

# les nouvelles *esthétiques*

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# medical dermatology update

## questions and answers

### Resolution 1

To protect my skin. What is the best sunscreen to protect my skin and what else can I do to prevent aging?

You should choose a broad spectrum sunscreen with an SPF of 15 or greater and reapply it frequently during continued sun exposure. Individuals with sensitive skin should choose a titanium dioxide- or transparent, zinc oxide-based sunblock. Athletes should choose a waterproof sunscreen and use a wax-based sun stick on their foreheads. Avoidance of midday sun exposure, wearing a hat and protective clothing are also important.

*If your client has yellow, brittle nails, discontinuing the use of nail polish temporarily is helpful.*

### Resolution 2

To eat better. What foods will help keep my skin younger looking?

Although there is no proven evidence that altering one's diet will maintain a younger appearing skin, a theoretical benefit from consuming a healthy diet high in omega 3 fatty acids and low in refined sugars has been suggested. This diet is also recommended for cardiovascular and general health.

### Resolution 3

To quit smoking. How will my skin improve once I quit?

Although the perioral wrinkling caused by years of smoking will not

entirely reverse upon quitting, some of the damage will improve through the skin's natural repair process. There is also a value in preventing further injury caused by exposure to the pollutants in cigarette smoke. After discontinuing smoking, you should begin a rejuvenation regimen that includes daily sun protection and use of a topical retinoid such as Retin-A, Diprolene or Avage. Depending on the extent of the damage, chemical peels, ablative and non-abla-

tive laser and injection of filler substances may also be of value.

### Resolution 4

To lose weight. If I lose weight, how can I keep my skin toned?

Younger individuals who lose weight do not generally have significant problems with skin tone. However, older individuals, frequently complain of increased wrinkling and skin laxity. Certainly, if the weight loss has been significant, surgery may be the best option. Individuals with less significant changes, may respond to topical retinoids, nonablative laser or radiofrequency treatments (Thermage). Postmenopausal women may benefit from topical soy or estrogen-containing creams. Individuals with a significant vol-



ume loss may benefit from injection of fat or other filler substances.

### Resolution 5

To refine my skin. What are the best medical options—surgical and non-surgical?

The best topical therapies to improve skin texture are prescription retinoids including Retin-A, Diprolene and Tazorac. Nonprescription remedies such as Niadyne (Pro-NAD) and TNS Recovery Complex (growth factors) may also be beneficial. Other cosmeceutical ingredients recommended for aged, dull skin include soy (Aveeno), copper (Procyte), retinol and glycolic acid creams and lotions. The addition of chemical peeling, microdermabrasion, non-ablative laser and vascular and pigmented lesion therapy can further enhance results.

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### Resolution 6

To stop laying out for a tan. What are the best tanning options out of the sun?

Ultraviolet radiation from the sun or tanning machines cause premature aging, wrinkles, leathery skin, discoloration and skin cancer. The alternative for those compelled to have a tan is self-tanning lotions containing dihydroxyacetone. Today's new formulations are natural and safe. You can even get your tan air-brushed on. However, since spray-on tans do not provide sun protection, you still need to apply a sunscreen with an SPF of 15 or higher before going out into the sun.

*Laser hair removal has shown to be highly effective in removing dark facial hair.*

### Resolution 7

To look and feel more rested. What are the options in the derm's office and the spa with regard to stress?

Stress and lack of sleep cause us to appear tired and more aged. Breathing and relaxation exercises, like meditation, yoga and tai chi are beneficial for relaxation and enhancing energy. Chemical peels stimulate cell renewal and leave a more rejuvenated skin appearance. Botox treatments, offered by dermatologists, relax muscles around the eyes, lessen crow's-feet and wrinkles below the eyes and elevate the eyebrows, leaving a more open, rested eye appearance.

### Resolution 8

To get my nails fixed. I don't want to hide their thick brittleness and yellowness.

The solution to brittle, yellow nails is to minimize the use of drying products such as acetone nail polish remover and to moisturize daily with a lactic acid moisturizer. If possible, discontinuing the use of nail polish temporarily is helpful. Biotin will improve nail strength and decrease breakage.

### Resolution 9

To grow more hair. What are the most advanced medical options?

Unfortunately, there have not been many new proven medical options to improve hair growth. The use of Rogaine or a copper-based shampoo such as Tricomin is beneficial. Propecia is also effective in growing and maintaining hair in men with male-pattern baldness. Individuals with significant hair loss should consider hair transplant surgery. Today's new and improved techniques offer natural, permanent results.

### Resolution 10

To throw away my tweezers. If I don't want to tweeze, what can I do instead?

Laser hair removal is highly effective in removing dark facial hair. There are now a variety of laser options including the new long-pulse lasers for darker complected skin. The new Syneron Aurora SR radiofrequency device has also been shown to be effective in lessening white-colored hair. ■

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