



NOTED AND QUOTED

Dermatologists in the News

A Denver, Colorado, *ABC News* segment aired on April 25 and discussed new sunscreen guidelines from the American Academy of Pediatrics for children. **Dr. Joel L. Cohen** was interviewed and emphasized the importance of physicians meeting with kids and parents during regular visits to discuss the dangers of UV radiation and skin cancer. **Dr. Cohen** cited skin cancer statistics, including data on UV exposure in patients younger than 18 years. He discussed sunscreen application and also suggested that children wear sunglasses and sun protective clothing. **Dr. Cohen** stated that infants younger than 6 months should not be exposed to direct sunlight and can be given vitamin D supplements.

A May 2011 online article from *Real Simple* magazine, "How to Treat Common Summer Skin Complaints," discussed managing breakouts and oil buildup as well as treatment of sunburn and saggy skin. **Drs. David E. Bank** and **Amy Wechsler** commented on ways to protect skin during the summer. For patients with acne, **Dr. Bank** recommended avoiding oil-based moisturizers and makeup and choosing oil-free lotions and powdered mineral foundations instead because they will not clog pores. He also suggested exfoliating with a mild scrub 3 to 4 times a week and using a glycolic acid wash after exercising. For patients with oily skin, **Dr. Wechsler** suggested using a salicylic acid toner every morning to remove dead skin cells that lead to oil buildup. **Dr. Wechsler** stated that toners containing salicylic acid 0.5% or natural salicylic acid will control oil without stripping the skin. To manage pain associated with sunburn, **Dr. Wechsler** suggested taking

ibuprofen. Milk fat has anti-inflammatory properties and applying a washcloth soaked in cool milk can help alleviate discomfort. **Dr. Joel L. Cohen** recommended covering the scalp and tops of the ears with a hat to protect these areas from the sun. Sun protective clothing also can shield hard-to-protect areas. For saggy skin, topical retinoids, when used regularly, can help stimulate collagen production that can degrade from free radical damage induced by UV exposure, according to **Dr. Cohen**. Patients should use them at night and wear sunscreen during the day. For sensitive or dry skin that cannot tolerate retinoids, a moisturizer with peptides as a primary ingredient can be used. **Dr. Bank** reported that products with growth factors also can stimulate collagen growth.

An April 2011 online feature from *Self* magazine, "Your Guide to Cutting-Edge Skin Treatments," discussed wrinkles, redness, acne, and dark spots. **Drs. Dennis Gross, Patricia Wexler, David Bank, Jeffrey Dover, Jeannette Graf, and Hema Sundaram** offered solutions for patients experiencing these skin problems. **Dr. Gross** commented on wrinkles. He stated that onabotulinumtoxinA can be used as soon as subtle expression lines are noticed. If used with age, it can prevent certain wrinkles from forming. **Dr. Wexler** added that 100% smoothing can be achieved even in your 30s. **Dr. Bank** provided suggestions on treatment of deeper wrinkles such as hyaluronic acid-based fillers. He explained that although patients will need treatment every 6 to 12 weeks, some fillers stimulate collagen production, which can help extend time between injections. **Dr. Bank** also commented on rosacea,

stating that sun weakens the collagen that supports blood vessels, causing them to lose their springiness. With time, dilated vessels stop returning to their normal size and redness may result from certain triggers such as heat, alcohol, and spicy foods. For severe redness, **Dr. Dover** suggested pulsed dye laser devices if prescription products do not eliminate symptoms of rosacea. For acne, **Drs. Graf** and **Sundaram** suggested a cortisone shot for deep painful cysts that do not respond to topical medication. **Dr. Sundaram** commented on the pain associated with the procedure. She reported that patients may feel a sting for 3 to 6 seconds while the drug is injected; certain spots such as the nose and upper lip can be more sensitive. **Dr. Sundaram** also suggested light chemical peels to bolster prescription-strength acne medications. She recommended Vitalize and Rejuvenize peels (SkinMedica, Inc) for patients with skin of color. For painful acne, **Dr. Wexler** suggested lasers and photodynamic therapy. According to **Dr. Wexler**, the Isolaz laser (Solta Medical) is so effective that 75% of patients end up acne free after 6 to 8 weekly treatments. Photodynamic therapy also is effective and **Dr. Bank** reported that it can put severe acne into remission for 6 to 12 months. For melasma, **Dr. Graf** suggested gradual treatment with lasers or peels because more pigment can form if the skin is irritated. With fractional resurfacing, **Dr. Bank** recommended applying a thick layer of numbing cream an hour beforehand to ease pain.

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