



NOTED AND QUOTED

Dermatologists in the News

An *Elle* article featured online, “Skin Firming Tips,” examined a series of anti-aging products and procedures for patients seeking to restore a youthful complexion based on recommendations from **Drs. Jessica Wu, Patricia Wexler, Heidi A. Waldorf, Macrene Alexiades-Armenakas, and Anne Chapas**. To explain the aging process, **Dr. Wu** compared youthful skin to a piece of corduroy that turns into silk as a person ages, gradually becoming thinner and more susceptible to wrinkles. **Dr. Wexler** discussed the benefits of ultrasonography imaging used to stimulate collagen production in aging skin, and **Dr. Waldorf** recommended fractional laser treatment of fine lines and pigmentation problems. For treatment of volume loss in facial areas and nasolabial folds, **Dr. Waldorf** also suggested injectable fillers.

Dr. Alexiades-Armenakas highlighted a skin-tightening device (ePrime, Candela Corporation) designed to stimulate collagen and elastin production in the lower face and neck. According to **Dr. Alexiades-Armenakas**, with this technology patients can see one-third of the results of a face-lift with only 2 or 3 days of downtime while swelling subsides.

Drs. Chapas and Wu also discussed various external factors that contribute to skin aging (eg, pollution, sun exposure, smoking) by destroying collagen and elastin. Dietary factors also play an important role in skin aging, **Dr. Wu** noted, as weight loss or gain can cause skin looseness and sagging; therefore, she advised that maintaining a healthy weight is important to skin health. **Dr. Chapas** suggested using topical vitamin A in the form of retinol or retinoids to reduce enzyme levels and stimulate fibroblasts, thereby building new collagen and replacing damaged tissue.

A July 2011 article in *The New York Times*, “Sun’s Rays May Leave Mysterious Marks,” discussed the prevalence of photosensitivity reactions and how to avoid them. **Dr. Deborah S. Sarnoff** explained

that patients may present with a rash that often results from a photosensitivity reaction to a combination of the sun’s UV rays and exposure to a commonly used drug, perfume, or another substance. She reported that patients may have a photosensitive reaction to a drug they have used for a long time. The culprit could be an oral or topical agent. Once it gets into the skin, it is activated by UVA rays and may cause a rash within a day. As some phototoxic reactions are dependent on oxygen, **Dr. Sarnoff** suggested patients take oral antioxidants such as vitamins C and E as a protective measure. Some patients with chronic illnesses are more susceptible to photosensitivity reactions and must always protect themselves from UVA exposure. **Dr. Sarnoff** explained how sensitivity can be confirmed by a photopatch test. She also warned of sunscreens with a high sun protection factor that lack good UVA blockers and allow the user to stay in the sun for too long without burning. Patients should use sunscreens with good UVA blockers, such as titanium dioxide and zinc oxide, or sun protective clothing.

In an online article from *Oprah* magazine, “6 (More!) Things Nobody Explains to You About Aging,” **Drs. Alan Matarasso, Roy G. Geronemus, Jeanine Downie, Wendy E. Roberts, Anne Chapas, Tina Alster, and Stuart H. Kaplan** identified several common signs of skin aging. **Dr. Matarasso** revealed that the collagen content of the skin around the neck is different than facial skin, making it thinner and more prone to sagging. Patients can take preventative measures to protect this area (eg, applying retinoids or sunscreen), but once a person develops “turkey neck,” **Dr. Matarasso** explained that a surgical approach typically is required to achieve dramatic results. To treat broken blood vessels associated with rosacea and facial redness, **Dr. Geronemus** suggested laser therapy. **Dr. Downie** advised that patients with rosacea should avoid triggers that lead to flare-ups and recommended using gentle products to cleanse the skin and

drinking ice water to cool the face when working out.

Dr. Roberts warned of age spots that are caused by sun damage and excess melanin in the skin. For the removal of age spots, **Dr. Chapas** suggested laser therapy. For small visible veins in the legs, **Dr. Alster** recommended laser therapy, which destroys the walls of the veins, causing them to disappear in about 2 weeks; however, for larger veins, sclerotherapy is the best treatment option. **Dr. Alster** also suggested vascular laser treatments but warned of discomfort caused by the heat of the laser. **Dr. Kaplan** explained that perioral rhytides can develop from repeatedly pursing the lips; sun exposure; loss of subcutaneous fat, collagen, and elastin; and genetic predisposition. Topical products such as retinoids can prevent lines from getting worse, but **Dr. Kaplan** suggested laser resurfacing and fillers for more dramatic effects.

The article “Cosmetic Procedures Get Smoother in North Jersey,” which appeared in *The Record*, featured **Drs. David Goldberg and Jeffrey Rapaport**. Because of the economy and the cost of surgical procedures, **Dr. Goldberg** explained that the number of nonsurgical cosmetic procedures performed has increased because most noninvasive options are more cost-effective and require less downtime than their surgical counterparts. **Dr. Rapaport** agreed that nonsurgical procedures are becoming more popular because of the economy. The convenience of minimal downtime also is appealing, he said, as even patients who can afford surgery often are unable or unwilling to take time off from work to recover. Both **Drs. Goldberg and Rapaport** agreed that noninvasive technologies have come a long way and future innovations will bring even more options to patients seeking nonsurgical treatments.

If you have been or will be a media source and would like us to provide coverage, please e-mail Melissa Steiger at melissa.steiger@qhc.com. ■