During this critical and difficult time for our community, HK Dermatology is available to serve our patients as they navigate the challenges that COVID-19 presents. While HK Dermatology is open for in-office urgent dermatology appointments, our concern is for your well-being, as well as that of our staff and our medical providers. As such, we offer the option of telemedicine visits to our patients. This would allow a remote visit with your healthcare provider from the safety and the privacy of your home. We can screen and either diagnose, treat, and/or recommend as needed, an in-office visit.

Telemedicine is billable through insurance and requires your same copay that is typically collected in the office.

You can phone the office at 949-248-1632 or schedule an in-office or telemedicine appointment via our online booking tool at kleinmd.com

Physician In-Office Hours are limited at this time:
Dr. Norma - M, Tu, Th, F
Dr. Klein - W, F starting May 15
Atoussa - M, Tu, Th mornings

Our Safety Protocols for protecting you from environmental infections include:
- All staff take their temperature before working.
- All supplies and materials are either disposable or sterilized by autoclave. For each patient, the exam room tables are wiped with disinfectants and covered with a new paper sheet. All clinicians wear disposable gloves, masks and eye protection during your appointment.
- Patients check-in by cell phone and wait in their car until their exam room is ready.
- Patients are greeted by staff wearing masks. Your temperature is taken before you enter the building, and you are queried on your health history.
- Patients and family are to wear their own masks when visiting our office. If you do not have a mask, we will give you a mask to wear in the office and to take with you for use traveling from our office to your home. Generally, family members are asked to wait in the car unless absolutely necessary.
- Patients exit separately so they don't have to be in close contact with other patients.
THE BIG DEBATE....
Mineral vs. Chemical Sunscreen

The debate between mineral and chemical sunscreen continues to live on, but if there’s one thing we can all agree on, it’s that slathering any type of sunscreen on your skin is probably better than nothing. And while you should be applying sunscreen every day year-round, the days are getting longer, which means your exposure to the sun is increasing—so now is the time to really up your sunblock game.

Below are the things you should know prior to your purchase. From ingredients that help soothe sensitive skin to those that may be harmful hormone disruptors, there are multiple ingredients found in sunscreens that you need to know about....
Controversial ingredients: avobenzone, oxybenzone:

A recent study published in the *Journal of the American Medical Association* (JAMA) about specific product ingredients—mostly those found in chemical sunscreens—seems to be raising some red flags. "U.S. Food and Drug Administration scientists found that four active ingredients found in commercial sunscreens—avobenzone, oxybenzone, octocrylene, and ecamsule—were 'systemically absorbed' into users' skin—one of the ingredients, oxybenzone, has been [found] in breast milk, urine, and blood plasma. More studies are needed to confirm these findings and understand if these ingredients are actually harmful to the body and/or the skin.

Some recent studies have shown that some chemical sunscreen ingredients (particularly oxybenzone, octinoxate, and homosalate) may be potentially harmful because they mimic hormones in the body. Along with oxybenzone, other common chemical sunscreen ingredients, including octyl methoxycinnamate and para-aminobenzoic acid, are more likely to cause an allergic reaction compared to ingredients like titanium dioxide or zinc oxide, found in mineral sunscreens. Plus, octinoxate and oxybenzone have been banned in Hawaii, due to its damaging effects on coral reefs.

UV blockers to look for: zinc oxide, titanium dioxide:

These pure mineral products work by blocking the sun's rays, reflecting them directly off the top of the skin. Unlike ingredients found in chemical sunscreens, the iron oxide found in mineral sunscreens can provide additional protection against visible light coming from our electronic devices, which can further skin damage.

A skin-care-boosting ingredient to watch for:

When on the hunt for a sunscreen, look for niacinamide in the formulation; it's a water-soluble vitamin that can act as an antioxidant and further protect the skin during the day from damage caused by UV light and pollution. As a bonus, niacinamide is also known to strengthen the skin barrier and improve the appearance of fine lines and wrinkles, so it's a win-win all around.

The best products to try:

There are hundreds of sunscreen options on the market, but we primarily recommend mineral-based chemical sunscreens. Many tinted mineral sunscreens can improve the pasty-white appearance often seen with these products. We recommend ISDIN Eryfotona Actinica sunscreen because it provides 100% mineral broad-spectrum protection and also contains DNA repair enzymes to help address previous sun damage. We also carry ISDIN Mineral Brush for people who don't want to reapply sunscreen because they don't want to mess up their makeup. It absorbs excess oil, so it can serve a dual purpose as a finishing powder, actually extending the life of your makeup.
This May Only....

Buy both ISDIN Mineral Based Sunscreens for 10% off your total purchase!

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