

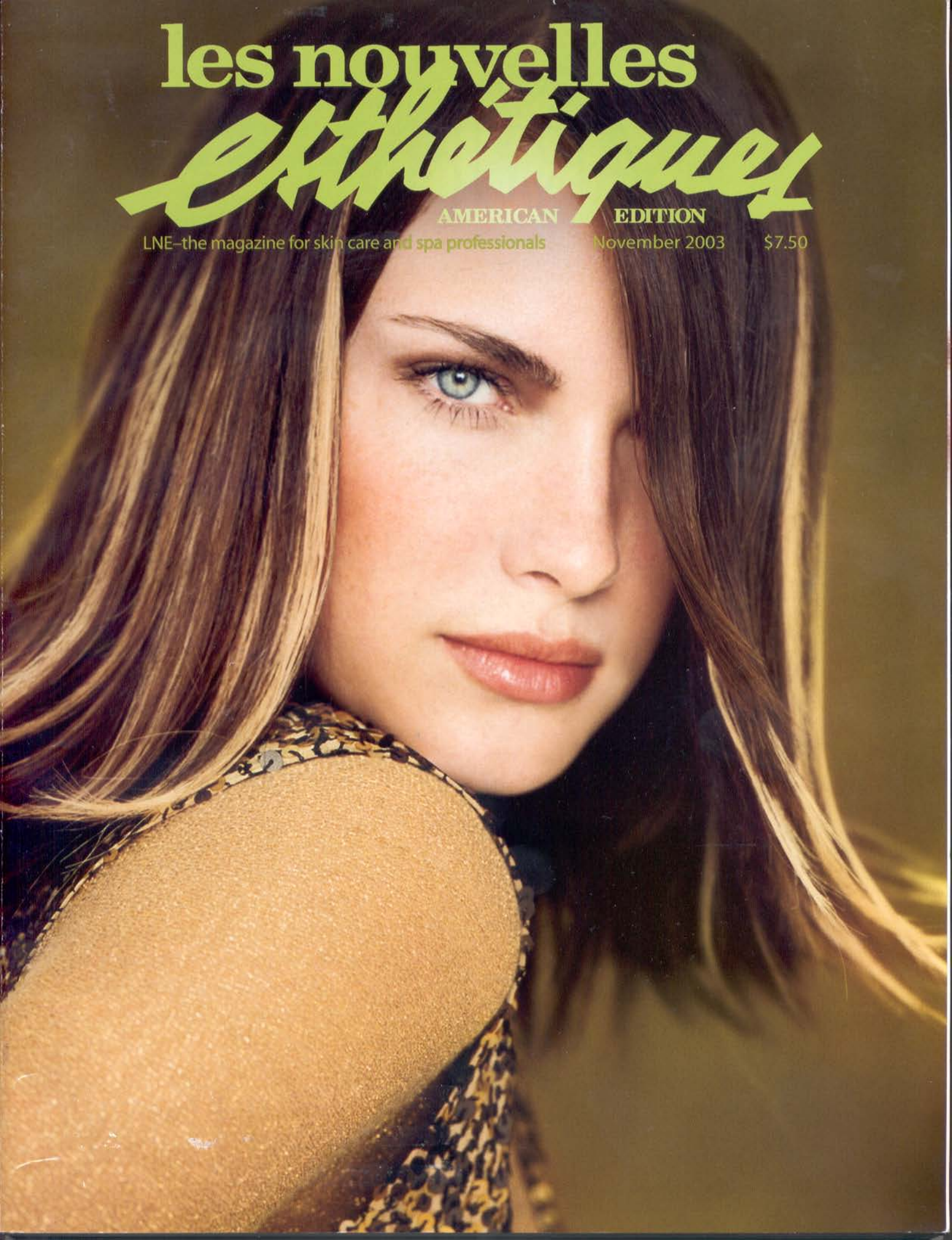
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# dermatology update

by Dr. Debra Price

## Questions and Answers

### Vitiligo on the face

*I have had vitiligo on my face for the past few years and am distressed and embarrassed by the condition. I can camouflage the areas of pigment loss with makeup, but it is cumbersome and inconvenient. Are there any new treatments for vitiligo?*

Although there is no cure for vitiligo, there are some new treatments that have successfully repigmented vitiligo. Facial areas respond better than extremities. A topical prescription immunomodulator, Protopic, as well as eximer laser treatments have successfully treated facial vitiligo. Ginkgo biloba extract may slow the progression of depigmentation and has caused marked to complete repigmentation in some individuals.

### Radiofrequency treatment

*I have heard about a new radiofrequency device that dermatologists are using to treat white hair and improve skin texture. Are you familiar with this technology and if so, is it effective?*

The Aurora DSR is a new radiofrequency device that uses a unique blend of radiofrequency and optical energy. It is approved for permanent hair reduction and since it does not target melanin, it can remove light colored and even white hair. It can also even skin color and improve skin texture. Unlike Thermage, another radiofrequency device approved for the treatment of wrinkles and skin laxi-

ty, the Aurora does not require anesthesia. Patients generally require three to six treatments for hair removal or photorejuvenation.

### Hot flashes and rosacea

*Do you have any natural recommendations to decrease hot flashes in postmenopausal women with rosacea who are not on hormone replacement therapy?*

Women suffering from hot flashes, like individuals with flushing associated with rosacea, should try to keep their surroundings cool and avoid triggers such as spicy or hot foods, caffeine, alcohol, sun exposure, and stress. It has been suggested that women who exercise regularly are less likely to have hot flashes. Breathing and relaxation exercises may be helpful to halt or diminish hot flashes. Black cohosh may lessen hot flashes in some women.

### When to apply soy products

*What is your opinion about the value of topical soy products for the skin?*

Soy has been touted to delay hair growth, moisturize the skin, and decrease skin hyperpigmentation. However, since soy extracts have some estrogenic effect, they would not be indicated in treating melasma-related hyperpigmentation. Postmenopausal women have a thinner dermis and less collagen than premenopausal women. Topical estrogens have been shown to

increase skin thickness. Some have suggested that the phytoestrogens in soy may also be beneficial in reversing this effect of menopause on the skin, but this is not proven.

### Soy-rich diets

*Is there any skin benefit to individuals eating a diet high in soy?*

Diets high in soy have not been proven to positively affect the skin. Some have suggested that they may decrease the incidence of cellulite, noting that Asian women with soy-rich diets have a lower incidence of cellulite, but it is certainly possible that genetic and other factors are more significant. Soy-rich diets have not been proven to ease hot flashes or thicken postmenopausal skin. Some foods that are high in soy content include tofu, soymilk and soynuts. ■

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