



NOTED AND QUOTED

Dermatologists in the News

Dr. Wendy Long provided explanations to questions from a *Marie Claire* online quiz, “What’s Your SPF IQ?”

Dr. Long emphasized safely tanning with sunless self-tanners, discussed sun protection factor numbers on sunscreens, and explained how sunscreens protect against UV rays. **Dr. Long** also discussed water-resistant claims on sunscreens, noting the new US Food and Drug Administration regulations and the importance of reapplication.

An article online from *More* magazine, “Sun Damage: The Good News (Yes, Good),” discussed the complexions of women who tanned in their younger years. **Dr. Fredric Brandt** said that many women 35 years and older can change their sunbathing habits to undo sun damage, including using a sunscreen diligently and incorporating a retinol product into a skin care routine. Cellular repair mechanisms also help undo damage, according to **Dr. David Bank**. Although starting to use sunscreen in adulthood helps, **Dr. Deborah Sarnoff** explained that the damage is not irreversible because UV rays affect the skin’s DNA as well as the skin layers. **Dr. Robert Friedman** noted that squamous cell carcinoma

has increased in incidence in the last 30 years, which may be linked to teenage sunbathing.

An online *Prevention* article, “Age-Reversing Retinols,” revealed the best prescription and over-the-counter creams to achieve younger-looking skin.

Dr. David E. Bank emphasized that retinoids are still the gold standard in anti-aging for their ability to accelerate skin cell turnover and inhibit DNA damage that breaks down collagen. **Dr. Ranella Hirsch** noted that dry complexions can still tolerate retinoids, and some prescription-only products combine the retinoid with a moisturizing base to provide a gentler treatment for dry skin that is more vulnerable to irritation. **Dr. Hirsch** also recommended the combination of benzoyl peroxide and the retinoid adapalene to clear blemishes and blackheads and prevent new ones from forming.

To brighten the eyes, **Dr. Heather Woolery-Lloyd** suggested utilizing retinols that are specifically designed for the thinner skin around the eyes, smoothing a small amount under the eye and in crow’s-feet areas. **Dr. Woolery-Lloyd** also recommended 1% pure retinol products, which are the most potent

over-the-counter products. **Dr. Bank** suggested that patients with dry sensitive skin should start a retinoid program in the spring or summer when the air is more humid and the skin is less dry. Beginners should apply a retinoid every second or third night, he advised, and follow it with a night cream or moisturizer.

In an online *Self* article, “Sunscreen Myths, Debunked,” **Drs. Ellen Marmur** and **Henry W. Lim** corrected popular sunscreen myths. **Dr. Marmur** discussed sun protection pills and advised that they cannot replace sunscreen use. **Dr. Marmur** also warned that some oral and topical medications break into tiny particles when they enter the body, which can react with UV rays and cause a burn; therefore, patients should temporarily stop taking these prescription products approximately 2 weeks before a vacation in the sun to minimize the chances of burning. **Dr. Lim** reiterated that data indicate sunscreens are safe, despite reports that some sunscreen ingredients caused cancer in animals.

If you have been or will be a media source and would like us to provide coverage, please e-mail Kathryn Wighton at kathryn.wighton@qhc.com. ■