

## CHARLOTTE HEALTHCARE LEADERS



## Top Doc Delivers Exceptional Dermatological Care

The Steele Creek Dermatology team educates patients and provides a full-service, patient-centric experience.

From young children suffering with eczema to teens struggling with acne to adults concerned about skin cancer or perhaps seeking a rejuvenating facial treatment, Steele Creek Dermatology delivers.

Dr. Jennifer Helton, founder and owner of the practice, and her team—including physician assistants Rachelle Cronin and Linda Ryznar—offer a wide range of medical and cosmetic treatments and procedures for patients of all ages. Between them, the three women have more than 35 years of experience in dermatology.

Dr. Helton is also double board certified in dermatology and dermatopathology, and she has been voted one of Charlotte's Top Doctors (as per Charlotte Magazine) several times.

"How our skin looks and feels affects us physically and emotionally. That's why, in addition to treating a patient's particular condition, we take the time to educate them about treatment options and address any concerns as well," Dr. Helton notes.

### Medical Dermatology

The Steele Creek Dermatology team firmly believes that good health is a partnership and works with patients to develop individualized care plans tailored to their specific needs. Patients typically present with a variety of diseases, disorders, skin growths, and damage to the skin caused by

environmental factors or the aging process. As such, skin cancer is a significant part of Dr. Helton's practice.

"Many patients first come to us because they are concerned about the damage previous sun exposure and sunburns may have caused. They either have concerns about specific moles or lesions or want to establish a baseline for annual screening," she explains.

"Fortunately, we can do biopsies, diagnoses, and many skin cancer treatments in-house."

Dr. Helton also educates patients on protective measures they can take to mitigate their risk for skin cancer.

"We should all be using a daily physical, block-based sunscreen of 30 SPF or higher. Physical block sunscreens must include zinc oxide or titanium and can be purchased over the counter," she emphasizes. "Sunscreen should be reapplied every hour to hour and a half, and sun-protective clothing and glasses are good options as well."

### Cosmetic Dermatology

"Cosmetic dermatology is simply medical dermatology performed for aesthetic purpose, and it is important to make informed decisions and seek knowledgeable medical advice," Dr. Helton asserts. "New products and technologies are constantly emerging, and we're here to help patients make the best choices to

### It Takes a Team

"What matters most to our patients and to me is that our entire staff, including our practice manager, patient coordinators, clinical supervisors, and medical assistants, is affable, well-liked, and possesses a clinical competence that is unrivaled," Dr. Helton says. "Ours is a multifaceted team that, due to an emphasis on specialized skill sets, is experienced and efficient."

ensure maximum results."

Treatments Dr. Helton feels are especially effective are the Sciton® Intense Pulsed Light (IPL) treatment, which can be used to eliminate brown and red tones in the skin, and platelet-rich plasma (PRP) therapy combined with microneedling. The channels created in the skin by microneedling, she says, "serve as a direct pathway for the PRP to make its way to the deeper layers of skin, providing more effective, rejuvenating results." PRP can also promote hair growth for those struggling with hair loss or thinning.



STEELE CREEK  
DERMATOLOGY

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