

# HEALTHY SKIN & HAIR

S1 2010

A SUPPLEMENT TO COSMETIC DERMATOLOGY®

**The Essential  
Steps to  
Healthy Skin**

**What Gives  
Your Age Away?**

**What's on  
the Horizon?**

**Age Before  
Beauty**

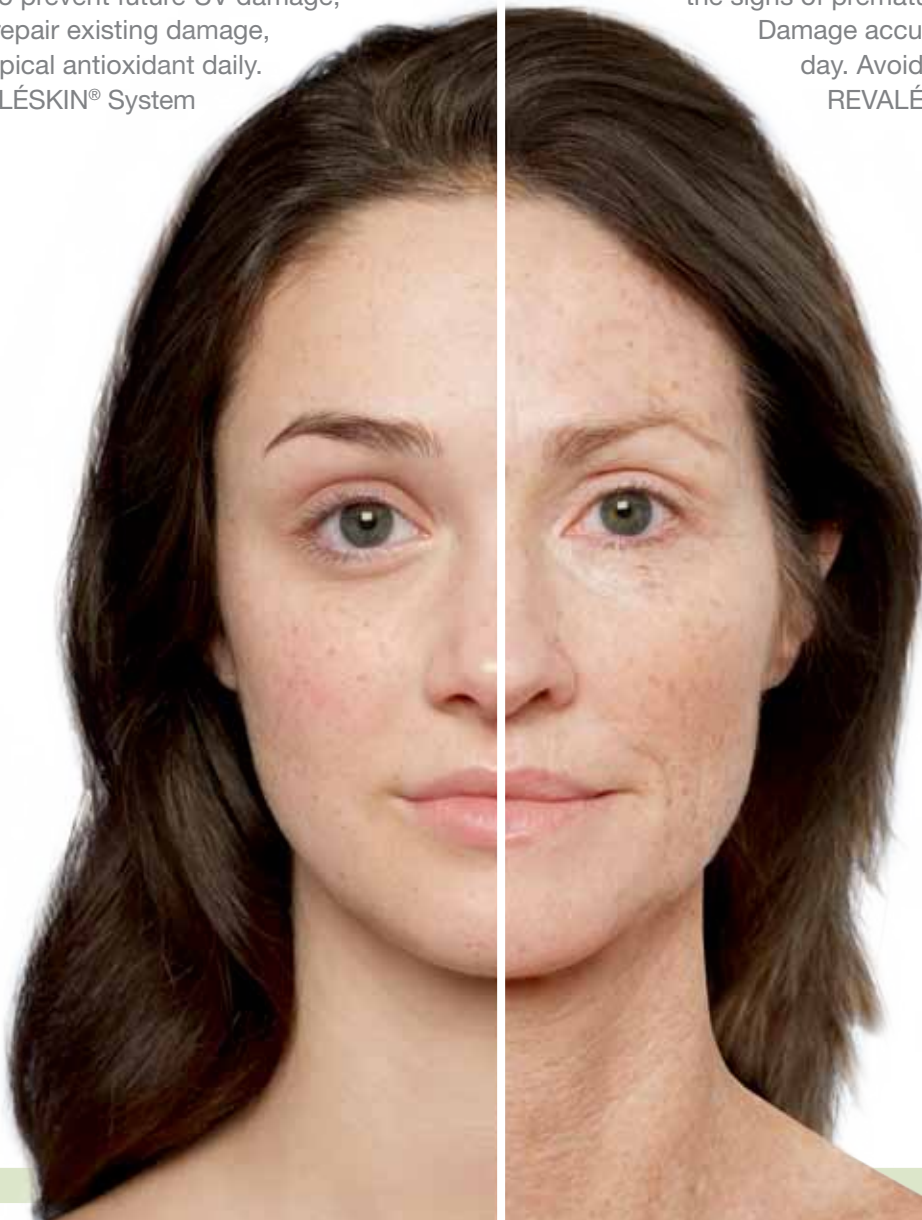
**Photoaging:  
Fast Facts on  
Healthier Skin**

# 80% OF PREMATURE SKIN AGING IS AVOIDABLE<sup>1</sup>

Sunscreen is not enough. Use nature's most potent antioxidant every single day.

As we age, the concentration of natural antioxidants in our bodies declines – and the environmental skin damage caused by free radicals increases. Wearing sunscreen isn't enough. To prevent future UV damage, and help repair existing damage, apply a topical antioxidant daily. The REVALÉSKIN® System

contains one of nature's most potent antioxidants, in the highest concentration available. Use REVALÉSKIN® every day to supplement your body's natural antioxidants, and to help combat the signs of premature skin aging. Damage accumulates every day. Avoid it with REVALÉSKIN®.



1. Bauman L, Saghari S. Photoaging. In: Cosmetic Dermatology: Principles and Practice. 2nd ed. New York, NY: McGraw-Hill Professional; 2009:34.

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Photographic representation of premature skin aging. Not an actual patient.



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# HEALTHY SKIN & HAIR

A Supplement to *Cosmetic Dermatology*®

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# Age Before Beauty

*Recent studies suggest that certain environmental factors, more than genetics, are associated with older-looking appearance and that visible signs of aging are caused by excessive sun exposure.*

**F**or some people, the worst part of aging isn't feeling old, but looking old. Most of us consider changes in the skin—fine lines around the eyes, wrinkles around the mouth, dark spots on the face and hands, sagging features—to be the unavoidable signs of the aging process. While some of these are the natural result of the passage of time, many signs of aging are actually caused by sun damage and can be avoided.

## The Aging Process

There are 2 ways in which we age. They are referred to as intrinsic factors and extrinsic factors. Intrinsic aging is the result of the inevitable process of getting older. As children, our skin renews faster and more frequently; however, as we get older, cell turnover drastically slows down. In addition, the natural collagen in our skin diminishes and our skin loses its elasticity.

Extrinsic factors, on the other hand, are the result of environmental impact: wind, pollution,

and sun exposure. Lifestyle choices, such as an improper diet, lack of sleep, stress, and smoking, also take their toll on the appearance of our skin. A recent study, in the *Journal of the American Academy of Dermatology* showed about 90% of the visible signs of aging are caused by excessive sun exposure, whether intentional or not. Another study, in *Plastic and Reconstructive Surgery, Journal of the American Society of Plastic Surgeons*, involving identical twins suggested that certain environmental factors, more than genetics, are associated with an older-looking appearance.

## The UV Factor

Prior to the 1920s, tans represented an outdoor laborer's life of continuous exposure to the elements. Sunbathing and tanning were only indulged in for health reasons, and so the term "a healthy tan" had meaning. Around the mid-1920s, fashion and lifestyles were changing, beaches became popular vacation destinations, and society began to embrace the sun rather than shun it. By the 1970s, a population craving

the aesthetic appeal of a “golden glow” was oblivious to the serious health consequences of overexposure to UV rays, right about the time the ozone layer, which increases our atmosphere’s natural protection from UV rays, began to decline.

Just a few minutes of exposure to UV rays over the course of time can have a profound impact on the look and feel of your skin, as well as your overall health. Research has shown that overexposure to UV radiation (UVR) results in rough spots called actinic keratoses, which may be precancerous skin lesions, as well as premature aging, which causes the skin to become thick, wrinkled, and leathery.

When UV light penetrates the skin, cells rush to form a barrier by producing melanin, the process by which a tan develops. This darkened pigment reflects some of the rays, preventing deeper penetration; however, the radiation that is absorbed damages the cells responsible for developing fibers that support the skin’s structure.

Over time, the damage becomes irreversible, resulting in a gradual loss of elasticity; fine wrinkles around the eyes, mouth, and forehead; spider veins on the nose and cheeks; brown spots; uneven skin color; and skin cancer. The amount of photodamage that develops depends on several factors including a person’s natural skin color and the amount of long-term sun exposure.

### Tanning Beds

The sun is not the only source of UVR. There is a misconception that controlled tanning without a subsequent burn helps to build up protective melanin and prevent skin cancer and photoaging; however, a tan is a sign that the skin is injured. Skin produces melanin to darken the skin and protect underlying tissues and cells from further damage. This damage accumulates over time, increasing the effects of aging signs like wrinkles and leathery skin, as well as increasing the risk for skin cancer.

### A Radical Effect

You’ve probably seen creams that state they “fight free radical damage” and have been encouraged to apply and ingest a healthy amount of antioxidants to fight photodamage and aging signs. So what are these free radicals and antioxidants and how does one affect the other?



Simply put, free radicals are loose electrons. If you think back to chemistry, you’ll remember that molecules are made up of atoms, which contain protons, neutrons, and electrons. Damage to cells from environmental factors such as UVR or lifestyle choices like smoking disrupt the molecular configuration.

Antioxidants are substances that help to protect cells from free radical damage. They interact with the unstable molecules and neutralize them, helping to prevent additional damage. Examples of antioxidant sources include vitamins A, C, and E; green tea; lycopene; lutein; pomegranate; and selenium, all of which can be found in a variety of food sources and now also in over-the-counter and prescription skin care products.

Recently, it has been shown that *CoffeeBerry*® extract, the bright red fruit of the coffee bush, is much richer in antioxidants than other sources and has the power to naturally prevent and repair skin damage caused by free radical exposure.

The best way to diminish signs of aging and prevent further damage that may lead to skin cancer is to protect your skin from UVR. ◆

*Antioxidants are substances that help to protect cells from free radical damage.*







## AM I AT RISK FOR **Skin Cancer?**

*Though fair skin and frequent sun exposure raise your risk for developing dangerous skin problems, no one is immune. Prevention and a watchful eye can save your life.*

**S**ince skin cancer does not develop immediately, but over a period of time as a result of repeated UV exposure and consequent skin damage, experts believe the rising popularity of sunbathing combined with the observed decline of the ozone layer explains the gradual rise in skin cancer since the late 1970s.

According to statistics, each year there are more new cases of skin cancer than breast, prostate, lung, and colon cancers combined. One in 5 Americans will develop skin cancer over the course of their lives. More than 1 million skin cancers are expected to be diagnosed this year and every one of them could easily be prevented with protective measures such as regular use of sunscreen, sun-protective clothing, and by avoiding tanning beds, which have been found to increase the risk for melanoma

by 75% when use starts before age 30. In fact, the World Health Organization moved tanning beds into its highest cancer risk category.

### **What Is Skin Cancer?**

Skin cancer develops when skin cells sustain irreparable damage from repetitive long-term exposure to UV radiation (UVR) and begin to grow out of control. These cells begin to multiply quickly and form tumors.

No one is immune to the effects of sun exposure. Though darker skin provides some protection from UVR and skin cancer is extremely rare in darker-skinned patients, it is more deadly because it's detected at a later stage. The rate of melanoma in children and adolescents has increased in recent years possibly because their immune systems are less

developed making them more vulnerable to harmful radiation.

To protect yourself, it is important to know what to look for because more than 90% of skin cancers are curable when caught early. Skin cancers are divided into 2 groups and are named for the kinds of cells in which the cancer forms.

Nonmelanoma skin cancer includes basal cell carcinoma and squamous cell carcinoma. These are the most common forms of skin cancer. Basal cell carcinoma is a slow-growing raised or flat patch of skin that may appear as pearly or waxy, white or light pink, flesh-colored or brown. Squamous cell carcinoma may appear as a bump with a rough, scaly surface or flat red patches, and is very common on the face, lips, ears, neck, arms, and trunk. Actinic keratosis is the earliest identifiable lesion that can develop into squamous cell carcinoma according to the American Academy of Dermatology.

Less common, but more deadly is melanoma. Though melanoma comprises only about 4% of skin cancers, it results in more than 75% of skin cancer deaths, according to the American Cancer Society. It can appear as a gradual change to an existing mole or it can appear suddenly as a new mole. It is an aggressive form of cancer and spreads quickly, so early detection is key to treatment.

### Best Prevention Is Sun Protection

Sun protection factor (SPF) reflects the degree to which a sunscreen product protects the skin from UVR. The number indicates how many times longer you can stay in the sun before burning. For example, if you have fair skin and typically burn within half an hour, an SPF 15 allows you to stay out 15 times longer before burning. However, this assumes that you apply the sunscreen liberally, at least 15 to 30 minutes before going outside even when cloudy, and reapply every 2 hours. If you have been swimming or sweating, you may need to reapply more frequently. Dermatologists recommend a minimal broad-spectrum SPF 15.

Sun-protective clothing including long sleeves and pants in dark colors and tightly woven fabrics offer better protection than lighter colors and loose weaves. In addition, a laundry additive called SunGuard can be mixed with detergent to provide additional sun protection (SPF 30) to clothing, which will last through 20 washes.

## Basal Cell and Squamous Cell Carcinomas

- ▶ Flat, firm, pale areas or small, raised, pink or red, translucent, shiny, waxy areas that may bleed after a minor injury
- ▶ Rough, scaly lumps or a crusty surface
- ▶ Flat reddish patches that appear to grow slowly

## Actinic Keratosis

- ▶ Small, pink-red or flesh-colored rough spots that are less than 1 inch in diameter

## Melanoma

- ▶ A new spot on the skin
- ▶ A sore that does not heal
- ▶ A change in sensation: itchiness, tenderness, or pain
- ▶ A bump or nodule that is scaly, oozes, or bleeds
- ▶ ABCDEs of melanoma detection:



One half is unlike the other half



An irregular, scalloped, or poorly defined border



Is varied from one area to another; has shades of tan, brown, or black; is sometimes white, red, or blue



Melanomas usually are greater than 6 mm (the size of a pencil eraser) when diagnosed, but they can be smaller



A mole or skin lesion that looks different from the rest or is changing in size, shape, or color



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## Watching for Skin Cancer

Knowing what to look for and conducting regular skin examinations can help you find dangerous spots before it is too late. Call your dermatologist if any of your moles exhibit the ABCDE characteristics listed above as these could be signs of skin cancer. Sometimes skin cancers don't fit the rules, so if you notice any of the above signs or any general changes in your skin, see your dermatologist. ♦



# The Essential Steps to Healthy Skin

*A diet that includes a variety of fresh fruits and vegetables, lean proteins, and whole grains will ensure that you're meeting the nutritional needs of your skin and body.*

**S**kin care is not a one-size-fits-all routine. A number of factors influence your skin care needs; chronological age, skin type, and ethnicity should help determine which direction you take in planning your skin care routine. Lifestyle choices also can impact the skin. Poor nutrition, smoking, and sun exposure can all fast-forward the visible signs of aging so choosing the best skin care routine should reflect these factors as well as any underlying conditions.

## Accelerating Aging

Smoking and sun exposure are 2 key aging accelerators that you can control. Not only is smoking a cause for concerns like a variety of cancers, but research shows that smoking causes damage to the skin that results in increased wrinkling and skin damage, not only on your face, but your whole body. Tobacco chemicals cause skin damage by breaking down collagen and elastin, and by narrowing blood vessels, thereby weakening blood flow and the delivery of oxygen and key nutrients that help to protect the skin from damage.

Overexposure to UV radiation (UVR) from the sun or tanning beds is also a key factor in premature aging. UV radiation penetrates the skin destroying collagen and elastin, and the damage accumulates over time. Because some UVR can penetrate glass and clothing, exposure can occur not only in direct, outdoor sunlight, but while driving to work or simply sitting near a window. Certain medications can heighten sensitivity to the sun, resulting in quick sunburns and skin damage.

## The Basics

Though a full skin care routine is a personalized regimen, there are some basic tips that everyone should follow to lay the foundation for healthy skin. You may not be able to control how heredity or hormones influence your skin, but there are a number of things that are very much under your control.

For starters, your efforts on the outside will be moot if you don't focus on the inside too. By controlling what you put into your body, you can influence your overall health and the appearance of your skin. Proper nutrition ensures that your skin is strong and hydrated. A diet that includes a variety of fresh fruits and vegetables, lean proteins, and whole grains will ensure that you're meeting the nutritional needs of your skin and body. You can also find over-the-counter skin care products that incorporate some of these vitamins for combating early signs of aging. Topical antioxidants, including *CoffeeBerry*<sup>®</sup> extract, are essential to keeping the skin looking radiant no matter what your age.

Staying hydrated helps replenish lost moisture in the skin, especially during the cold winter months when your skin is battered by both the bitter outdoor air as well as the indoor heat.

Key supplements like vitamin E and omega-3 fatty acids keep your cell membranes healthy, help correct tissue damage, and provide protection from UV damage. Vitamin A helps your skin repair connective tissue damage caused by sun exposure. Vitamin B12 helps skin stay soft and retain moisture, warding off premature wrinkles. Vitamin C and proteins are essential for helping your skin produce collagen and elastin to remain firm and slow the formation of wrinkles.



Vitamin C also has been shown to help skin repair damage from overexposure to the sun.

### Aging Gracefully

Just as your fashion sense changes throughout your life, so should your skin care routine. Though every skin type and ethnicity requires unique care, there are some general guidelines for caring for your skin at every age and stage to minimize signs of aging, as well as prevent further damage.

☉As your skin calms down from the havoc wreaked by teen hormones, **your 20s** is the perfect time to develop a good skin care routine to focus on preventing future damage and delay the signs of aging. The primary control, according to dermatologists, is limiting sun exposure. Damage from UVR accelerates aging, so developing a conscientious sun protection routine early will gain you complexion points later on. Wear sunscreen everyday and begin using topical antioxidants.

☉**When you reach your 30s**, you may notice a change in skin texture and tone as your epidermis begins to dry out and thicken. Collagen loss and repetitive facial expressions result in the beginnings of fine lines. As you near your 40s, age spots may become noticeable. To combat these early signs of aging, introduce collagen-boosting peptides, brightening agents, and moisturizers with vitamin C to your daily routine.

☉**In your 40s**, your skin is noticeably drier, collagen continues to break down resulting in skin that's starting to lose its resilience. As your skin thins and hormonal levels start to fluctuate leading up to menopause, your skin may become more sensitive. Switching to a mild cleanser may help ease any irritation. Gentle exfoliators will help your skin regenerate and a water-based moisturizer applied while your skin is still slightly damp will help to seal in the moisture, keeping your skin hydrated. Products with vitamins C and E, which are natural antioxidants, will help repair tissue damage. Consider switching to a lighter-weight foundation because thicker formulas tend to accentuate fine lines and wrinkles. Or ask your skin care physician about prescription tretinoin.

☉**As you reach your 50s**, your levels of various hormones are declining, your skin is much more fragile due to collagen breakdown resulting in an increase in fine lines, deeper wrinkles, and areas that appear to sag. Skin tone also may appear uneven due to the appearance of age spots. Topical over-the-counter retinol creams can give your skin a smoother look by



increasing cell turnover, softening fine lines and wrinkles, and reducing pigmented areas.

☉**In your 60s and older**, you will notice your skin tone dulling due to drier skin that doesn't regenerate as regularly. A good moisturizer combined with a nutritious diet and plenty of water will keep your skin hydrated. Regular exfoliation with over-the-counter treatments or by chemical peels and microdermabrasion can help gently remove dead skin cells and may pave the way for other more aggressive procedures if you choose.

### Skin Color Considerations

Darker skin tones can vary depending on a person's specific ethnic background, and these skin tones have special characteristics and unique needs. Due to the higher levels of pigment in darker skin, visible signs of aging don't appear as early as with lighter skin tones. However, darker skin is prone to problems unique to its structure, which include pigment irregularities.

As aging occurs, darker skin tones may experience changes in the color of the skin, especially in sun-exposed areas. Benign growths such as seborrheic keratoses, which are small, rough bumps that range in color from light tan to black and can be flat or raised, begin to appear. Though a specific cause is unknown, growths can develop anywhere on the body.

Because darker skin is more susceptible to adverse scarring and pigmentation problems, experts in treating darker skin tones can minimize irritation and pigmentation problems by adjusting techniques or laser settings when, for example, injecting wrinkle fillers or performing skin resurfacing. Let your doctor know if you are prone to keloids, a type of raised scar that results from injury or trauma to the skin. ◆

*Topical antioxidants, including CoffeeBerry® extract, are essential to keeping the skin looking radiant no matter what your age.*





# WHAT GIVES YOUR AGE AWAY?

*Temporary conditions at various stages of life also impact our skin, compounding changes that may or may not fade after we have moved through that stage.*

**B**elieve it or not, around your mid 20s a domino effect begins to take place within your skin's structure. Collagen and elastin—the protein fibers within the skin cells that support tissue, keep it taut, and allow it to stretch without rupturing—begin to break down. Skin starts to sag due to loss of elasticity. Wrinkles appear from the loss of collagen and repetitive facial expressions. Sun exposure causes further destruction and begins to culminate in unsightly dark spots.

Temporary conditions at various stages of life also impact our skin, compounding changes that may or may not fade after we have moved through that stage. For example, hormone

fluctuations during pregnancy and menopause may lead to a host of visible skin signs.

Some pregnant women may notice their skin darkening over the cheeks and nose (melasma) or may develop acne. The rapid stretching of the skin can leave stretch marks and sagging of varying degrees. The hormonal changes associated with menopause can accelerate skin changes already taking place due to natural aging or photoaging. The loss of estrogen affects the function of key cells that produce collagen and elastin and those that protect and repair the skin as well as maintain skin color. It also affects oil production in the sebaceous glands. Your skin may become drier leading to an increase in fine wrinkles. You may develop

skin tags or growths, and you also may notice your cheeks and nose taking on a rosy hue.

### Gender, Color Distinctions

Biological differences between genders and among ethnicities also affect how and when the skin responds to the aging process. For example, men suffer from the same skin care issues as women; however, they typically have thicker, oilier skin and more prominent pores, requiring a different approach to care. They also are more likely to develop skin cancer due to gender-linked differences in the amount of naturally occurring antioxidants.

The aging process also varies for darker skin types. People with naturally dark skin have higher levels of melanin, which provides a higher level of photoprotection. For example, they may be able to withstand longer periods of time in the sun before burning. This doesn't mean that darker skin is immune to photoaging, but visible signs may not show up until later.

The challenge in aging skin care is that ethnicities are increasingly blending. A person could be any mix of a number of ethnic backgrounds. An individual with darker skin may make assumptions about their level of natural protection, but they may have a distant relative with lighter skin, which will affect how the skin reacts to photoaging and natural aging processes as well as to different skin care routines and procedures.

### About Face

Often, we're so focused on the development of facial lines and wrinkles that we forget about the other areas of the body that provide telltale signs of age. Wrinkles, age spots, and sagging can show up on the hands, arms, neck, and décolletage.

Treatment options for turning back time range from dietary recommendations, skin moisturizers, topical antioxidants, to chemical or laser skin resurfacing and fillers or neuro-modulators. Many physicians will recommend starting small. Aging doesn't happen overnight, and neither does antiaging. Some treatments may require multiple sessions, so there is a delay in seeing the outcome. That delay could be a couple of weeks to several months depending on the severity of your problem area and the



treatment approach. Recommendations may vary by physician and similarly, results will vary by patient, so patience and openness to modification may be necessary.

*Aging doesn't happen overnight, and neither does antiaging.*

## Skin Aging Prevention

Prevention is key for maintaining a healthy, vibrant look. No matter your age or skin tone, there are a number of things that will slow the aging process and help prevent risk for more serious skin disease.

- \* Always apply sunscreen prior to going outdoors.
- \* Wear sun-protective clothing, wide-brimmed hats, and wraparound-style sunglasses.
- \* Quit smoking.
- \* Keep hydrated by drinking water regularly.
- \* Eat a diet that includes a wide mix of fruits and vegetables.
- \* Use topical antioxidants.
- \* Reduce stress in your everyday life.
- \* Get a good night's sleep.







# Not Ready for Injectables?

## OTHER OPTIONS FOR REJUVENATION

*Skin resurfacing, which includes laser resurfacing, chemical peels, and microdermabrasion... can be effective for correcting fine lines, wrinkles, and irregular pigmentation.*

**M**ultiple surveys have indicated a gradual rise in less invasive procedures that offer less downtime and a more natural-looking outcome. There is now a variety of procedures that can be used alone or in combination to combat the visible signs of aging. If you're feeling trepidations about fillers and injectables, don't fret; there are other things you can do for a quick pick-me-up.

### **Rejuvenation by Resurfacing**

Skin resurfacing, which includes laser resurfacing, chemical peels, and microdermabrasion, exfoliates or removes the top layers of the skin. These procedures can be effective for correcting fine lines, wrinkles, and irregular pigmentation. Common techniques include chemical peels and microdermabrasion because they are nonsurgical, cost-effective techniques for reducing signs of aging.

Chemical peels use an acid peel to improve skin tone and texture by removing the damaged outer layers. They are typically used on the face, neck, trunk, or hands and are often performed as a series of treatments. Healing time varies by their strength. Superficial peels, which affect only the top layer of skin, can help treat fine lines and wrinkles, uneven pigmentation, and acne.

Microdermabrasion can be slightly more aggressive than chemical peeling. The process involves exfoliating the skin on the face, neck, chest, trunk, or hands using microscopic particles to stimulate new cell growth. This procedure can be used to treat age spots, shallow scars, fine lines and wrinkles, and uneven skin tone or texture.

### **Combining Efforts, Compounding Effects**

Often physicians will combine treatments specific to the individual patient and the condition.

Alternating chemical peels with microdermabrasion treatments on repeated office visits can enhance the outcome. The compounded results of the 2 types of treatment, some doctors feel, give the skin more luster because they remove some of the thickened stratum corneum (top layer of the skin), which is especially important for more mature patients.

### Fine-Tuning With Topicals

The most common and widely used topical is hydroquinone, which disrupts the production of pigment in the skin. Some topical applications combine hydroquinone with other agents that help speed cell turnover to more quickly regenerate the old, pigmented skin. Vitamin A derivatives, like topical retinoids and retinol, are effective prescription treatments for postinflammatory hyperpigmentation, and work by speeding cell turnover to regenerate inflamed, discolored, and damaged skin.

Each person's rate of aging and signs of aging depend on a unique set of genetic and lifestyle variables. The availability of a variety of treatment types and the ability to mix and match techniques to fit your skin type,

## Common Preservatives and Irritants

Some people with allergic or inflammatory skin conditions may be sensitive to certain ingredients commonly found in topical skin care products. Among them are:

- ✿ Fragrances
- ✿ Imidazolidinyl urea
- ✿ Quaternium-15
- ✿ DMDM hydantoin
- ✿ Phenoxyethanol
- ✿ Methylchloroisothiazolinone
- ✿ Methylisothiazolinone
- ✿ Formaldehyde
- ✿ Thimerosal



condition, and budget opens the cosmetic market to nearly everyone.

*Each person's rate of aging and signs of aging depend on a unique set of genetic and lifestyle variables.*



# LASERS AND Microdermabrasion

Advances in technology have paved the way for minimally invasive photorejuvenation procedures that use intense pulsed light, radiofrequency, and fine exfoliating crystals to treat skin conditions such as acne and rosacea, as well as remove the fine lines, wrinkles, and dark spots associated with photoaging. There are a number of different types of devices, each tailored to a specific treatment. These procedures have become popular due to limited to no downtime and very few side effects.

## Lasers

Nonablative lasers and energy treatments penetrate below the surface of the skin, conducting heat to stimulate new collagen development that improves skin tone and texture. Rather than removing the top layer of the skin as in ablative resurfacing, the top layer of skin stays intact limiting side effects and downtime. They can treat fine to moderate wrinkles, age spots, acne, and acne scarring. However, they cannot remove deep wrinkles or tighten loose skin.

## Intense Pulsed Light

Similarly, intense pulsed light is a nonablative device that uses high intensity pulses of light, not lasers, to penetrate the outer surface of the skin. Intense pulsed light treatments can treat superficial capillaries or veins and pigmented spots, as well as provide a degree of skin tightening.

## Radiofrequency

Radiofrequency resurfacing uses a form of electromagnetic energy to pass through the skin and heat tissue, stimulating the growth of new collagen to minimize fine lines and wrinkles, as well as tighten skin.

## Microdermabrasion

Microdermabrasion is a process that involves exfoliating the skin using microscopic particles to stimulate new cell growth. This

procedure can be used to treat age spots, shallow scars, fine lines and wrinkles, and uneven skin tone or texture.

The advantage these treatments have over traditional techniques is that they do not usually require downtime or a recovery period. Some patients may experience minimal discomfort equated to the snapping of a rubber band, but this can be eased with the use of a topical anesthetic. Most patients return to daily activities immediately after their treatments.

Due to the number of devices available, it is important to research the appropriate device for your condition and skin type. A consultation with your skin care physician can shed light on the differences, benefits, and potential risks for each type of device. ◆





# If It Gives You a Lift

Options for cosmetic enhancements vary from over-the-counter skin care regimens to involved surgical corrections. With breakthroughs in new technology, doctors and patients are reporting highly satisfying results with less invasive techniques. And the idea of low-cost, no-downtime, “lunchtime” procedures is so appealing to our busy lifestyles, you may wonder whether to even bother considering surgical options. So when should you consider surgery versus other less invasive treatments?

## CONSIDERING YOUR OPTIONS

The advantage of surgery is that it can remove excess skin and dramatically improve sagginess, whether it is in your facial area or around your middle. Recent research suggests that bone structure changes as we age, so surgical reconstruction can provide solutions at the very core, which will allow the trimmed skin to drape more youthfully. So if you are looking at extremely loose skin either from age or from recent weight loss, a surgical approach may be your best option.

However, depending on your age and the degree of your concern, you may not require such an extreme solution. A mild intervention may be all you require. For example, neuromodulators and a variety of soft tissue fillers can address a wide range of cosmetic concerns from fine lines, wrinkles, and deep folds, to scar repair, thin lips, and hollow cheeks. Soft tissue fillers work by filling in the skin under wrinkles or scars to add volume and smooth the area. A number of different substances can be used to achieve these effects: collagen, hyaluronic acid, and poly-L-lactic acid, to name a few.

Your physician may recommend a treatment plan that includes multiple treatment sessions or a combination of cosmetic procedures to gradually fade the effects of time and photodamage, because the effects compound one another making for a more complete rejuvenation.

Research your options carefully and then schedule a consultation with a board-certified dermatologist or plastic surgeon. Be honest about your concerns and listen to the physician’s suggestions, as sometimes the procedure you think you need is not going to address your true concerns. ◆



# What's on the Horizon?

**A**s science gains a better understanding of the dynamics of the human body and the aging process, we have begun to fine-tune our approach to treatments in everything from serious diseases to anti-aging rejuvenation. Products and devices are being tweaked as it is discovered that often less is more. And doctors are becoming creative by combining multiple, targeted techniques to provide for a more comprehensive result.

New advances have opened up the cosmetic market to nearly everyone. Not only are the procedures safe and more convenient, but they are less costly. The skin care industry is a multibillion dollar business, and it continues to grow steadily. Further, the growing number of options for less expensive, more convenient treatments that offer no downtime appeals to overly scheduled, economically conscious people, who want to look their best, and stay competitive in the job market.

Aging is a dynamic process. The human body ages in response to a number of factors which vary by individual: overexposure to UV light; breakdown of underlying tissues and cells that support the skin; repetitive muscle and facial movements; loss of elasticity through gravitational changes; and changes in the bone and cartilage structures.

Structural changes continue to take place even after a surgical or nonsurgical repair. The appearance of implants, for example, may change and have to be removed, adjusted, or replaced. Expression lines that result from the natural movement of your face, such as when you squint or smile, will continue to develop and reappear, even after being cosmetically erased.

Most permanent procedures have to be corrected periodically, so patients are opting for procedures that are easily correctable and enhanced. The evolving idea is that antiaging is more of a prevention and maintenance strategy than a quick, hard fix. A study in the *Journal of*



*Clinical and Aesthetic Dermatology* showed that a majority of patients would prefer longer-lasting results, even if the results took longer to achieve.

## The Combination Approach

Due to the dynamics of the aging process, doctors and patients are finding that combining procedures often offers the best enhancement in appearance. Each treatment option targets a specific problem area, and when used together as part of a well thought-out treatment plan, different areas can be lifted, filled, plumped, and refined to provide overall improvement.

Popular combinations include the use of fillers and neuromodulators. And some doctors like to combine chemical peels with microdermabrasion, alternating treatments at each consecutive visit. Many believe that this combination approach provides a more thorough exfoliation and a better result than each one individually; however, it takes patience.

As the trend for combined, minimally invasive approaches grows, new products that essentially are fine-tuned cousins of traditional, more invasive approaches and that combine the benefits of multiple techniques at a fraction of the cost and time will become valuable to both patients and physicians in the overall aesthetic treatment plan. ♦

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# Consider This

**W**ith the number of antiaging products available and new ones continually introduced, it is easy to feel overwhelmed when scanning store shelves.

Many products include ingredients that may claim to improve fine lines, wrinkles, and pigmented spots, but effectiveness depends on the actual amount of the active ingredient. Equally overwhelming is the number of in-office cosmetic treatments available. So, arm yourself with information, and when in doubt, schedule a consultation with your physician to find out what products or procedures will work best for your skin type and condition.

## Evaluating Cosmetic Claims

Generally, if it sounds too good to be true, it probably is. There is no magic potion for erasing years of badly treated skin or what's yours by genetic default. So evaluate claims critically, and remember these tips before heading out to buy a handful of expensive creams and lotions.

By law, all ingredients must be listed on the package; those ingredients represented at more than 1% must be listed first and in descending order of predominance. Certain common ingredients are not permitted above a certain percentage. For example, preservatives are not to be represented at more than 0.5% to 1%; parabens cannot be represented at more than 1.2%.

Some ingredients may actually further irritate an already sensitive condition. Fragrances are the most common cause of allergic reaction. Preservatives are the second most common cause. Steer clear of products that contain irritating ingredients, even if they include ingredients that are potentially beneficial.

Read labels to find out how much of an ingredient and which ones are in a product. If a product makes a particular claim about reducing wrinkles or pigmented spots, look for references to studies that back up that claim.

When you're looking for products, first assess your skin type and condition; then research the best ingredients to match your needs. These purchases can really add up, so knowing fundamentals is good sense and can save you money.

*Read labels, research, and talk with your physician to be sure that what you are doing is the most appropriate treatment for your skin type and condition.*





*Make sure you are aware of any pretreatment protocols that may adversely affect your outcome.*

### Evaluating Physicians and Procedures

When considering cosmetic treatments, begin by asking friends and family members for referrals. Look for a physician who specializes in the procedure. Some physicians may be more focused on lasers, while others may be experts at fillers and neuromodulators (injections that relax certain lines by weakening muscle contractions). If you have darker skin, consider a specialist in skin of color to minimize your chances of adverse reactions.

Every procedure, even minimally invasive ones, has risks. Find out those associated with your prospective treatment so you can weigh your risks versus benefits appropriately. Find out what the recovery time is like and how long the results will last to make sure the specific procedure matches your expectations.

Make sure you are aware of any pretreatment protocols like discontinuing the use of any vitamins or medications that may adversely affect your outcome. Certain medications increase postprocedure swelling or bleeding.

Also, disclose any medical conditions you might have or medications you are taking, including vitamins and over-the-counter drugs. This will help your physician select the most effective procedure for you, with the fewest side effects. Be realistic and honest about your expectations.

Finally, make sure you fully understand the costs associated with the treatment, whether it is a surgical procedure or a combination of minimally invasive treatments that are planned. ♦

### Educate Yourself

The number of in-office procedures and over-the-counter products can be daunting. Before seeking treatment or making big skin care purchases, consider these tips:

- ▶ Know your skin type.
- ▶ Evaluate product and device claims critically.
- ▶ Ask friends and family for referrals to trusted physicians.
- ▶ Find out risks associated with any treatments.
- ▶ Understand costs and number of sessions required.



*Cosmetic Dermatology*<sup>®</sup>

# MINIMIZE THE SIGNS OF SKIN AGING WITH THE NATURALLY POTENT ANTIOXIDANT



The damage caused by free radicals accumulates in your skin cells every day. To prevent future damage and help repair the signs of skin aging that already exist, make Revaléskin® with *CoffeeBerry*® extract part of your daily routine.

#### **Evidence-based Professional-strength**

Revaléskin® products contain the highest available concentration of *CoffeeBerry*® extract, one of nature's most potent antioxidants that's clinically proven with a visible difference in as little as six weeks.<sup>1</sup>

Wearing sunscreen every day is a good start, but to help minimize fine lines and wrinkles, use Revaléskin® every day.<sup>1</sup> Because the best defense against skin aging is a healthy offense.



1. McDaniel, D. Coffee Berry Extract Skin Care System: Results from Clinical Trials and Gene Expression Analyses, AAD Poster, Feb. 2008

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