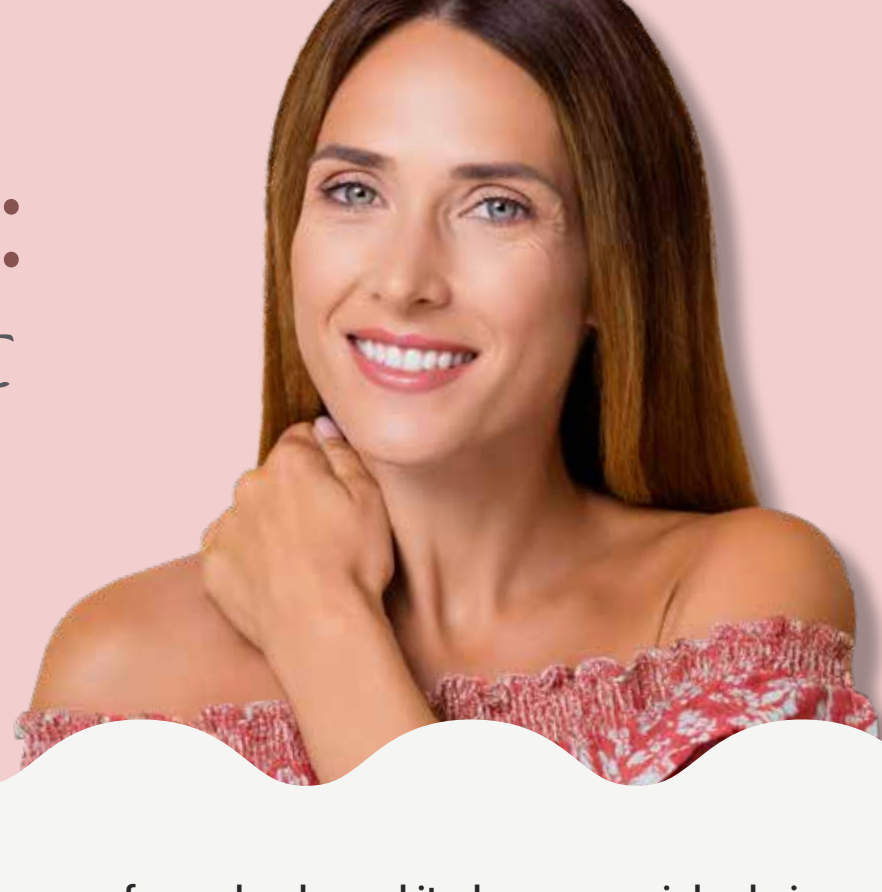


FIND YOUR **HealthyWay** MONTHLY NEWSLETTER



Feel the glow of healthy skin: *on the surface & from within!*

Did you know? Your skin is the largest organ of your body and it plays a crucial role in your everyday health. It acts as the first line of defense against the outside world. Your skin helps protect you by alerting you to pain, regulating your body temperature, and absorbing essential nutrients, such as vitamin D. It has millions of nerve endings that send vital information to your brain, helping you stay safe. For instance, if you touch something sharp, your skin is the first to feel the pain and sends a signal to your brain, telling you to pull away.

Beyond its protective functions, your skin serves as an important indicator of your overall health. Visible changes, like rashes, discoloration, bumps, lumps, or new moles, can signal internal health issues that need attention. Given how vital our skin is to our health and well-being, it's a must to care for it properly to keep it functioning at its best.

Dermatologist Elena Kandel, M.D., answers questions and shares simple, effective tips to help maintain healthy skin.

How can I protect my skin from damage?

To prevent sun damage, use sunscreen (with at least SPF 30) daily, limit how much time you spend in the sun, and wear clothes that cover your skin to block harmful UV rays. Keep your skin clean by washing it with a gentle cleanser and warm (not hot) water. Use a moisturizer daily to keep your skin hydrated. Stress can also affect your skin, so find ways to relax and take care of yourself.

Can my diet affect my skin health?

Yes, it can! Drinking plenty of water keeps your skin hydrated. Certain foods like berries have antioxidants that help protect your skin from damage. Omega-3-rich foods, like nuts, salmon, and avocados, give your skin healthy fats. Eating a balanced diet helps your skin look healthy and glowing.



Elena Kandel, M.D. | Dermatologist

Dr. Kandel proudly serves North Hollywood and surrounding communities. She is a member of the American Academy of Dermatology and skilled in many areas of dermatology, including diagnosis and treatment of cutaneous cancers and skin conditions. She is highly trained in cosmetic procedures, including Botox, fillers, and lasers. Dr. Kandel gives her patients the time and attention needed to provide the best personal care that promotes total health and well-being.

Lakeside Community Healthcare
12660 Riverside Dr., Ste. 225, North Hollywood, CA 91607

Office: (818) 755-0265
Office Hours: Monday - Friday: 8:00 a.m. - 5:00 p.m.

Beauty is more than skin deep!
Join us for a Day of Beauty



All services are 20% off!
Free cosmetic consultation (a \$100 value).
We will be offering discounts on all cosmetic dermatology procedures.

Take a break from stress and worry—you deserve it! Indulge in a day of relaxation and self-care with discounted cosmetic procedures, exciting giveaways, and plenty of fun. Come meet our warm and welcoming team, including our board-certified dermatology physician assistant, Veronika Heteniak. She will provide personalized beauty treatments tailored to your needs.

Let us help you look and feel your best!

Thursday, February 6, 2025
Appointments are available from 12:00 p.m. to 7:00 p.m.

Lakeside Community Healthcare
12660 Riverside Dr., Ste. 225, North Hollywood, CA 91607
Free parking with validation

- Services offered include:
- Botox
 - Chemical peels
 - Microneedling (Rejuvapen)
 - Morpheus8
 - Lentigo laser treatment and laser hair removal
 - Telangiectasia (removal of broken vessels)
 - Skin tag and SK (Seborrheic Keratosis) removal

RSVP TODAY to book your appointment. CALL (818) 755-0265

For more info, visit bit.ly/Dayofbeauty
We look forward to seeing you there!



Veronika Heteniak, PA-C | Physician Assistant, Dermatology

Veronika is a board-certified dermatological physician assistant serving North Hollywood and surrounding communities. She works with patients of all ages and provides various skin treatments and services. Veronika's patients appreciate her attention to detail, ability to listen and understand their personal health and beauty goals.

This raspberry tea is basil-ly heart healthy



If you didn't know already, February is also **American Heart Month**, and we're always excited to share recipes that promote heart health.

Like this refreshing **Raspberry Basil Iced Tea**, which keeps you hydrated and is also an antioxidant-rich beverage that supports both skin and heart health. Packed with vitamin C from raspberries and anti-inflammatory properties in basil, it helps keep your skin and your circulation healthy—all while being low in calories and free from added sugars. Enjoy this delicious, naturally sweetened drink as a healthy option to sugary beverage.

[Check out the full recipe](#)

It's not just you. Your loved ones want your heart healthy, too.



Want to know more about heart health and ways to feel your best? Visit our [Health Education library](#) and browse through our collection of flyers and valuable information focused on heart health and how to prevent heart attacks, stroke and other issues. Take this journey with us on the fight against heart disease.

Don't let these fun New Year celebrations slither away!

Mark your calendars and join us as we continue to celebrate the Year of the Snake and the Lunar New Year festivals across SoCal!

Year of the Snake fun facts:
It's been said that people born in the Year of the Snake are mysterious and cautious, but carry wisdom, determination, and passion in their hearts.

All events are completely FREE and packed with exciting cultural performances, live entertainment, mouthwatering street food, shopping, activities for the kids and more! Don't miss out. Stop by our booth for fun giveaways! Check out HealthyWayEvents.com for the full list of events happening near you!

FEBRUARY 2025

Eastvale Lantern Festival
Saturday, February 15, 2025, 11:00 a.m. - 8:00 p.m.
Sunday, February 16, 2025, 11:00 a.m. - 7:00 p.m.
Location: 7447 Scholar Way, Eastvale, CA 92880