



NOTED AND QUOTED

Dermatologists in the News

An online *Allure* article, “Dermatologists’ Summer Skin Secrets,” featured summer skin care tips from top dermatologists. **Dr. Jeannette Graf** suggested wearing sunscreen every night for 2 to 3 weeks prior to a beach vacation to build up protection in the stratum corneum, making skin less likely to burn. To prevent breakouts, **Dr. Macrene Alexiades-Armenakas** advised readers to look for oil-free sunscreens. As part of her own summer skin care routine, **Dr. Heidi Waldorf** noted that she uses a sun protection factor 60 melt-in sunscreen that soaks in similar to a body lotion. For heavy-duty outdoor activities such as a day at the beach, **Dr. Waldorf** added that she uses a thicker, water-resistant chemical sunscreen with zinc oxide; however, she does not recommend it for daily use, as it is thick and takes a long time to rub in. Because many sunscreens appear white or ashy on darker skin, **Dr. Susan C. Taylor** recommended using products that do not contain zinc oxide or titanium dioxide, which usually are the culprits.

To treat sunburns, **Dr. Patricia Wexler** noted that it is important to reduce inflammation as soon as possible to curb damage in the skin and to calm redness. She shared her own practice of soaking a facecloth in a bowl of skim milk and ice and applying it to the affected area for 5 to 10 minutes. **Dr. Wexler** also advised

readers to take aspirin or ibuprofen and apply hydrocortisone cream to sunburned skin.

Facial mists contain minerals that calm the skin and replace the minerals lost through sweating, **Dr. Ranella Hirsch** explained, calling them “Gatorade for your face.” During the summer, **Dr. Hirsch** advised switching to a daily moisturizer that contains gradual self-tanner and sun protection factor for a healthy glow. For a hint of color, **Dr. Wexler** also recommended a bronzing body gel that goes on similar to a tinted moisturizer, but it does not rub off on clothes.

To cut down on shine and dullness, **Dr. Taylor** noted that a twice monthly in-office salicylic acid peel is a mainstay to remove dead skin cells, which helps even out discoloration and draw excess oil out of the pores, leaving skin less shiny. **Dr. Alexiades-Armenakas** also said that she gets a superficial chemical peel that is a combination of trichloroacetic acid and glycolic or salicylic acid twice every summer to clear the pores, kill bacteria, and slow oil production. She also noted that washing with a prescription sulfur-based cleanser can cut down on shine. To calm flushing and redness from summer heat, **Dr. Mary P. Lupo** recommended soaking a facecloth in ice water and placing it on the neck to cool the blood that is flowing to the face. **Dr. Lupo** also advised

patients to exfoliate more often to reduce the appearance of pores in hot humid weather.

In an online *Men’s Health* article, “Look Great at Any Age,” **Dr. Deborah S. Sarnoff** offered stay-young skin care strategies for men. She warned that frequent exposure to UV radiation breaks down collagen and elastin, causing wrinkles. To combat photodamage, **Dr. Sarnoff** recommended using a sunscreen that protects against both UVA and UVB rays and contains either a block, such as titanium dioxide or zinc oxide, or the ingredients Mexoryl or avobenzone. She advised men to apply sun protection factor 15 moisturizer daily and sun protection factor 30 sunscreen before spending time outside. **Dr. Sarnoff** also pointed out that the skin’s cell renewal rate slows at 35 years of age, leading to a dull appearance. A cleanser, a gentle exfoliant, and a light moisturizer should be included in a basic skin care regimen for men, she said. **Dr. Sarnoff** also explained that fine lines can develop from habitually making the same facial expressions. Wearing sunglasses can prevent crow’s-feet from developing from chronic squinting.

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