



## **Reverse and Minimize Sun Damage this Summer**

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July 11, 2017, Newport Beach, California - Summertime in Orange County is special. The weather is perfect and the allure of the beach beckons. However, with so much exposed skin and time spent in the sun comes the risk of sun damage. Below are some pieces of advice from a Newport Beach dermatology office on how to reverse and minimize sun damage.

A dermatologist in Newport Beach recommends wearing and reapplying sunscreen whenever one spends time out in the sun. The UV rays are most potent between the hours of 10am and 2pm so maybe getting that surf session or beach run in the early morning or after work is best. Take note that the sun is most harmful when one's shadow is the shortest so that could be a good time to seek shade.

Harmful UV rays can cause premature aging and worse, skin cancer. Any new discoloration should be shown to a dermatologist or physician to have it checked out.

There are plenty of ways to enjoy the summer sun without causing major damage to one's skin. People who live in Southern California are sure to be spending plenty of time outside this summer, from trips to the beach to picnics, amusement parks, and more. Even driving in the car can expose one's skin to the harmful UVA rays responsible for brown spots, volume loss and wrinkles. A major perk of living here is the ability to spend

time outside in the gorgeous weather, but one must be careful to protect his or her skin.

Dr. Kappel can help care for a person's skin and provide everything from facial rejuvenation and Botox to lip injections in Newport Beach. For more information about skin care and cosmetic surgery in Newport Beach, or to set up a consultation or schedule an appointment, call (949)239-0494.

#### About Stefani T. Kappel, MD

Dr. Stefani Kappel is an Orange County native and Newport Beach dermatologist who earned her medical degree from UC Irvine and completed her residency in dermatology at UCLA. After that, she became a full-time faculty member at UCLA as a Clinical Instructor and Professor in Dermatology and Dermatologic Surgery. Her expertise is in include cosmetic dermatology with a focus on injectable neuromodulators (Botox, Dysport, Xeomin), as well as dermal fillers (Juvederm, Voluma, Volbella, Vollure, Sculptra, Restylane, Belotero, and Radiesse) and she is dedicated to treating and removing signs of photo-aging.

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For more information about Stefani Kappel MD, contact the company here: Stefani Kappel MD Dr. Stefani Kappel (949) 239-0494 info@stefanikappelmd.com 1441 Avocado Ave, Ste 203B Newport Beach, CA 92660

### **Stefani Kappel MD**

*Dr. Kappel's areas of expertise include cosmetic dermatology, body contouring and Mohs Micrographic Surgery.*

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