

Dear Patient.

We would like to introduce you to some exciting treatments now available at Appalachian Spring Dermatology. If your psoriasis is not well controlled with your current therapy, you may want to consider one of these effective treatments we are now offering. Both of these therapies utilize specialized UV light to positively impact psoriasis while damaging the skin less than natural sunlight or tanning booths. (<http://www.psoriasis.org/NetCommunity/Page.aspx?pid=430>)

Narrow Band UVB Phototherapy - We now have two light booths to offer NBUVB (311-313nm) treatment and UVA treatment to patients. Winter is often a difficult time for psoriasis patients without being able to receive natural UV light. Most patients come for light treatment twice a week at our office and see significant improvement in their psoriasis in about 10 weeks. *This is especially good for patients with psoriasis affecting large areas of the body.*

XTRAC Laser – The XTRAC Laser produces a highly effective, safe, and **painless** therapy by delivering a *targeted, super-narrow UVB band* (308nm) to affected areas, resulting in effective and rapid improvement without the worry of harmful side effects of invasive, systemic agents. The excimer laser can target select areas of the skin affected by mild to moderate psoriasis. While response to the treatment varies, most patients see results within 10 weeks of twice weekly treatments or 25 treatments. *This is especially good for areas of limited involvement such as hands, feet or scalp.* (<http://www.photomedex.com/xtrac/details/psoriasis.htm>)

If you are not completely satisfied and clear with your current psoriasis regimen, you may want to consider one of these treatment options. To learn more, check out one of the web links above and/or call the office to schedule an appointment to discuss the options with Dr Rosenberger.

Our office number is 304 368 0111.

Sincerely,

Beth Santmyire-Rosenberger MD PhD