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medical dermatology update

Questions and Answers

Wrinkle quick-fix

Q: What's the most effective quick-fix with the least amount of downtime for facial wrinkles, if you only have days before a special event?

A: If you only have a few days before a special event, a filler substance is the most effective quick-fix for facial wrinkles and volume loss. I would choose a filler or combination of fillers that are less likely to cause bruising and swelling. The combination of Cosmoderm or Cosmoplast

instruments for a pedicure. There have also been cases of serious skin infections in patients who used whirlpools that were not properly cleansed. A disposable basin that is cleaned with disinfectant between clients is safer than a permanent water basin that is used by many clients in succession.

Microdermabrasion

Q: Are you familiar with the new microdermabrasion devices that do not use aluminum oxide crystals and can infuse therapies while

The approach to hand rejuvenation includes topical prescription and over-the-counter formulations with ingredients to stimulate collagen production.

with Captique would be a good choice. Restylane tends to last longer, but it causes more swelling and bruising and therefore would not be an ideal choice just before a special event. A superficial microdermabrasion may also improve the surface appearance of the skin.

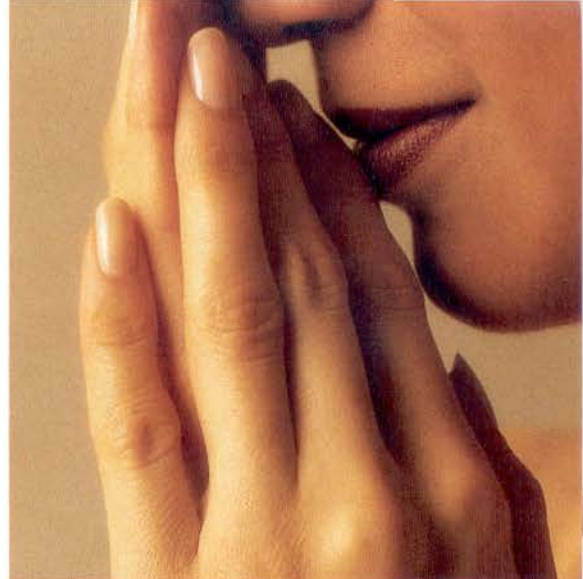
Pedi toe woes

Q: Can you catch toenail fungus from pedicures?

A: Unfortunately, the answer is yes. It is prudent to choose a nail salon that follows strict sterilization procedures or bring your own

they exfoliate?

A: Yes. You're speaking of the Silkpeel, a new type of microdermabrasion that can simultaneously exfoliate while infusing therapeutic formulas to treat acne, hyperpigmentation and skin dehydration. A spinning, medical-grade, diamond-treatment head buffs the skin, while a solution of salicylic acid, hyaluronic acid or hydroquinone is infused. The series of four to six treatments are generally performed at biweekly intervals. Subsequent maintenance treatments may be recommended depending on the specific skin care concern.



Facial bone loss

Q: I have recently gone through menopause and my dermatologist recommends that I take calcium supplementation to prevent facial bone loss. I am aware of the risk of bone loss in the spine and hips in postmenopausal women but had never heard about facial bone loss. Does this occur?

A: Unfortunately, facial bone loss occurs with aging in postmenopausal women. The treatment is the same as bone loss in other areas. If you are postmenopausal, you should have a baseline DEXA scan and take calcium supplementation. You should do at least 30 minutes of weight-bearing exercise three times a week. If your scan shows evidence of more significant bone loss, you may need further therapy.


Aging hands

Q: What are the treatment options for those of us with old hands?

A: Rejuvenating aging hands is an important concern. Too often patients focus on facial skin rejuvenation without addressing their hands, which results in a striking difference between their rejuvenated face and their aged hands. Hand skin, like facial skin, becomes atrophic, pigmented and roughened with age and sun damage. The approach to rejuvenation includes topical prescription and

continues

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over-the-counter formulations with ingredients to stimulate collagen production, including retinoids, growth factors, vitamin C, peptides and copper. In addition, topical prescription remedies to treat hyperpigmentation including Solage, Retin-A, Tazorac, Differin, Lustra, Triluma, and OTC agents containing hydroquinone, kojic acid, bearberry and licorice. In addition, laser treatment of brown spots, microdermabrasion, Silkpeel superficial chemical peeling, nonablative laser rejuvenation, and fat or hyaluronic filler injections to restore youthful fullness to the hands are also beneficial.

Purple eyelid circles

Q: What are those dark purple circles on the eyelids indicative of? Should my clients be concerned?

A: Visible vascularity on the lower eyelid skin becomes increasingly more evident as we age, because the overlying skin becomes thin and atrophic. Sometimes a violaceous hue on the eyelid skin can be indicative of a more serious medical condition known as dermatomyositis. The latter condition can also cause a photosensitive skin rash and muscle weakness. Certainly anyone with a new or significant change in vascularity of the eyelids should seek consultation with a dermatologist.

Youthful-looking eyes

Q: What's the most effective, minimally invasive treatment for making the eyes more youthful-looking, with less wrinkles and sagging?

A: Botox remains the most effective, noninvasive solution for wrinkles around the eyes. Gentlewaves LED photomodulation is also beneficial for treatment of periorbital wrinkles and is FDA approved for this indication. Combining these noninvasive modalities can often enhance improvement. Of course the addition of topical prescription remedies to stimulate collagen production such as Retin-A, Differin or Tazorac as well as OTC remedies containing vitamin C or peptides are also helpful. Individuals with wrinkling around the eyes should also be encouraged to wear sunglasses to prevent further sun damage to their eyelid skin. **LNE**

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