



NOTED AND QUOTED

Dermatologists in the News

In a January 2011 *Daily News* article, **Dr. Richard Mizuguchi** of St. Luke's-Roosevelt Hospital and **Doris Day** of Lenox Hill Hospital discussed the possibility of using Latisse to cure baldness. Approved by the US Food and Drug Administration in 2008, Latisse is a topical treatment used to grow and darken eyelashes. Allergan, Inc, the makers of Latisse, are making plans to test the drug on men with moderate male-pattern baldness and women who have moderate female-pattern hair loss. **Dr. Mizuguchi** commented on the study saying that, "It's actually really exciting. It's been talked about forever and there really haven't been any new topical medications in a long time." While Latisse can cause itching, redness, and eye irritation, **Dr. Mizuguchi** states that the medication has no systemic side effects. **Dr. Day** also commented saying that the clinical trial, "...is the most high quality trial you could possibly have. They're randomizing the people so that neither the treating physician nor the patient knows what they are getting." She also noted that the treatment may work best when combined with other medications that are already on the market and that hair-growth treatments are most effective in people who aren't completely bald. "Hair-growth medication is best when you haven't lost your hair yet. It is harder to try to fix it after the fact," she said. **Dr. Mizuguchi** goes on to talk about one drawback, the fact that Latisse is notably expensive. It can cost \$120 per bottle, "And that's for a tiny bottle. For someone with a large bald spot on the scalp, you probably couldn't afford it unless you were a millionaire," said **Dr. Mizuguchi**.

In a February 2011 online article posted on Self.com, **Dr. James Spencer** is called upon to help dispute claims made by supermodel Gisele Bündchen. In a press

conference to promote her new line of natural sun care products, Ms. Bündchen remarked that sunscreens made with synthetic ingredients are "poison." In the article, **Dr. Spencer** refutes the comment stating that she probably got her information from a skewed report released by the Environmental Working Group. The organization made waves by reporting that 41% of sunscreens contain a hazardous form of vitamin A, retinyl palmitate. The derivative was cited as causing increased development of tumors and lesions when exposed to the sun. **Dr. Spencer** notes that, "The Environmental Working Group found one study from 10 years ago used to create this panic..." he also adds, "...there are 100 other studies that say the opposite, that vitamin A and its derivatives can actually prevent cancer." **Dr. Spencer** also said that most sunscreens do not contain retinyl palmitate at all. In addition, **Dr. Spencer** mentioned that "natural" sunscreen is something to be wary of.

The *New York Times* featured **Dr. Mitchel Goldman** in a February 2011 news article, "Tattoos as Makeup? Read the Fine Print." The piece was on the dangers of having tattoos applied as permanent makeup. The procedure was originally developed to address hair loss, specifically eyebrows, associated with alopecia. Now, permanent makeup, also known as micropigmentation or cosmetic tattooing, has become the answer to a number of disease related issues. Cancer patients and burn victims often seek micropigmentation, as well as arthritis patients and people with Parkinson's disease who have difficulty applying traditional makeup. One California woman sought **Dr. Goldman** for medical attention after having permanent makeup applied to her lips and eyes. **Dr. Goldman** administered 6 treatments costing

about \$10,000 to reverse the damage. **Dr. Goldman** specializes in laser removal of tattoos, and he has seen a number of patients with complications due to permanent makeup. "I've had patients who have infections on their lips and eyebrows because these tattoo artists are totally not regulated," **Dr. Goldman** said. He also adds that, "They use equipment that's not sterile. A lot of infections also come from the tap water. They dip their needles in and transfer infections. The pigment goes to lymph nodes. Who knows if 20 years down the line patients will have lymphoma or cancer because of carcinogens in tattoo pigment?" **Dr. Goldman** also states in the article that he would like to see more regulation from the US Food and Drug Administration to prevent complications related to permanent makeup.

Dr. Nicholas Perricone appeared on The Dr. Oz Show to talk about dimethylethanolamine (DMAE). **Dr. Perricone** told Dr. Oz that, "When you put it on, there is an almost instant change. You will see an increase in radiance and increase in skin tone. It's not a gimmick." **Dr. Perricone** is a board certified dermatologist, who developed his own line of antiaging skin care products, most of which include DMAE as an active ingredient. In a February CBS news article posted on their Web site, **Dr. Zoe Draelos** refutes **Dr. Perricone's** claim that DMAE is a potent antiaging remedy. "The bottom line is that it is a marginally valuable compound. The effect wears off very quickly." **Dr. Draelos** goes on to explain that little research has been done on DMAE and that, "It's never been tested in a large study."

CBS News featured **Dr. Jennifer Ashton** in a February online article. The article discussed a segment of "The Early Show" in which **Dr. Ashton**, who serves

as a CBS News medical correspondent, appeared to talk about skin care habits that will help slow signs of aging. For instance, **Dr. Ashton** recommends wearing sunscreen every day. “Make it a part of your morning ritual: When you get out of the shower and you brush your teeth, put your sunscreen on every day. It’s not just for the beach,” she said. **Dr. Ashton** also adds that while most facial moisturizers contain SPF, “...you don’t want to forget the hands and the neck. Those are areas most people tend to neglect, and they can show your age dramatically.” Sleep deprivation can also cause signs of aging, said **Dr. Ashton**. She said that people often talk about sleep in terms of general health, but there is also some merit to the term “beauty sleep.” **Dr. Ashton** goes on to explain that, “Growth hormones can be stimulated

and released when we’re sleeping. So that’s the time that the rehydration occurs, that the cellular repair occurs.” There is also evidence that the position you sleep in can impact wrinkles, according to **Dr. Ashton**. She said that women who sleep on their sides are more likely to develop wrinkles in their cheeks and laugh lines, while men will develop more wrinkles on their forehead.

Dr. David Fisher stressed the danger of tanning booths for teens in a February online article published by CNN. “Teens should be banned from tanning booths, doctors say,” features a personal account of one girl who developed melanoma from tanning. In the article, the Indoor Tanning Association claims that there is no scientific evidence

to support the claim that tanning does more damage at a younger age. **Dr. Fisher** feels that while children may not be more vulnerable to skin cancers, they are certainly less capable of making responsible decisions, according to the article. He also states that, “There have been a few instances where statements have been made that [ultraviolet rays] are healthy because of vitamin D. That’s an extremely irresponsible concept that leads children or parents to think, ‘It isn’t so bad.’” **Dr. Fisher** explains that tanning, “changes the sequence of DNA and carries the potential to produce different types of skin cancer.” Furthermore, there is “overwhelming data” to suggest that melanoma, basal cell carcinoma, and squamous cell carcinoma are related to tanning bed use and exposure to the sun, said **Dr. Fisher**. ■