

*Shin B. O'S*



**Z Life**

HEALTHY SKIN IS BEAUTIFUL

*Issue No. 3 Q425-003*

FALL 2025 EDITION

ZDERMATOLOGY.COM



# Z Life

An exclusive publication from Z Aesthetic Dermatology. This quarterly magazine is mailed to select residences throughout the Greater Baton Rouge three-parish area.



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# NEW



# Z REWARDS POINTS + MEMBERSHIPS



# The Doctor is in.

I'm Dr. Ann Zedlitz, but you can call me Dr. Z. Specializing in Aesthetic Dermatology, I'm dedicated to providing exceptional, customized patient care. Growing up, I faced my own skin struggles, which sparked my passion for helping others avoid and overcome similar challenges.

With over 25 years of experience in the medical field, I focus on relaxants, fillers, laser treatments, hair loss, and women's wellness. I graduated from LSU Medical School with academic honors and hold double Board Certification in Emergency Medicine and Dermatology. During my dermatology training, I was honored to serve as Chief Resident, and I'm now a Fellow of the American Academy of Dermatology.

I combine extensive medical knowledge with an artistic eye to help my patients achieve their aesthetic goals. Committed to safety and innovation, I stay at the forefront of advancements in cosmetic dermatology, ensuring that each treatment is tailored to meet the unique needs of every individual. I strive to create a welcoming environment where my patients feel comfortable and confident, known for my compassionate approach and keen understanding of skin health.

Beyond my clinical practice, I actively participate in continuing education and contribute to the dermatology community through speaking engagements and publications. When I'm not working, I love spending time with my family and exploring golf courses with my husband, reflecting my well-rounded approach to life and health.

Whether you're looking to enhance your natural beauty or address specific skin concerns, I'm here to help you look and feel your best.







## MEET JENNIFER HOLLEY, MSN, FNP-C

With over a decade of nursing experience and a background in fine arts, Jennifer Holley, MSN, FNP-C, combines clinical expertise with an artistic eye — a hallmark of the Z Dermatology approach. Jennifer holds a Bachelor of Fine Arts from LSU and a Master of Science in Nursing from Franciscan Missionaries of Our Lady University. Board-certified as a Family Nurse Practitioner, she began her career in 2014 after earning her BSN from Southeastern Louisiana University. Her early work in neurology ICUs and stroke care reflects her dedication to precision and compassionate care. Outside the clinic, Jennifer enjoys spending time with her family, taking plane rides with her husband, and enjoying life with their sweet pup. She also finds inspiration in art, travel, and moments of creativity that carry over into her work with patients.

**Enjoy \$100 off each syringe of filler and \$10 per unit relaxant!** Call to book with Jennifer today and experience the art of aesthetics at Z Dermatology.



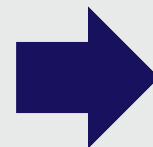
## MEET JERRICA KITTO, MMS, PA-C

With over a decade in healthcare, Jerrica Kitto, MMS, PA-C, brings surgical precision, clinical expertise, and patient-centered care to aesthetic dermatology. She began her career with a Bachelor of Science in Radiologic Sciences from Northwestern State University and five years in diagnostic imaging before earning her Master of Medical Science in Physician Assistant Studies in 2018. Jerrica went on to excel in orthopedic surgery and sports medicine, earning a reputation for her meticulous approach and commitment to excellent outcomes. Now applying that same dedication to aesthetics, she combines her deep knowledge of anatomy with a refined eye to deliver results that are natural, balanced, and tailored to each patient.

She believes in empowering patients through subtle, safe, and effective treatments that boost confidence and well-being. Outside the clinic, Jerrica enjoys an active life with her husband, Ben, and their two children, Collette and Samuel—often fishing, hunting, or enjoying the outdoors.



**Z GIFT CARDS ARE PERFECT FOR THE HOLIDAYS! SCAN THE QR CODE TO ORDER THEM ONLINE NOW.**







# Introducing QuantumRF

## First in Baton Rouge

Z Dermatology & Aesthetics is proud to be **the first in Baton Rouge to offer QuantumRF by InMode**, an advanced solution for skin tightening, remodeling, and contouring. This minimally invasive technology goes beyond traditional treatments by stimulating collagen and elastin production deep within the skin – delivering natural, long-lasting results that restore youthful definition to the face and body.

### What is QuantumRF?

QuantumRF is an advanced, minimally invasive technology designed for soft tissue contraction. Using a specialized probe, it delivers clinically proven **fractionated radiofrequency (RF)** energy at optimal depths.

This precise energy penetrates beneath the skin's surface to gently heat and remodel tissue, while simultaneously stimulating collagen and elastin production.

The process works from the inside out – reducing small pockets of fat, tightening lax skin, and improving overall texture and tone.

The result is smoother, firmer, and more youthful-looking skin without the need for surgery or extensive downtime.





Before
After



Dr. Z is 1<sup>st</sup> in Baton Rouge to  
bring you QuantumRF!

Ann Zedlitz, M.D.  
"Skin Boss"





# What Can QuantumRF Treat?

QuantumRF is versatile, making it an excellent choice for patients looking to address multiple skin concerns at once.

It's perfect for tightening skin, improving texture, and restoring youthful definition.

It is especially effective for:

- **Loose or Sagging Skin:** Restores firmness by boosting collagen and elastin in deeper layers.
- **Wrinkles and Fine Lines:** Smooths visible signs of aging with new collagen production.
- **Cellulite:** Targets underlying fat deposits while tightening the skin above for a smoother look.
- **Localized Pockets of Fat:** Helps break down fat cells to enhance body contouring.
- **Mild to Moderate Skin Laxity:** Ideal for those experiencing early signs of sagging who prefer a non-surgical option.
- **Post-Weight Loss Skin Laxity:** Supports skin retraction and tightness after weight loss.

## Available Now

Exclusively available at Z Dermatology, QuantumRF represents a true leap forward in aesthetic medicine.

Whether your goal is to tighten sagging skin, smooth fine lines, or refine your facial and body contours, this innovative technology offers results that are both natural and transformative.

Call **225-778-7540** to schedule your complimentary consultation and be among the first in Baton Rouge to experience the next generation of skin rejuvenation.



Scan the QR code to  
learn more today!





# Exosomes: Advanced Skin Regeneration



NOW AVAILABLE: EXOSOMES BY PLATED SKIN SCIENCE

Exosomes are the latest breakthrough in advanced skin regeneration, offering a powerful way to repair and rejuvenate the skin at a cellular level.

Derived from platelets, these tiny vesicles deliver growth factors and signaling molecules that naturally stimulate healing, reduce inflammation, and encourage long-term skin health.

Now available from **Plated Skin Science**, Exosomes can be used alone or paired with treatments such as microneedling and laser to significantly enhance results.

## Key benefits include:

- Boosts collagen production for firmer, more youthful-looking skin
- Improves texture and tone by smoothing uneven areas
- Enhances the results of procedures like microneedling and laser for even greater outcomes

At our Baton Rouge and Prairieville locations, as well as in our Z Store, patients can now experience this cutting-edge solution in aesthetic care.

With scientifically proven results and visible transformations, Exosomes are redefining what's possible in non-invasive skin rejuvenation.



# VI PEELS – BEAUTY BACKED BY SCIENCE:



At Z Dermatology, we believe healthy, radiant skin is the foundation of timeless beauty. That's why we're proud to offer **VI Peels by the Vitality Institute**—a next-generation chemical peel designed to improve skin tone, texture, and clarity for patients of all skin types.

Unlike traditional peels, the VI Peel experience doesn't stop in the treatment room. Each peel comes with a carefully curated aftercare kit to protect, nourish, and support your skin during the renewal process. The kit includes medical-grade skincare essentials that soothe irritation, enhance healing, and lock in results.

To make the journey even easier, the **VI Peel App** serves as your personal guide. From day one through the final reveal, the app walks you through every stage of the peeling process. You'll receive reminders, tips, and instructions tailored to your treatment, so you'll always know what to expect—and how to take the best possible care of your skin.

Dr. Z and her team emphasize the importance of post-peel care: what you do after your treatment is just as important as the peel itself. Proper hydration, sun protection, and adherence to the aftercare program ensure that your results are not only beautiful, but long-lasting.

The results speak for themselves: brighter, smoother, more youthful skin that radiates confidence. With minimal downtime and maximum impact, the VI Peel has quickly become a patient favorite at Z Dermatology.

**Healthy skin is glowing skin — and with VI Peels, both are within your reach.**





# Staying Ahead

## Dr. Z & the Z Team at the InMode Conference



### INSIDE LOOK: How We Stay Ahead in Skincare Innovation

This past summer, Dr. Z and the Z Dermatology team had the exciting opportunity to attend the **InMode Conference at The Four Seasons in New Orleans** — an immersive event dedicated to the latest breakthroughs in aesthetic technologies.

From cutting-edge devices to advanced treatment protocols, the conference offered a firsthand look at the newest innovations transforming dermatology and medical aesthetics.

Dr. Z's dedication to staying at the forefront of the industry ensures that her patients always have access to the most advanced, effective, and safe treatments available. It was at this very conference that Dr. Z discovered QuantumRF by InMode, a revolutionary treatment for skin tightening and remodeling.

Recognizing its potential to deliver natural, long-lasting results, she immediately brought it to the Z Dermatology office—making them the first in Baton Rouge to offer this groundbreaking procedure.

Dr. Z, along with Jerrica Kitto, PA-C, and Jennifer Holley, NP, completed specialized training during the conference to master this innovative technology. Their combined expertise ensures that every patient receives not only state-of-the-art care, but also Dr. Z's signature attention to artistry and natural results.

By continually seeking out the latest advancements and incorporating them into her practice, Dr. Z reaffirms her commitment to providing patients with safe, effective, and innovative treatments — all under one roof at Z Dermatology.



**From the latest technology to personalized care, the Z team is always leading the way in aesthetic excellence.**

# Medical Weight Loss

Struggling with weight that just won't budge? We now offer **Semaglutide weight loss injections**, an FDA-approved treatment designed to help you achieve sustainable weight loss by reducing appetite and boosting metabolism.

Originally developed for type 2 diabetes, Semaglutide (brand names: Wegovy® and Ozempic®) mimics a natural hormone called GLP-1 that helps regulate blood sugar and control hunger. By slowing digestion, increasing feelings of fullness, and reducing cravings, it makes sticking to healthy habits easier — without extreme dieting or deprivation.

**In clinical studies, patients lost up to 15% of their body weight when combining Semaglutide with lifestyle changes.** At Z Dermatology, our team provides personalized guidance to ensure safe, effective results that fit your unique goals.

Schedule a consultation today to see how Semaglutide can help you take the next step toward a healthier, more confident you.



## Rejuvenate with Advanced IV Therapy

At Z Aesthetic Dermatology, we believe true wellness starts from the inside out. Our **specialized intravenous (IV) therapies** deliver essential nutrients directly into your bloodstream for maximum absorption and immediate impact. By bypassing the digestive system, IV therapy ensures your body receives the full benefit of these powerful compounds — helping to boost energy, support immunity, and enhance overall well-being.

### NAD+ IV Therapy

This therapy boosts energy, mental clarity, and recovery by restoring this vital coenzyme that declines with age.

### Glutathione IV Therapy

Known as the 'master antioxidant,' it boosts detox, immunity, energy, and promotes radiant, youthful skin.

### NAC IV Therapy

NAC, a precursor to glutathione, supports detox, reduces inflammation, and promotes respiratory and mental health.

### Myers Cocktail IV Therapy

This blend of essential vitamins and minerals boosts energy, immunity, reduces stress, and speeds up recovery.



Whether you're looking to boost energy, support your immune system, or rejuvenate from within, IV therapy at Z Dermatology provides a customizable approach to feeling and performing your best.



# Vacation with Dr. Z: Jackson Hole Getaway

Wellness is about living beautifully, inside and out.

This July, I enjoyed well-deserved family time in stunning Jackson Hole, Wyoming with my husband Michael, son Ethan, and daughter and son-in-law Emma and Dominic Curole.

Nestled in the mountains, Jackson Hole offered the perfect mix of adventure, nature, and relaxation. From breathtaking hikes and golden sunsets to exploring the charming western town, every moment felt like a chance to recharge and reconnect.

For me, trips like this are more than just vacations — they're a reminder of the importance of balance. Stepping away from the clinic, spending time with family, and soaking in the beauty of nature all fuel my passion for wellness and self-care.

And of course, I loved adding a touch of personal style to the mountains — proof that you can be cozy and chic even on an outdoor adventure!

Wellness isn't just about great skincare. It's about living beautifully, inside and out.

Jackson Hole was the perfect place to be reminded of that!





# Spring Open House Recap and Fall Preview



Our Spring Open House was an absolute joy! We loved celebrating with so many of our amazing patients and sharing a day full of beauty, fun, and community.

The event was packed with highlights — from special event-only savings and live demos to catching up with our Z Dermatology family. Seeing your excitement and smiling faces reminded us why we love what we do every day.

A heartfelt thank you to everyone who joined us and made the day so memorable! We can't wait to do it all again at our Fall/Winter Open House! Stay tuned for dates and details.

More fun, more beauty, and even more exclusive Z Dermatology experiences are coming your way, so get ready to celebrate with us again soon!







# Comfort & Confidence

## Painless Procedures at Z Dermatology

At Z Dermatology, we believe looking your best should never mean suffering through pain. Dr. Z and her team are dedicated to making every aesthetic treatment as comfortable as possible while still delivering natural, stunning results. Our philosophy is simple: your confidence should shine without the stress of pain.

Even the thought of needles, lasers, or skin treatments can make patients feel uneasy, which is why we've invested in the most advanced pain management solutions available.

From gentle inhaled options to pharmacy-grade topical numbing and innovative new medications, we ensure that every treatment is tailored to your comfort.

And if you need proof that we take comfort seriously, just ask the team, Dr. Z herself is the biggest wimp when it comes to pain! (Her nurses will happily back this up.)

Because she hates discomfort, she's made it her mission to ensure her patients never have to feel it either.

At Z Dermatology, your transformation should feel as good as it looks.



Dr. Z won't put up with pain, and neither should you.

**Every patient is unique, which is why we offer a variety of customizable options to ensure your comfort:**



**01.**

### **ProNox™ (Laughing Gas Made Modern)**

This is a safe, gentle inhaled option that helps ease anxiety and discomfort during treatment. Effects wear off quickly, so you can safely drive yourself home afterward.



**02.**

### **Oral Sedation**

This is a simple option for patients who want to experience a deeper sense of relaxation and calm before their procedure, helping make the treatment as stress-free as possible.



**03.**

### **Pharmacy-Grade Compounded Topical Numbing**

We only use the most effective, highest-quality numbing creams — carefully compounded for maximum comfort.



**04.**

### **The Newest Medications on the Market**

These innovative solutions are designed to minimize pain while keeping you alert and functional. Many allow you to resume your normal activities right after your visit. This newly FDA-approved oral medication represents a breakthrough in pain control — particularly in procedures involving moderate discomfort. It works by disrupting pain signals in the body's peripheral nerves before they reach the brain, rather than impacting the central nervous system like traditional opioids. This means no risk of addiction, sedation, or the side effects traditionally associated with opioids.

**Go to <https://www.zdermatology.com/treatment-comfort-options> to learn more!**





## OCTOBER *Radiance*

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THURS. 10/16 PRAIRIEVILLE

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JERRICA KITTO, PA 225-778-7540

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