



NOTED AND QUOTED

Dermatologists in the News

A March 2012 *Eyewitness News* segment, “Filler Makes Hands Look and Feel Younger,” featured hand rejuvenation with **Dr. Neil Sadick**. To treat the signs of aging in a patient’s hands, **Dr. Sadick** injected filler and then used a laser treatment to remove brown spots. **Dr. Sadick’s** approach resulted in high patient satisfaction in less than 1 hour of treatment time.

An online *Wall Street Journal* article, “The Push for Daily Sunscreen,” included commentary from **Drs. Neil Sadick, Steven Q. Wang,** and **Deborah Sarnoff** on sunscreen application. **Dr. Sadick** advised that he tells patients who are using makeup with sunscreen that they are not getting enough protection. He estimated that only 1 in 5 people wears sunscreen properly on a consistent daily basis. **Dr. Sadick** recommended telling patients to use a shot glass worth of sunscreen daily to cover exposed skin. **Dr. Wang** explained how patients may still be susceptible to silent damage from UVA rays even when applying a sunscreen with a high sun protection factor. The US Food

and Drug Administration’s new guideline on “broad-spectrum protection” will help patients to make informed choices. **Dr. Sarnoff** emphasized the importance of applying enough sunscreen to ensure full protection. She noted that patients should pay particular attention to protecting the bottom lip, as this area tends to catch the most sun.

An online *Women’s Health* article, “Bye-Bye Blemish,” provided complexion-perfecting tips for patients. **Dr. Francesca Fusco** recommended topical products that contain kojic acid and amino acids to lighten sun spots. **Dr. Rebecca Giles** discussed inflammation and postinflammatory hyperpigmentation associated with acne. To address discolorations, **Dr. Fusco** recommended using a spot treatment containing citrus bioflavonoids, which have both lightening and anti-inflammatory effects and may help speed fading by turning off pigment-producing cells.

The online *Women’s Health* article, “How Much Product to Use,” offered a guide on the application of various cosmetic

products. **Dr. Neil Sadick** provided the following tips for applying facial moisturizer: massage a peanut-sized amount of moisturizer containing glycerin when the face is moist (not wet) after cleansing, and use the same amount for the neck. **Dr. Sadick** indicated that the body should be divided into 3 sections—feet and legs; torso and back; arms, neck, and face—and a grape-size amount of sunblock should be applied to each section. Patients who are taller or broader should use more product as necessary, **Dr. Sadick** said, and sunscreen should always be reapplied every 2 hours. **Dr. Mary Lupo** discussed the proper application of eye cream, explaining that a pea-sized amount is enough for both eyes. To help disperse fluid that causes undereye puffiness, **Dr. Lupo** suggested applying cream under the lower lashes from the outer to inner corner; above the eye, apply cream from the inner to outer corner.

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. ■