



# NOTED AND QUOTED

## *Dermatologists in the News*

In the July 2010 issue of *Elle* magazine, **Dr. Heather Woolery-Lloyd** was consulted about skin-brightening products and skin care regimens. **Dr. Woolery-Lloyd** specializes in treating patients with skin of color at her Miami practice and recently developed an over-the-counter line of skin care products that is specially designed to treat hyperpigmentation and uneven skin tones. "The typical prescription for hyperpigmentation is hydroquinone, but many patients are allergic to it, and its effects can plateau," she says. Her Specific Beauty collection provides an alternative to prescription medications that could be just as effective. **Dr. Woolery-Lloyd** answered questions about skin care regimens and the essential products she believes every woman should use, stressing the importance of sun protection and antioxidants: "An SPF 30 will block 97 percent of UVB, and an antioxidant will prevent free-radical damage from the 3 percent that gets through. I tell patients to layer an antioxidant like green tea or vitamin C serum under their sunscreen every morning." For a daily skin care regimen she recommends "a cleanser, a sunscreen, a lightening agent for dark marks, and a retinoid for night."

On the August 13, 2010, episode of Good Morning America, **Drs. Doris Day, Richard Besser, and Yan Trokel** appeared in a story about adolescent girls choosing to get Botox injections. The American Society of Plastic Surgeons reported that adolescents aged 13 to 19 years had nearly 12,000 Botox injections last year, some of whom received multiple injections. This marks a 2% increase from 2008. **Dr. Trokel**, a plastic surgeon based in New York City, noted that he had seen an increase in the number of adolescent girls coming to his office for consultations

and looking to have Botox injections. One young woman interviewed in the story cites peer pressure as one of the reasons she sought cosmetic treatment, "I wanted to prevent getting wrinkles. A lot of my friends do it and they see great results." This new trend points to the larger trend of individuals turning to cosmetic enhancements at younger ages. Another reason for its popularity among younger individuals is its affordable price and minimal invasiveness. Injecting adolescents with Botox also poses ethical problems for dermatologists and plastic surgeons. The filler is legal to administer for medical reasons. **Dr. Day** discussed an 18-year-old patient whom she treated with Botox for a deep crease in her forehead that was negatively affecting her self-esteem and social interactions. "In Brooke the difference was pretty remarkable...It's really quite profound how much of a difference it can make when you do the right thing for the right person in the right way." **Dr. Besser** questioned the potential effects of administering Botox injections to young adults, "We don't know what the long-term impact would be of giving something like Botox over someone's life...When you're starting as a teenager, does it mean you're going to be using this product for the next 40, 50 years?" Botox was first approved for cosmetic use by the US Food and Drug Administration in 2002.

In an August 20, 2010, ABC News story, **Dr. David Margolis** discussed a recent study that links common acne treatments to bowel diseases. The study, on which **Dr. Margolis** was a lead author, examined the medical records of more than 94,000 British teenagers and young adults who were diagnosed with acne and found that long-term use of antibiotics appeared to double the risk for developing inflammatory

bowel disease. The most commonly prescribed antibiotics for the treatment of severe acne are from the tetracycline family, because they have been shown to limit scarring and reduce outbreaks. Isotretinoin, known by the brand name Accutane, also was linked to incidences of inflammatory bowel disease in a small percentage of individuals being treated for severe acne. The study did not effectively state that isotretinoin was the main cause but it does raise awareness about the potential harm. "This potential risk should be considered when prescribing this medication," the authors write in their study. **Dr. Margolis** also describes severe acne as a life-altering condition, and suggests that further research about the side effects of long-term antibiotic use for the treatment of acne should be further studied. "These people have lots of concerns about their health, their appearance and how they function in society, and they are at an increased risk of depression...I think this research indicates that in a careful study one should probably consider antibiotic use."

**Dr. Heidi Waldorf** was consulted in an article examining antiaging undereye products on the market in the September issue of *Allure* magazine. **Dr. Waldorf** and beauty editors from the magazine tested 5 new creams and serums that claim to address the signs of aging in the undereye area, including discoloration, puffiness, wrinkles, and skin dryness. The formulas (StriVectin-SD Eye Concentrate for Wrinkles, Prevage Eye Advance Anti-aging Serum, Shiseido Future Solution LX Eye and Lip Contour Regenerating Cream, Serious Skin Care Eytality Eye Transformation Set, and Estée Lauder Advanced Night Repair Eye Complex) contain peptides, antioxidants, and other ingredients that have specific healing and antiaging properties. "Niacin and peptides are ingredients

known to help with the signs of photoaging,” **Dr. Waldorf** said about one of the products tested. She also pointed out that peptides can aid in restoring collagen while caffeine, an ingredient found in several of the formulas, can temporarily tighten skin. Synthetic polymers that fill in fine lines and wrinkles and firm skin also “form a net over the skin for temporary lifting.” **Dr. Waldorf** notes that if formulations can deliver active enzymes into the skin, they could fight potential damage and the signs of aging.

In a September 2010 story for *Prevention* and MSNBC, **Drs. Dennis Gross, Marianna Blyumin-Karasik, David Bank, and Mark G. Rubin** were consulted about beauty and skin care myths that might lead to an increase in signs of aging. One common

misconception they discuss is that skin should feel tight after washing; if skin doesn't feel fresh and supple after washing, though, you might be using a cleanser that's too harsh. **Dr. Blyumin-Karasik** suggests using a creamy cleanser with hydrators, such as glycerin, and mild surfactants that will “wash away makeup but restore moisture too.” **Dr. Bank** discussed the myth that products sold in drug stores are not as effective as more expensive products, suggesting that regardless of where they are sold, they contain similar ingredients. He also advised that consumers select packaging that is designed to maintain a product's freshness and potency. The dermatologists also commented on the myth that antiaging products will make skin look worse than before. Topical creams and treatments such as lasers and chemical peels may initially irritate

skin and leave it blotchy and red after application, but they contain key rejuvenators such as retinoids that speed cell turnover and stimulate collagen production. Another theory they refuted is that sunscreen is no longer necessary for individuals over the age of 40 years. **Dr. Gross** explained that an individual's skin has only seen about half of its lifetime sun exposure, so sun protection is still an important part of daily skin care routine. “UV rays trigger free radicals, destructive molecules...that poke holes in skin's support structure that lead to lines and sagging,” said **Dr. Gross**. Lastly, **Dr. Rubin** addressed the myth that if a product doesn't work quickly, you should quit using it. He suggested waiting 8 to 10 weeks before abandoning a product, adding, “Most active ingredients do work on everyone—just to varying degrees.” ■