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Newsletter

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Clean hands, healthy lives



Global Handwashing Day is on October 15 and serves as an important reminder of the essential role hand hygiene plays in maintaining our health.

While we often associate handwashing with preventing the spread of illnesses like the flu or COVID-19, it's equally vital for the health of our skin and the healing of wounds.

Hand hygiene is especially important in health care settings where providers come in contact with many patients throughout their day. Protocols are necessary to ensure patient safety, reduce cross-contamination, and avoid the spread of infections.

Clean hands are a must when dealing with wounds to prevent infection, promote efficient healing and have better outcomes.

Our hands are also in constant contact with various surfaces, exposing them to many germs and bacteria. When we touch our face or come into contact with wounds or skin irritations with unclean hands, we risk introducing harmful microorganisms that can lead to infections and delayed healing.

Simple soap and water can have profound effects on our health.



Share something on your bucket list

Here's how our staff responded:



Dr. Novikov: *have more family time*

Taylor: *travel to Alaska*

Emily: *go on an African wildlife safari*

Henry: *visit every continent*

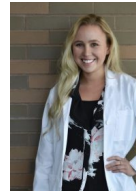
Joy: *expand her crocheting skills*

Connie: *be on a magazine cover*

Ellen: *learn to sew her own clothes*

Liz: *write a book*

Yes, you need sunscreen in the fall



Physician Assistant Taylor Dryden is often asked if sunscreen is still needed now that summer is over, weather is cooler and less skin is exposed to the sun. Her one word answer is "YES!"

Just because temperatures are dropping and the days are shorter, doesn't mean that harmful UV rays have gone into hibernation. Many fall activities still take you outdoors.

Some surfaces can reflect UV rays onto your skin, potentially increasing your exposure.

Your skin does not need to feel the intense heat of the sun to accumulate damage. Taylor recommends using a broad spectrum (UVA/UVB), water resistant sunscreen with a SPF 30 or higher year round. It should be applied 15-30 minute before sun exposure and reapplied every 2 hours while in the sun or after swimming or sweating.

"Anytime you are going to be outside, you should wear sunscreen to protect yourself from the sun," she said. "This includes even on cloudy days. Don't forget to apply to any areas that are exposed to the sun including your ears, neck, lips, hands and scalp."

Benefits of a skin surgeon vs. cosmetic or medical dermatologist

Cosmetic dermatology has gained immense popularity in recent years--Botox, dermal fillers, chemical peels and laser treatments. Cosmetic dermatology has its place and can be transformative for some individuals.

However, opting for a skin surgeon who does not offer these services gives patients extra confidence that their skin concerns will receive the specialized, expert, medical-focused care it deserves.

Let our specialized providers assess, diagnose and manage issues like skin cancer, cysts, tumors, and skin infections. Without the high demand for cosmetic procedure appointments, we can schedule you within a week of your request. Schedule your annual skin check!