



NOTED AND QUOTED

Dermatologists in the News

An *Allure* article posted online, “17 Bad Skin Habits,” featured some of the most common skin care mistakes made by dermatology patients, including skin-damaging behaviors such as smoking, alcohol consumption, and poor dietary habits. **Dr. Fredric Brandt** noted that frequent high alcohol intake can cause inflammation and sagging of the skin over time. **Dr. Leslie Baumann** described the importance of choosing skin care products that are compatible with a patient’s individual skin type. She recommended the use of cleansers containing salicylic acid for oily skin and fragrance-free sunscreens for sensitive skin. **Dr. Baumann** also commented on the effects of poor dietary habits on the skin, noting that high-glycemic junk foods trigger an increase in insulin, resulting in overproduction of oil-producing androgens. **Dr. Howard Fein** discussed the need for hydrating and protecting the skin of the neck and chest, areas that are frequently ignored. **Dr. Fein** warned that too much exfoliation can exacerbate oil production and worsen breakouts by spreading bacteria. He recommended a glycolic peel as a gentler alternative. **Dr. Eric Bernstein** advised patients to pay close attention to moles and suggested scheduling regular screenings with a dermatologist to address any changes.

Dr. Katie Rodan explained how excessive telephone use can cause breakouts because it can cause friction, occlusion, and heat. **Dr. Rodan** advised patients to wash their face at night because body temperature rises during sleep, which enhances the skin’s

ability to absorb what is on the surface. She went on to discuss physical activity and skin care, noting the relationship between exercise and stress release. An increase in stress results in a rise of cortisol production, which can cause breakouts. Adopting a regular exercise routine can relieve stress and decrease cortisol production, resulting in clearer skin, **Dr. Rodan** said.

Dr. Karyn Grossman discussed the effects of sleep deprivation on the skin. Lack of sleep leads to stress, which can trigger skin conditions such as acne, eczema, and psoriasis. **Dr. Francesca Fusco** noted that the skin around the eyes is delicate and requires special care. Continuously rubbing the skin around the eyes can rupture blood vessels, which can lead to dark circles and thickening of the skin. She suggested using an antiaging eye cream. **Dr. Jeffrey Dover** warned against popping pimples or using too much benzoyl peroxide, which can damage the skin and cause more irritation. **Dr. Flor Mayoral** discussed the dangers of tanning, as UVA and UVB light can lead to premature aging and an increased risk for skin cancer.

Dr. Patricia Wexler and **Dr. Baumann** noted that a common skin care mistake is overuse of skin care products. Patients often utilize multiple skin care products that contain the same active ingredients, not knowing that in some cases doubling up on ingredients can cause irritation, **Dr. Wexler** said. **Dr. Baumann** stated that patients can actually cause further damage to their skin by treating more than one skin condition at a time.

In a *Men’s Health* article available online, “Dying for an Appointment,” **Drs. Jack Resneck Jr, Brett Coldiron, and Lawrence Mark** discussed the difficulties that the growing number of US skin cancer patients face in finding dermatologists who are available for appointments before the condition progresses beyond basic treatment. Patients in many areas of the country often wait 6 to 12 months or more for an appointment. **Dr. Resneck** expressed concern that there are not enough dermatologists entering the workforce in comparison to the growing population of dermatology patients. **Dr. Coldiron** referred to the rising number of skin cancer cases in the United States as an epidemic and noted that skin cancer is the nation’s most common malignancy. **Dr. Resneck** explained that baby boomers are particularly susceptible to skin cancer, which he attributed to the lack of information on sun protection as these patients were growing up. Due to the shortage of dermatologists, **Dr. Mark** has implemented an expanded dermatology curriculum at the Indiana University School of Medicine for all medical students who are planning to practice primary care medicine. Although dermatologists are specially trained to identify skin cancer, physicians who have received better training will be better equipped for early recognition of malignancies.

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