates ideal conditions for laser treatments, making it the strategic choice for anyone serious about skin health. The reduced sun exposure during shorter days means your skin has time to heal and regenerate without the intense UV rays that can interfere with the recovery process.

During fall months, your skin is naturally primed for renewal. The cooler temperatures and lower humidity levels create an environment where your skin can focus on repair rather than constantly defending against harsh environmental factors. This seasonal shift allows Moxi to work more effectively, delivering enhanced

results that last well into winter and beyond.

The timing also aligns perfectly with your social calendar. Starting treatments in fall means you'll see progressive improvements throughout the season, giving you glowing, camera-ready skin for holiday gatherings, year-end celebrations, and New Year festivities.

## **How Moxi Transforms Your Natural Glow**

Moxi laser technology works by creating controlled micro-injuries in the upper layers of your skin, triggering your body's natural healing response. This process stimulates collagen production and encourages cellular turnover, revealing fresher, more vibrant skin underneath.

The treatment specifically targets areas of pigmentation irregularity, sun damage, and texture concerns that may have accumulated over the summer months. By addressing these issues at the cellular level, Moxi doesn't just mask imperfections—it actively works to restore your skin's natural luminosity.

What sets Moxi apart is its ability to deliver professional-grade results with minimal downtime. The treatment penetrates just deep enough to trigger meaningful change while preserving the skin's protective barrier, allowing you to maintain your regular activities with only minor adjustments to your skincare routine.



## Evening Out Your Skin Tone for Autumn

Uneven skin tone can make even the healthiest complexion appear lackluster and tired. Summer sun exposure, hormonal changes, and environmental stressors all contribute to pigmentation irregularities that can leave you feeling less than confident about your skin.

Moxi excels at addressing these concerns through its precise targeting system. The laser energy focuses on areas of hyperpigmentation, including age spots, sun spots, and melasma, gradually breaking down excess melanin deposits. Over the course of several weeks following treatment, these darkened areas naturally slough away, revealing more even-toned skin beneath.

The treatment also improves overall skin texture by smoothing rough patches and minimizing the appearance of fine lines.

This dual action—targeting both pigmentation and texture—creates a more uniform canvas that reflects light evenly, contributing to that sought-after natural glow.

For those dealing with post-inflammatory hyperpigmentation from summer breakouts or minor skin irritations, Moxi can help fade these marks more quickly than time alone, accelerating your skin's natural healing process.

## What to Expect During Your Moxi Treatment

Your Moxi journey begins with a comprehensive consultation where your skincare professional assesses your specific concerns and develops a customized treatment plan. This personalized approach ensures that the treatment parameters are optimized for your skin type and desired outcomes.

During the actual treatment, you'll experience a warming sensation as the laser works across your skin. Most patients describe the feeling as similar to a light sunburn or gentle tingling. The procedure typically takes 30 to 45 minutes, depending on the treatment area size and your specific needs.

Immediately following treatment, your skin may appear slightly pink or flushed, similar to a mild sunburn. This reaction is completely normal and typically subsides within a few hours. Some patients notice a slight bronzing effect in the days





following treatment, which naturally exfoliates to reveal renewed skin underneath.

The beauty of Moxi lies in its progressive results. While you may notice some immediate improvements in skin brightness, the most dramatic changes become visible over the following weeks as your skin's natural renewal process accelerates.

### **Maximizing Your Fall Glow Results**

Post-treatment care plays a crucial role in optimizing your Moxi results. Gentle cleansing with mild, non-abrasive products helps support your skin's healing process without causing irritation. Avoiding harsh scrubs or chemical exfoliants for the first week allows your skin to recover properly.

Moisturizing becomes even more important following Moxi treatment. A high-quality, fragrance-free moisturizer helps maintain your skin's protective barrier while supporting the healing process. Look for ingredients like hyaluronic acid, ceramides, or niacinamide that provide hydration without potential irritation.

Sun protection remains non-negotiable, even during fall months. Applying a broad-spectrum SPF of at least 30 daily protects your newly revealed skin and prevents new pigmentation from forming. This step is particularly important in the weeks following treatment when your skin may be more photosensitive.



Staying hydrated from within also supports your skin's recovery and enhancement. Drinking adequate water, eating antioxidant-rich foods, and getting quality sleep all contribute to optimal healing and long-lasting results.

### **Ready to Embrace Your Fall Transformation**

The transition from summer to fall offers more than just a change in wardrobe—it presents the perfect opportunity to refresh and renew your skin. Moxi laser treatment provides a scientifically-backed pathway to achieving the radiant, even-toned complexion you've been seeking.

By addressing summer damage, stimulating natural collagen production, and evening out skin tone irregularities, Moxi helps you step into autumn with confidence. Don't let another season pass while settling for less than your best skin. Schedule a consultation to discover how Moxi can help you achieve that coveted fall glow and enter the new season looking and feeling your absolute best.



# Rediscover Your Natural Radiance with Sculptra

In today's world of aesthetic treatments, the quest for youthful skin that feels natural is more prevalent than ever. Among the myriad of options available, Sculptra stands out as a groundbreaking solution designed to help you achieve skin that feels like you again. This innovative biostimulatory injectable is not just about smoothing wrinkles; it's about revitalizing your natural collagen production for long-lasting results. Whether you're new to cosmetic treatments or exploring new ways to maintain your skin's vitality, understanding Sculptra can be a game-changer in your skincare regimen.

## What is Sculptra and How Does It Work?

Sculptra is an FDA-approved injectable that stimulates your skin's own natural



collagen production. Unlike other dermal fillers that provide immediate volume by adding substances beneath the skin, Sculptra works gradually over time. It contains poly-L-lactic acid (PLLA), a biodegradable substance that encourages the body to rebuild lost collagen. This process not only restores fullness to facial features but also enhances skin texture, providing a subtle and natural-looking rejuvenation.

The magic of Sculptra lies in its ability to work from within, promoting your body's intrinsic healing mechanisms. Over a series of treatments, typically spaced several weeks apart, Sculptra helps restore the structural integrity of your skin. This gradual transformation means results are subtle yet profound, unfolding over time for a refreshed and youthful appearance without the "overdone" look.

## **The Benefits of Collagen Stimulation**

Collagen is a key protein that maintains the skin's firmness and elasticity. As we age, collagen production naturally decreases, leading to sagging skin and the formation of wrinkles. Sculptra addresses this by directly stimulating collagen growth, offering several benefits beyond traditional fillers.

Firstly, the results are long-lasting. While many fillers require frequent touch-ups, Sculptra's effects can last up to two years, making it a cost-effective option over time. Secondly, because it

works gradually, Sculptra provides a more natural enhancement, allowing you to maintain your unique facial expressions and character. Finally, by enhancing collagen production, Sculptra not only fills wrinkles but also improves overall skin quality, leaving it smoother and more resilient.

## **Who Can Benefit from Sculptra?**

Sculptra is an ideal choice for individuals seeking a natural-looking rejuvenation without resorting to surgery. It's particularly beneficial for those experiencing age-related volume loss in areas such as the cheeks, temples, and jawline. It's also suitable for those who have noticed a decline in skin elasticity and firmness, or who wish to prevent further aging signs proactively.

That said, Sculptra is not limited to older adults. Younger individuals can also benefit from its preventive properties, using it to delay the onset of aging signs. Furthermore, because Sculptra encourages the body to produce its



own collagen, it's a versatile treatment that can be tailored to a wide range of skin types and cosmetic goals.

## **The Sculptra Treatment Process**

The Sculptra treatment process begins with a thorough consultation with a qualified healthcare provider. During this session, your provider will assess your skin concerns, discuss your aesthetic goals, and develop a personalized treatment plan. This ensures that the results align with your expectations and suit your individual needs.

Sculptra is administered through a series of small injections into the deep dermis layer of the skin. The procedure typically takes about 30 to 60 minutes, depending on the areas being treated. To minimize discomfort, your provider may apply a topical anesthetic. Following the injections, it's crucial to massage the treated areas regularly over the next few days to ensure even distribution of the product.

## **What to Expect After Sculptra**

Post-treatment, you might notice some immediate swelling or redness, but this typically subsides within a few days. Unlike other fillers, you won't see immediate results from Sculptra. Instead, improvements will become noticeable over the following weeks as your body gradually produces more collagen.

Patients often appreciate the gradual

enhancement, as it allows for a more natural transition in appearance. Typically, optimal results are achieved after a series of three or more sessions spaced several weeks apart. The cumulative effect is a naturally rejuvenated appearance that can last up to two years, providing both immediate and enduring benefits.

## **Sculptra vs. Other Dermal Fillers**

When comparing Sculptra to other dermal fillers, the most significant difference lies in its mechanism of action. Traditional fillers instantly add volume by inserting hyaluronic acid or other substances under the skin. While these can provide immediate results, they do not address the underlying cause of volume loss, which is the depletion of collagen.

Sculptra, on the other hand, works with your body to stimulate its own collagen production. This means that while the initial effects aren't seen immediately, the results are longer-lasting and more natural. Additionally, because Sculptra enhances overall skin quality, it offers comprehensive rejuvenation rather than simply filling lines and wrinkles.

## **Safety and Effectiveness of Sculptra**

Safety is a paramount concern when considering any cosmetic treatment. Sculptra has been extensively studied and proven to be both safe and effective. Its active ingredient, poly-L-lactic



acid, has been used in medical applications for decades due to its biocompatibility and biodegradability.

Common side effects include swelling, redness, and tenderness at the injection site, all of which are temporary. More serious complications are rare but can be mitigated by choosing an experienced practitioner. When performed by a qualified professional, Sculptra offers a reliable and effective way to enhance your skin's natural beauty.

### **Maintaining Your Results with Sculptra**

Once you've achieved your desired results with Sculptra, maintaining them involves a combination of proper skincare and lifestyle choices. Protect your



skin from sun damage by wearing sunscreen daily, as UV exposure can accelerate collagen breakdown. Incorporate a moisturizer and retinoid into your skincare routine to keep your skin hydrated and promote cell turnover.

Additionally, consider periodic maintenance treatments with Sculptra to sustain your results. Your healthcare provider can guide you on the optimal timing for touch-ups based on your individual skin response and aging process. By committing to a comprehensive skincare regimen, you can enjoy the benefits of Sculptra for years to come.

Sculptra offers a unique approach to facial rejuvenation by leveraging your body's natural processes to restore youthful vitality. For those seeking a natural-looking solution to aging, Sculptra provides gradual, long-lasting results that enhance more than just appearance—they renew confidence. Whether you're looking to reverse the signs of aging or maintain a youthful glow, Sculptra presents a promising option.

If you're interested in exploring what Sculptra can do for you, consult with one of our qualified healthcare providers at Exceptional Dermatology Care to tailor a treatment plan that suits your needs. Remember, radiant, youthful skin that feels like you again is just a step away, and Sculptra could be the key to unlocking that transformation.