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JANUARY 2022

NEWSLETTER

THE LATEST FROM DR. YOO REGARDING DERMATOLOGY AND SKIN CARE



HAPPY NEW YEAR

We wish you and your family a Happy New Year! Here's to better days ahead as we enter 2022!

Beginning with a fresh start in 2022, it's not uncommon to consider what went well last year and plan ahead while keeping in mind goals and aspirations for the new year.

Get out your lists and write down your New Years' resolutions; hopefully they're ones we can keep following for more than just the first few weeks of the year!

Check out our list of simple, universal skincare resolutions! We hope you consider adding these to your list!

1. BOOK ANNUAL SKIN SCREENING

Make sure to book an appointment to get your yearly skin check up. Your skin will be examined head-to-toe in order to find and monitor any unusual spots. It is especially important to screen suspicious moles and changes to the skin to evaluate risk for skin cancer.



2. APPLY SUNSCREEN DAILY

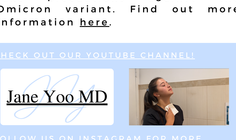
Wearing sunscreen year-round is extremely important for healthy skin. Ultraviolet rays that cause sun damage and skin cancer are always present, even on cloudy days! Sunscreen also provides anti-aging benefits by preventing wrinkles! We are all guilty of forgetting to apply it, but take this opportunity to be more mindful of applying sunscreen!

A good sunscreen is SPF 30+, broadspectrum, and water or sweat resistant for 80 minutes.



3. CLEANSING!!!

Wash your pillowcases and makeup brushes weekly! Cleanse your phone screens and glasses often! These are common examples that come into frequent contact with the face and can harbor bacteria, leading to breakouts.



4. REMOVE MAKEUP AT NIGHT!

Not removing your makeup at night is considered one of the biggest sins of skincare. But let's be real; we've all fallen asleep at least once without taking it off. Leave this habit in 2021, and your skin will definitely thank you! There are many options available to remove makeup including cleansing oils, cleansing balms, micellar water, wipes, and more!



5. ADEQUATE SLEEP!!

Getting the total 8 hours of sleep every night is beneficial for so many aspects of health in addition to health skin. During sleep, skin regeneration is accelerated. Sun damage is repaired while more collagen is produced, leading to healthy, plump skin. On the other hand, inadequate sleep increases cortisol levels which can actually cause collagen breakdown.



COVID-19 UPDATES

Dear patients and friends,

We sincerely hope you and your families remain safe and healthy during this continued challenge.

It is recommended for all NYC residents aged 18 and above to get the COVID-19 vaccination booster shot. Individuals aged 16 - 17 are also eligible. We encourage all of our patients to get boosted and take precautions against the Omicron variant. Find out more information here.

CHECK OUT OUR YOUTUBE CHANNEL!

Jane Yoo MD

FOLLOW US ON INSTAGRAM FOR MORE DERMATOLOGY TIPS!

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