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EXCEPTIONAL

DERMATOLOGY





EXCEPTIONAL DERMATOLOGY CARE

A PACIFIC DERMATOLOGY SPECIALISTS CLINIC

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We'd love to hear your feedback, so we can continue to improve our service to you.

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Nutrafol Review: Does the #1 Hair Growth Supplement Work?

Are you tired of constant hair shedding, thinning strands, or the worry that your luscious locks are losing their volume? You're not alone. Hair challenges affect millions of men and women, and the reasons are as unique as every individual experiencing them. Whether due to stress, hormonal changes, aging, or other internal factors, hair health is a critical component of overall wellness that often goes overlooked.

At Exceptional Dermatology Care, we offer our patients Nutrafol, the #1 dermatologist-recommended hair growth supplement brand aimed at reinvigorating hair

wellness from the inside out. Backed by cutting-edge science and designed with clean, natural ingredients, Nutrafol is empowering people to take control of their hair health with confidence.

But what makes Nutrafol such a game-changer in hair wellness? Read on to discover how this solution could help you unlock your best hair yet.

Why is Hair Loss More Common Than You Think?

Hair thinning is not just about genetics. While factors like family history do contribute, many people experience hair issues due to an intersection of multiple internal imbalances, including:

Stress - Chronic stress triggers hormonal shifts that disrupt hair follicle health.

Nutritional Deficiencies - Lacking essential minerals or vitamins can weaken hair structure.

Hormonal Fluctuations - Pregnancy, menopause, and aging alter hormone levels that impact hair.

Aging - Natural aging often leads to a decline in hair growth cycles.

Inflammation - Scalp and systemic inflammation can harm follicles and stunt growth.

These overlapping factors make it clear that a one-size-fits-all approach won't truly address what causes hair thinning. That's where Nutrafol's innovative, personalized science sets it apart.

What is Nutrafol?

Nutrafol is a holistic solution for hair health that works by addressing the root causes of thinning hair. Unlike topical treatments that only temporarily improve hair's appearance, Nutrafol functions as a daily, multi-targeted supplement. It's designed to nourish your scalp while supercharging your body's internal systems to promote natural hair growth.

Key highlights of Nutrafol:

Dermatologist Recommended - Nutrafol is the #1 supplement chosen by dermatologists for hair growth. Its reputation in the dermatology space is a



testament to its effectiveness.

Clinically Tested - Rigorous, peer-reviewed studies validate Nutrafol's ability to improve hair growth, shine, and thickness.

Science-Based Approach - Its formulations focus on reducing stress hormones, elevating nutrient levels, and balancing free radicals.

Award-Winning Formulas - With over 20 prestigious beauty and health awards under its belt, Nutrafol continues to be recognized by consumers and professionals alike.

Science-Backed Ingredients for Real Results

Nutrafol's revolutionary success lies in its clean ingredient profile targeting multiple aspects of hair health.

It includes key botanicals and super-nutrients such as:

Adaptogens: To tackle stress-related hair thinning. For instance, ashwagandha lowers cortisol levels and supports stronger follicle retention.

Marine Collagen Peptides: Collagen improves hair strength by boosting keratin production.

Tocotrienols: A potent form of Vitamin E shown to enhance density and reduce oxidative stress.



Saw Palmetto: An effective ingredient for balancing hormones known to disrupt healthy hair growth.

Curcumin: A powerful anti-inflammatory compound derived from turmeric.

Omega-3s: Help maintain scalp moisturization and reduce brittle strands.

When combined, these ingredients don't just target superficial concerns. They help improve hair health from within by rebuilding internal resilience.

The Nutrafol Formulas Designed for You

Nutrafol's personal approach means one size doesn't fit all. With specialized products tailored to unique life stages

and needs, everyone can find the right option:

Nutrafol Women - Tackle everyday thinning concerns with targeted wellness support.

Nutrafol Men - Designed specifically for men seeking to nurture strong, healthy hair.

Each formula is drug-free and safe for everyday use—meaning you can trust it as part of your daily wellness routine.

Why Nutrafol Stands Out Among Hair Growth Solutions

What propels Nutrafol to the forefront of hair wellness is its multi-targeted system:

Root Cause Resolution - Instead of addressing only symptoms, Nutrafol dives deep into the why behind thinning hair.

Visible Results - Clinical trials showcase that users notice thicker, stronger hair in as little as three to six months.

Proactive Wellness - Nutrafol isn't reactive. It anticipates barriers to growth, offering preventative long-term solutions.

Not only will you see the difference, but you'll feel the improved confidence that comes with self-care designed to succeed.



Your Hair Journey Starts Here

Your hair is more than just part of your appearance; it's an expression of who you are. With Nutrafol, you can feel empowered knowing that exceptional care is supporting the health of every strand.

If you're ready to take the next step, give Nutrafol a try today. At Exceptional Dermatology Care, we're here every step of the way to guide you toward your healthiest, strongest hair yet. Contact us to learn more or to start your Nutrafol regimen right away.



National Psoriasis Awareness Month: What You Need to Know

August brings more than just the final weeks of summer—it marks National Psoriasis Awareness Month, a crucial time dedicated to educating the public about one of the most misunderstood skin conditions. Psoriasis affects over 8 million Americans and 125 million people worldwide, yet many still view it as merely a cosmetic concern rather than the serious autoimmune disease it truly is.

This chronic condition goes far beyond visible skin symptoms, impacting every aspect of a person's life from physical comfort to emotional wellbeing. During this awareness month, understanding psoriasis becomes essential not just for those living with the condition, but for friends, family members, and communities who can offer support and reduce stigma.

Whether you're newly diagnosed, supporting a loved one, or simply want to learn more about this prevalent condition, this comprehensive guide will help you understand psoriasis, recognize its various forms, and discover effective management strategies. You'll also learn how awareness efforts are making a real difference in the lives of millions affected by this autoimmune condition.

Understanding Psoriasis: More Than Skin Deep

Psoriasis is a chronic autoimmune condition that causes skin cells to multiply up to 10 times faster than normal. This rapid cell turnover results in the characteristic thick, scaly patches that appear on the skin's surface. Unlike common misconceptions, psoriasis is not contagious, infectious, or caused by poor hygiene.

The condition occurs when the immune system mistakenly attacks healthy skin cells, triggering inflammation and

accelerated skin cell production. These new cells move to the skin's surface in days rather than weeks, creating the buildup of scales and red patches known as plaques.

Psoriasis typically appears as raised, red patches covered with silvery-white scales. These plaques most commonly develop on the scalp, elbows, knees, and lower back, though they can appear anywhere on the body. The affected areas often feel itchy, burning, or painful, and the skin may crack and bleed in severe cases.

Genetics play a significant role in psoriasis development. About one-third of people with psoriasis have a family history of the condition. However, having the genetic predisposition doesn't guarantee you'll develop psoriasis—environmental triggers usually activate the condition in susceptible individuals.

Common triggers include stress, infections (particularly strep throat), certain medications, weather changes, and skin injuries. Smoking and excessive alcohol consumption can also worsen symptoms and make treatment less effective.

Types of Psoriasis: Recognizing Different Forms

Psoriasis manifests in several distinct forms, each with unique characteristics and treatment considerations. Plaque psoriasis is the most common type,



affecting about 80% of people with the condition. It appears as raised, red patches covered with white or silver scales, typically on the scalp, knees, elbows, and lower back.

Guttate psoriasis often develops suddenly, particularly in children and young adults following a bacterial infection. This type appears as small, drop-shaped spots on the trunk, arms, legs, and scalp. The spots are typically thinner than plaque psoriasis lesions and may clear up on their own or develop into plaque psoriasis.

Inverse psoriasis affects skin folds such as the armpits, groin, under the breasts, and around the genitals. This type appears as smooth, red patches without the typical scales seen in other forms. The affected areas may be particularly uncomfortable due to friction and sweating.

Pustular psoriasis is characterized by white pustules surrounded by red skin. Despite the appearance, the pustules are not infectious and contain white blood cells rather than bacteria. This type can be localized to certain areas like the hands and feet or generalized across larger body areas.

Erythrodermic psoriasis is the rarest and most severe form, affecting less than 3% of people with psoriasis. It can cover the entire body with a red, peeling rash that can itch or burn intensely. This type requires immediate medical attention as it can be life-threatening.

Nail psoriasis affects up to 50% of people with psoriasis and 80% of those with psoriatic arthritis. Symptoms include pitting, abnormal nail growth, and discoloration. Nail psoriasis can be particularly challenging to treat and may cause significant functional impairment.

The Hidden Impact: Psoriasis Beyond the Skin

Psoriasis extends far beyond visible skin symptoms, creating a complex web of physical and emotional challenges. Approximately 30% of people with psoriasis develop psoriatic arthritis, an inflammatory joint condition that can cause permanent joint damage if left untreated. This arthritis can affect any joint in the body and often develops 5-10 years after skin symptoms appear.

The condition significantly increases the risk of several serious health conditions. People with psoriasis have higher rates of cardiovascular disease, diabetes, depression, and inflammatory bowel disease. Severe psoriasis can increase heart attack risk by up to 53% and stroke risk by 43%, making comprehensive medical care essential.

Mental health impacts are profound and often underestimated. Studies show that people with psoriasis experience depression and anxiety rates twice as high as the general population. The visible nature of the condition, combined with persistent discomfort and societal stigma, contributes to decreased quality

of life and social isolation.

Sleep disturbances affect up to 70% of people with psoriasis due to itching, pain, and emotional stress. Poor sleep quality further impacts mental health and can worsen psoriasis symptoms, creating a challenging cycle to break.

Career and social impacts are significant. Many people with psoriasis report avoiding certain activities, clothing choices, or social situations due to their condition. Some face workplace discrimination or feel limited in career choices, particularly in customer-facing roles.

The economic burden extends beyond medical costs. People with psoriasis often require expensive treatments, frequent medical visits, and may experience reduced work productivity. The National Psoriasis Foundation estimates that psoriasis costs the U.S. healthcare system over \$32 billion annually.



Treatment Approaches: Finding What Works

Modern psoriasis treatment offers numerous options, allowing for personalized approaches based on severity, location, and individual response. Topical treatments remain the first line of defense for mild to moderate psoriasis. These include corticosteroids, vitamin D analogues, retinoids, and calcineurin inhibitors.

Topical corticosteroids are the most commonly prescribed treatments, effectively reducing inflammation and slowing skin cell production. However, long-term use requires careful monitoring to avoid side effects like skin thinning. Vitamin D analogues like calcipotriene work more slowly but can be used long-term with fewer side effects.

Phototherapy, or light therapy, uses controlled amounts of natural or artificial UV light to slow skin cell growth. This treatment is particularly effective for widespread psoriasis and can be combined with topical treatments for enhanced results. However, it requires regular clinic visits and careful monitoring to prevent skin damage.

Biologic drugs represent a major advancement in psoriasis treatment. These medications target specific parts of the immune system involved in psoriasis development. Biologics have shown remarkable success in achieving clear or nearly clear skin.

The key to successful treatment lies in working closely with a healthcare provider to develop an individualized treatment plan. What works for one person may not work for another, and treatment needs often change over time. Regular follow-ups allow for adjustments and monitoring of both effectiveness and side effects.

Lifestyle Management: Supporting Treatment Success

Lifestyle modifications play a crucial role in managing psoriasis alongside medical treatments. Stress management is particularly important since stress is a well-known trigger for psoriasis flares. Techniques like meditation, yoga, regular exercise, and counseling can help reduce stress levels and improve overall well-being. Maintaining a healthy weight is also important since obesity can worsen psoriasis and reduce treatment effectiveness.

Proper skincare is essential for managing symptoms and preventing flares. This includes using gentle, fragrance-free moisturizers daily, avoiding harsh soaps and hot water, and protecting skin from injuries that could trigger new psoriasis patches.

Avoiding known triggers can help prevent flares. Keep a symptom diary to identify personal triggers, which might include certain foods, stress, or specific medications. Work with your healthcare provider to develop strategies for managing unavoidable triggers.

Take Action This Awareness Month

National Psoriasis Awareness Month provides an opportunity for everyone to make a difference in the lives of those affected by this chronic condition. Whether you're living with psoriasis, supporting a loved one, or simply want to contribute to greater understanding, your involvement matters.

If you suspect you have psoriasis or haven't seen a healthcare provider recently, use this awareness month as motivation to seek professional care. Early diagnosis and proper treatment can significantly improve your quality of life and prevent complications. For those already managing psoriasis, consider sharing your story to help others and reduce stigma. Connect with support groups, advocate for better policies, and stay informed about new treatment options that might benefit you.





The Impressive Benefits of PRP Hair Loss Restoration

Hair loss can be an emotional and confidence-shaking experience for both men and women. If you're dealing with thinning hair or bald patches, you might have already scoured the internet for solutions like hair transplants, topical treatments, or medications. But one treatment that's been gaining considerable attention for its natural approach and effectiveness is PRP Hair Loss Restoration.

PRP (Platelet-Rich Plasma) therapy taps into the power of your own body to promote hair growth—without invasive procedures. Wondering how it works and if it's the right choice for you? We cover everything you need to know, from the science behind PRP to its key benefits, so you can make an informed decision.

What Is PRP Hair Loss Restoration?

PRP hair loss restoration is a minimally invasive treatment that uses platelets, one

of the key components of your blood, to treat hair thinning and receding hairlines. Platelets are known for their healing properties and their ability to promote cell regeneration. Here's how the process works step by step:

1. Blood Draw: A small amount of blood is drawn from your arm.

2. Centrifuge Separation: The blood sample is then placed into a centrifuge, which spins rapidly to separate the platelet-rich plasma from the rest of the blood.

3. Scalp Injection: The extracted PRP is carefully injected into areas of the scalp facing hair thinning or loss.

The growth factors in PRP help improve blood flow, nourish hair follicles, and kickstart the natural hair regeneration process.

But what sets PRP apart from other hair restoration treatments? Let's break down the benefits.

Benefits of PRP Hair Loss Restoration

PRP offers a unique combination of natural healing, precision, and noticeable results. Here's why more individuals are choosing this method to address hair loss:

1. Stimulates Natural Hair Growth: Unlike medications that rely on synthetic chemicals or hair transplants requiring

surgical intervention, PRP stands out for its natural approach. By leveraging your body's own platelets, PRP enhances the health of dormant hair follicles, encouraging them to grow thicker and stronger hair strands.

2. Minimally Invasive and Low Risk: PRP is a minimally invasive procedure that doesn't involve scalpels or implants. Because the treatment uses your own blood, the risk of allergic reactions or infections is incredibly low compared to traditional hair restoration surgeries or topical treatments that may cause irritation. PRP has been dubbed a "low-risk, high-reward" treatment option for this reason.

3. Improved Hair Density and Thickness: Patients often notice their hair becoming denser and more luscious after a series of treatment sessions. This is because PRP not only stimulates the follicles for new hair growth but also strengthens existing strands, preventing further thinning.





Who Can Benefit From PRP Therapy?

PRP is typically recommended for individuals dealing with early to moderate hair loss. Here's who it works best for:

Men and Women With Thinning Hair: PRP can help improve hair density and prevent further thinning.

Postpartum Hair Loss: Women experiencing temporary hair loss after pregnancy may benefit greatly from PRP.

Alopecia Areata Patients: PRP can complement other treatments to encourage hair regrowth in individuals with this condition.

Early Balding Stages: PRP works best for those whose hair follicles are still active but need a boost to produce hair.

While PRP is highly effective, it's worth noting that it may not be suitable for individuals with severe or long-term hair loss, as dormant or dead hair follicles cannot be revived. Consulting a healthcare provider at Exceptional Dermatology will help determine your eligibility and set expectations.

The Results You Can Expect

PRP therapy doesn't deliver overnight results—it's a commitment that pays off over time. Here's what the typical timeline looks like:

After 2-3 Sessions (First Few Months):

4. A Personalized Treatment Option:

PRP is tailored to the individual. The procedure deliberately targets areas of concern, such as a receding hairline or crown thinning, providing a highly customized solution. This precision ensures that your results align with your unique hair restoration goals.

5. Fast Procedure, Minimal Downtime:

Each PRP session typically takes under an hour, with little to no downtime required afterward. Most patients can resume normal activities the same day, making this an ideal solution for busy individuals who want effective hair restoration without a significant recovery period.

6. Enhanced Scalp Health: A healthy scalp is the foundation for healthy hair. PRP improves blood circulation and supplies essential nutrients to the scalp, creating an optimal environment for hair growth. Many patients also report better scalp hydration and reduced irritation as a bonus benefit.

Patients often notice less hair shedding and improved scalp health.

After 4-6 Sessions (6-12 Months): New hairs begin to grow in formerly thinning areas, with noticeable increases in volume and thickness.

Long-Term Maintenance (Ongoing): Results are maintained with occasional follow-up treatments, typically scheduled every 4-6 months.

Compared to expensive surgeries or over-the-counter products with mixed results, the consistent effectiveness of PRP makes it a worthwhile investment.

PRP vs. Other Hair Restoration Treatments

How does PRP compare to some of the more well-known alternatives?

Hair Transplants: While transplants surgically move hair from one part of the scalp to another, PRP works by enhancing the health of existing follicles. PRP is often paired with transplants to promote faster healing and hair growth.

Topical Treatments (e.g., Minoxidil): Topical options sometimes improve growth but must be applied daily and limited to scalp areas where hair already exists. PRP goes deeper, targeting the root cause of thinning hair.

Oral Medications: Drugs like finasteride might stop hair loss, but they don't



address thinning or gaps. PRP helps regenerate hair alongside preventative measures.

For many, PRP becomes the ideal choice due to its balance between natural efficacy, convenience, and long-term sustainability.

Is PRP Worth Trying for Hair Loss?

If you're looking for a natural, effective alternative to combat hair loss, PRP Hair Loss Restoration certainly deserves consideration. With its proven ability to stimulate hair follicles, improve scalp health, and rebuild confidence, it's a versatile option that's changing the game.

PRP therapy works best when you understand your unique hair restoration needs—so be sure to consult our health-care providers to explore personalized recommendations.