



Dr. Novikov Wellness & Skin Care  
 318 Main Street  
 Northborough, MA  
[www.northborodoctor.com](http://www.northborodoctor.com)  
 508-936-1657

Newsletter  
 August 2023



## Celebrate our 5th Anniversary



We are celebrating our **5th anniversary on Wednesday, August 30 at 4 PM.** The Corridor 9/495 Regional Chamber of Commerce will make it official with a ribbon cutting. Please stop by to say hi to our staff, tour our office and enjoy some refreshments.

## Sun: Myths & Facts

**Myth:** Sunscreen with a high SPF provides complete protection all day.

**Fact:** While high SPF sunscreens offer more protection, no sunscreen provides complete protection all day. Reapply sunscreen every two hours or more frequently if swimming or sweating. In addition, the CDC notes that people tend not to use enough sunscreen when applying it to their skin.

**Myth:** Sunscreen is the only form of sun protection needed.

**Fact:** Sunscreen is essential, but combine it with other protective measures like seeking shade, wearing protective clothing, and using sunglasses.

## More patient convenience:

### Walk-in Mondays

Convenience has always been a priority for patients at Dr. Novikov Wellness and Skin Care.

We are now offering Walk-in Mondays from 9 a.m.-4 p.m. No phone calls or waiting on hold compared to other medical practices. Walk-in Mondays allow our patients to take steps to manage their health with respect to their busy schedules.

New and existing patients who have a skin issue that needs to be assessed quickly can now walk into the office and be seen on the same day. Bring your skin “lumps and bumps” for a consultation.

- Patients requiring a full body skin check, cryotherapy or skin surgery will be scheduled for an appointment during our regular hours.
- Patients with insurance plans requiring prior referrals or prior authorizations will also be rescheduled until that information is received.

Ask about our out-of-pocket payment options.



## What is your favorite ice cream flavor?

Here's how our staff responded:

Dr. Novikov: *black raspberry*

Taylor: *strawberry*

Paige: *cake batter*

Henry: *mint chocolate*

Niki: *mocha chip*

Joy: *mint oreo*

Connie: *strawberry*

Jhansi: *strawberry cheesecake*

Ellen: *coffee*

Liz: *mint chocolate chip*

Asha: *chocolate chip cookie dough*



## Don't miss out

Our summer marketing intern Asha has been adding great content to our social media channels. Follow us on Facebook and Instagram @drnovikovskincare. Watch staff videos, answer a poll question, read about practice news or learn more about skin health and skin cancer prevention & treatments.



September 1

Wish our scribe and practice assistant **Connie Cao** a happy birthday.