



NOTED AND QUOTED

Dermatologists in the News

Drs. David Avram, Maria Tsoukas, and **Doris Day** offered advice about the safety and effectiveness of new at-home light therapy treatments for acne in a September *Daily News* story. Light-emitting diode (LED) treatments expose the skin to various wavelengths of colored light, in order to clear up blemishes; individuals apply the light with a handheld device that mimics procedures that would be administered in a dermatologist's office. A recent study reported by *The Daily Mail* found that users of the Tanda Light Therapy Skincare System, a device that employs blue and red LED light to both clear acne and firm skin, experienced a "significant" reduction in pimples. **Dr. Avram** warned that the device "appears to be safe, but I would be skeptical of the findings of any of these studies... They are not double-blinded studies that meet the criteria for good scientific studies." He added, "It will wipe away acne on the surface of the skin. It works very superficially on very mild cases, but in significant acne, it really does not have much of a role." **Dr. Tsoukas** also advised that individuals use caution when using these devices: "The LED lights have been shown to be effective in acne therapy, but you have to be careful. Anytime someone uses something like this they should carefully follow the instructions." **Dr. Day** predicted that more at-home products like the Tanda will be available on the market in the future, but explains that they should be treated as adjuncts to treatments administered by a physician. "The earlier and more appropriately you treat [acne], the greater chance that you will be able to clear the acne without leaving marks behind," she said, but noted that there is no true cure for acne. "Systems like these are okay as part of a treatment, because very often a combination of treatments

is needed for acne," **Dr. Day** stated. **Dr. Avram** added that people who use these treatments should be realistic, "People probably will just see a limited improvement. For those with more significant acne, it may just be a waste of their time."

In the October 2010 issue of *Women's Health*, **Drs. Leslie Baumann, Rod Rohrich, Doris Day, Bahman Guyuron, Ana Lourdes Gomez,** and **Joel Hillhouse** were consulted in the article "Look Young: Your Fanny or Your Face?" which discusses the "old face/young body" contradiction encountered in dermatologists' offices. **Dr. Baumann** tells clients who visit her office with concerns about the signs of aging on their faces, "Sorry, you just might have to choose between your face and your rear end." The dilemma stems from the fact that many of the things women do to stay in shape may make your face appear older. As women age, they start to lose facial volume, and skin begins to lose its firmness and elasticity. "When you lose weight, the face is the first place that shows it," said **Baumann**, "The fat pads under the eyes go first, then you see it above the smile and down to the chin, then the cheeks." The article consults experts in the fields of dermatology, nutrition, and exercise physiology to determine if there is a way to prevent the aging of both the face and the body. "To maintain youthfulness, the human face begs to have fullness," said **Dr. Rohrich**. The subcutaneous facial fat, which **Dr. Rohrich** determined is divided into 21 different fat compartments on the face, can be maintained naturally or replaced with the help of a dermatologist or plastic surgeon. **Dr. Day** recommends that women maintain about 15% body fat in order to maintain a full, youthful face.

Women with more angular, thin faces may need 20% to 25% body fat to keep that youthful appearance. **Dr. Guyuron** attributes accelerated aging more to certain lifestyle behaviors than genetics: "Your heritage may initially dictate how you age, but if you introduce certain factors into your life, you will age faster. Likewise, if you avoid those factors, you can slow down the hands of time." One of the biggest age accelerators is sun exposure, followed closely by smoking and a lower-than-average body mass index. **Dr. Gomez**, an exercise physiologist, narrows the weathered look of runners and people who regularly exercise outdoors to 2 factors: "Runners tend to be lean, so they have less subcutaneous fat, and they spend more time in the sun." Exposure to the sun may cause free-radical damage, says **Dr. Baumann**, which is what breaks down collagen in the skin. She helps to restore a youthful appearance in her patients' faces with the use of injectable smoothers (like Botox and Dysport, which reduce fine lines and wrinkles by relaxing facial muscles) and injectable fillers (like Restylane and Radiesse) that use hyaluronic acid, synthetic substances, and even fat from other parts of the body to target wrinkles and add volume to cheeks, temples, and other areas of the face.

In the February 2011 issue of *Self*, **Dr. Ellen S. Marmur**, was cited in an article titled "A New, More Natural You" discussing the importance of a flawless complexion when going without makeup. **Dr. Ava Shamban** was also quoted in the article, giving tips on how to achieve a clean palate for the new no-makeup trend hitting runways this spring. "Prescription-strength retinoic acid is the closest thing we have to a magic wand for skin," **Dr. Shamban** said. ■