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Summer 2025 Newsletter



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Racheal Valcour, NP

Welcome to our 2025 Summer Newsletter! We are excited to announce new additions to our services and staff that will allow us to continue to offer the best and most comprehensive dermatology care in the northern Shenandoah Valley.



Staff Changes

Kaitlin Kersey

Kaitlin Kersey, one of nurse practitioners, left our practice in July. We are incredibly grateful for her time here with us and the compassionate care with which she served our community. Please see below her farewell message to her patients:

Dear Patients & Families,

I'm writing this as a professional update to inform you that I will be departing Dermatology Associates as of Wednesday, July 23rd. Providing care to you, and all of my Dermatology Associated patients, has been an honor and privilege. I leave knowing you are in the competent caring hands of my fellow providers here at Dermatology Associates.

While no decision to leave a great employer or beloved patient population is an easy one, I am excited as I step towards my next chapter where I will be providing wellness care and health optimization to men and women.

I'd like to offer a heartfelt 'thank you' to my patients for entrusting me with your care. I'd also like to thank my friends and colleagues at Dermatology Associates for their collaboration and guidance.

In health, Kaitlin



Kaitlin Kersey

DNP, APRN, FNP-C

Racheal Valcour

We are excited to welcome Racheal Valcour, our new Nurse Practitioner. She will be joining our practice September 22.

Racheal Valcour is a board certified Family Nurse Practitioner through the American Academy of Nurse Practitioners (AANP), and is licensed to provide family-centered healthcare to patients of all ages. She has over 17 years combined experience as a registered nurse and neurology Nurse Practitioner. She received her bachelor of science in nursing in 2007 from Shepherd University, and received her graduate education at Shenandoah University in 2013. Her experience includes critical care nursing, neurosurgery, and neurology. She has a special interest in multiple sclerosis and received her MSCN board certification in 2023. Racheal is very excited to begin a new venture in the field of dermatology.



Racheal Valcour, NP

Racheal is a member of the American Association of Nurse Practitioners and International Organization of Multiple Sclerosis Nurses.

In her spare time, she enjoys spending time with her husband and son, especially at the beach. She is also an avid crafter and reader.



Treatments

GentleCure, an exciting new skin cancer treatment, is now offered at Dermatology Associates! Also known as image-guided superficial radiation therapy (IG-SRT), GentleCure is a non-invasive effective alternative to Mohs surgery for basal cell and squamous cell carcinomas. Administered over several weeks in our Winchester office by a radiation therapist, it is the first and only treatment to use low-energy radiation therapy (skin-deep only) guided by high-resolution ultrasound images to direct and assess response. With cure rates similar to Mohs surgery, there is no cutting, bleeding, pain, surgical scarring, or reconstructive surgery. To find out more, go to www.skincureoncology.com.

- **No pain or discomfort**
- **No down-time**
- **99% satisfaction rate**
- **99% cure rate**





Cosmetic Services

Our practice offers various cosmetic treatments, administered by Megan Armstrong, RN, our aesthetic nurse. Treat sun damage, broken capillaries, and aging skin with our state-of-the-art laser.

Fall Laser Special

\$150 off a full face IPL treatment

(expires 9/30/25)

Please contact us to inquire about our fall Botox and filler specials.

Call now to schedule a complimentary consultation with our aesthetic nurse!

(540) 667-4499 ext. 139

Products

Mineral vs. Chemical Sunscreen

What They Are & How They Work

- **Mineral Sunscreen** (aka physical sunscreen): uses zinc oxide and titanium dioxide to sit on the skin's surface and reflect UV radiation instantly
- **Chemical Sunscreen** (aka non-mineral): contains organic filters (e.g., avobenzone, oxybenzone, octinoxate) that absorb UV rays and convert them to heat over ~15–30 minutes.

Benefits & Drawbacks

Mineral Sunscreen

Pros:

- Provides immediate protection with no wait.
- Provides complete UVA and UVB blocking.
- Generally gentler and less irritating—ideal for sensitive, rosacea-prone, acne-prone skin, and children.
- Ingredients (zinc oxide, titanium dioxide) are FDA recognized as “safe and effective”.

Cons:

- Typically thicker, may leave a white cast, especially on darker skin tones (though newer tinted or micronized formulations help).
- Usually less water resistant—requires more frequent applications.

Chemical Sunscreen

Pros:

- Lightweight and sheer, blends easily, no white residue; often preferred for everyday wear or under makeup.
- Many formulas are highly water-resistant, making them ideal for swimming or active use.

Cons:

- Must be applied 15–30 minutes before sun exposure to become effective.
- Does not completely block UVA rays, which are about 10% of the ultraviolet rays that can cause damage
- Can irritate sensitive skin or exacerbate conditions like eczema, rosacea, or acne in some individuals.

- Some chemical UV filters (e.g., oxybenzone, octinoxate) are absorbed into the bloodstream, raising ongoing safety and endocrine exposure questions.
- They may harm marine ecosystems and coral reefs—leading to bans in places like Hawaii and parts of the Caribbean.

Additional Considerations

- Even products labeled “mineral” may include lesser-known chemical filters like butyloctyl salicylate, exploiting FDA loopholes to boost SPF while claiming to be 100% mineral.
- Many people share personal stories online—for example, those with rosacea who reported dramatic improvement after switching to mineral sunscreen.

Which Should You Choose?

- If you have sensitive, reactive, acne-prone skin, or conditions like rosacea, mineral sunscreen is often the better choice due to its gentler formulation and instant protection.
- If you prefer a lightweight, invisible finish under makeup or need stronger water resistance, a high-quality chemical sunscreen may be more convenient.
- Hybrid sunscreens that combine mineral and chemical filters are also available—offering broad-spectrum coverage with more balanced.

Tips for Any Sunscreen Use

1. Always look for broad-spectrum protection, SPF 30 or higher.
2. Apply a generous, even layer and reapply every 2 hours, or more often if swimming or sweating.
3. Consider tinted mineral sunscreens to reduce white cast—especially helpful on deeper skin tones.
4. Choose mineral formulas especially if swimming in areas with sensitive marine environments—reef-safe, non-nano zinc/titanium is preferred.

Verdict

- **Mineral** sunscreens are typically preferred for sensitive skin, immediate protection, and environmental and health safety.
- **Chemical** sunscreens are often more cosmetically elegant and water-resistant, better suited for makeup layering or active lifestyles.
- Ultimately, **the best sunscreen is the one you will consistently use properly**—that means applying enough, using broad-spectrum SPF ≥ 30 , and reapplying as needed. Also use other sun-protective measures, such

as SPF-rated clothing, wide-brim hats and sun avoidance from 10am until 3pm.

Sunscreen is available at our Winchester office!

You can purchase Badger's Mineral Sunscreen Cream or Avene Moisturizing Sunscreen Lotion if you stop by our office.



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