



Caring For Your Skin



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Welcome to another issue of the *Caring For Your Skin* newsletter, that I write biannually to help keep my patients informed of the latest skin care advice and advances. In this issue, I address:

- 1) ***Current Promotions at the Rutland Skin Center***
- 2) ***Airport Full Body Scans may increase your risk of skin cancer***
- 3) ***The Dysport Challenge experience – Is Dysport as good as Botox, or better?***
- 4) ***Liposuction alternatives***
- 5) ***Healthy Living – What’s to know?***



Current Promotions for a great start in 2011

\$50 - \$75 off Restylane and Perlane filler treatments

From now through December 31st, \$50 off each mL of Restylane, up to maximum of 6 mL/treatment; minimum purchase of 2 mL (\$440 per 1 mL syringe, after rebate). Even greater savings with \$75 off each mL of Perlane, up to a maximum of 6 mL/treatment; minimum purchase of only 1 mL (\$440 per 1 mL syringe, after rebate). Perlane is a thicker version of Restylane (both are made by the same company) and may last a bit longer. For the most uses it can be used interchangeably with Restylane.

\$50 off Dysport treatments

If you have or have not participated in the Dysport Challenge, you still qualify for a \$50 rebate if you receive a Dysport treatment by December 31st, 2010.

Latisse is now only \$99 per kit

If you are not already using Latisse to grow longer, thicker, and darker eyelashes, make an appointment to visit our office to see if Latisse is right for you. The cost of a consultation

visit and one Latisse kit, for new Latisse patients is \$149. For all established Latisse patients, the cost per kit is now \$99. One kit lasts from one to over 4 months.

Free IPL Consultations

The Rutland Skin Center continues to offer free 30 minute consultations with one of our nurses to determine your candidacy for *Intense Pulsed Light (IPL) hair removal* and *Photorejuvenation* to remove blood vessels and brown age spots from your skin.



Airport Full Body Scans – How safe are they?

The new airport full body scans and pat-downs have been creating quite a stir recently. If offered a choice, I thought I would choose the scan. But now I realize that some scientists have real concerns that the new airport security body ***scanners may increase the risk of cancer, particularly skin cancer.*** Scientists at the University of California at San Francisco were worried enough to write a letter to the White House. In it they said "While the dose would be safe if it were distributed throughout the volume of the entire body, the dose concentrated onto the skin may be dangerously high," and "independent safety data do not exist". Additionally there is an even greater risk if a scanner malfunction delivers a higher dose of radiation accidentally. The Office of Science and Technology last month responded with a nine-page letter assuring the UCSF scientists that "the doses met safety standards and had been adequately tested." However many scientists still have concerns, raising the possibility that we might kill more people with scanner-induced cancer deaths than we will save by thwarting terrorists. One scientist noted that "If all 800 million people who use airports every year were screened with X-rays, then the very small individual risk multiplied by the large number of screened people might imply a potential public health or societal risk," he said. "The population risk has the potential to be significant."

So how safe are the scanners? I do not think anyone can be too certain. We will all be weighing this uncertainty the next time we walk through airport security and are offered the choice of a full body scan or a pat-down. I was hoping the choice would be easier.

Dysport® Update

The Dysport “Love it or Leave it” Challenge

This year Medicis, the company that supplies Dysport in the US, had the **Dysport “Love it or Leave it” Challenge** promotion. Patients who tried Dysport received a \$75 rebate. If they “Love it” they could receive \$75 off their next Dysport treatment for a total savings of \$150. Patients who did not love their Dysport treatment could “Leave it” and choose Botox for their next treatment and still receive another \$75 rebate. Although the final results have not yet become available, Medicis previously announced that of 53,840 patients who took the Dysport Challenge between March 1 and May 9, 2010, 91.2% of the patients who made a selection chose “Love It.” Near the end of May only, 2.6% of all patients who have registered, had made a selection to “Leave It” since the program was launched”. Our experience at the Rutland Skin Center has been similar. Most patient that have tried both Botox and Dysport did not notice much difference. I estimate that 5-10% of my patients prefer Botox, while another 5-10% favor Dysport. In the upcoming year we may get two new products that will compete against Botox and Dysport, so I expect there will be more promotional campaigns ahead that should serve to lower the price on these products as competition grows. ***There is currently a \$50 rebate for Dysport treatments received by the end of 2010.***



Liposuction alternatives

Over the past few years several less invasive methods to remove excessive fat have been introduced. Although these methods can be effective, some are still in a developmental stage, and none have yet been shown to be as effective as conventional liposuction. The following are some of these newer methods.

Mesotherapy This technique involves injecting substances into the fat to dissolve it away. This method is also sometimes referred to as LipoDissolve. This involves injecting substances into the fat deposits to destroy fat cells. Phosphatidylcholine (LipoDissolve) is the most common agent used, but it has not been FDA approved for this purpose. Side effects include prolonged tenderness, bruising, and skin surface irregularities. Skin ulceration and scarring have been reported, that likely resulted from using a poor injection technique. In my mind more studies should be done to better determine the safety,

effectiveness and limitations of this technique, before giving it general approval for treating patients.

Zerona These low-light laser treatments have been shown to take off an average of 3-4 inches after undergoing six treatments over two weeks. It is suggested that patients undergoing Zerona treatments take niacin and other supplements, perform regular exercise, and drink a lots of water. However, many patients have not had satisfactory results (See: <http://www.realself.com/Zerona/reviews>).

Cryolipolysis This method uses the **Zeltiq** device that works by cooling the skin to low temperatures. The low temperature damages the underlying fat and eventually it breaks down over weeks to months. The overlying skin is more resistant to the cool temperature and is thus relatively protected. Preliminary studies have found a 25% reduction in the thickness of fat after this treatment. Currently this is one of the more promising new technologies to remove small collections of fat. I am currently investigating whether this treatment is safe and effective enough to make it worthwhile to offer my patients at the Rutland Skin Center.

And of course there is always diet and exercise to remove unwanted fat. This does not always work well in some individuals who have small areas of fat that may be resistant to diet and exercise. However, for most people this is the healthiest and least expensive way to lose fat, but it is not as quick a fix as many would prefer.



Want to live a long and healthy life?

It is human nature to want to live a long and healthy life, yet many of us are not doing as much as we could be to achieve these two goals. Eating a well balanced diet, exercising regularly, avoiding substance abuse and other risky behavior, having regular medical check-ups for cancer screening, cholesterol, blood pressure, etc, and taking nutritional supplements can help us better achieve these goals. The power of positive thinking, a caring supportive spouse and family, and religious/spiritual support can also be very influential on our longevity.

Diet - Americans have a growing obesity problem and this leads to medical problems including diabetes, heart attacks, and an increased risk of some cancers. A diet high in fruits and vegetables and regular exercise can help prevent obesity and improve our quality of life. Avoiding trans-fats (that raise levels of "bad" LDL cholesterol and lowering levels of "good" HDL cholesterol) can also lower one's risk for developing heart disease.

Vitamins and Diet supplements - For most Americans supplemental multiple vitamins provide uncertain health benefits. Taking a vitamin does not make up for not eating right. It is best to get our vitamins from a healthy diet. The National Institutes of Health consensus statement from 2006 states "the present evidence is insufficient to recommend

either for or against the use of multiple vitamin and mineral supplements by the American public to prevent chronic disease.” It can be harmful to take high doses of vitamins, unless being treated for a deficiency. This is especially true for the fat soluble vitamins (A,D,E,K).

The most common occurring vitamin deficiency encountered in the U.S. is vitamin D deficiency. This in part arises from the inability to get enough in our diet and the inability to make enough in our skin, particularly during the winter months. A long-awaited report from the Institute of Medicine released this month recommends triple the amount of vitamin D that most Americans should take every day to 600 international units (IUs), from 200 IUs set in 1997. They recommended 800 IUs for those 71 years or older. To read about this see: <http://www8.nationalacademies.org/onpinews/newsitem.aspx?RecordID=13050>.

Of all the diet supplements available, fish oil seems to have the most significant benefit. Fish oil is a concentrated source of omega 3 fatty acids. Supplementing your diet with omega-3 fatty acids has anti-inflammatory effects, that may help prevent cardiovascular disease and may be beneficial in a variety of other inflammatory diseases as well. You can get the benefit of omega 3 fatty acids by eating around 12 ounces of oily fish (sardines, mackerel, salmon) a week, which is better than fish oil pills, but the supplement pills are a reasonable alternative. The recommended dosage is 1,000 mg a day.

Exercise - A 2007 study in the Journal of the American Medical Association found that fitter people lived longer, even if they are heavier than ideal. Additionally, among 2,603 adults, 60 and older in that study, the fittest people (those who did best on a treadmill test) also had the lowest risk factors for high blood pressure, diabetes and high cholesterol. Exercise can help with anxiety and depression in addition to keeping your muscles strong and the later is particularly important as we grow old. Maintaining good muscle tone better insures a higher quality life style in our advancing years.

Avoid substance abuse and risky behavior – Do not smoke or quit if you do. Do not drink excessively, though a small glass of red wine daily might be beneficial. Do not take unnecessary risks. And do not forget to take your dermatologist’s advice.....Do not use tanning beds, sunbathe or forget to take sun protective measures... Following this advice may lower your risk of getting potentially life-threatening melanoma. It also has the added benefit of keeping your skin looking more youthful over time.

Aspirin - Low dose aspirin may have health benefits in some people that include lowering the risk of cancer death, heart attack and stroke. Researchers have recently found that after five years of taking a low dose aspirin pill a day, cancer death rates were 21 percent lower (www.guardian.co.uk/society/2010/dec/07/asprin-cancer-health-benefits). Check with your primary care provider to help determine whether you are a good candidate for aspirin therapy, as it can be risky in some individuals.

In closing, I hope you enjoyed this issue of the *Caring For Your Skin* newsletter. If you aren’t on the e-mailing list and would like to receive future newsletters via e-mail, or would like to have a particular topic covered in a future newsletter, e-mail your request to C4YSkin@gmail.com.

Hope you have a most enjoyable holiday season and a happy & healthy New Year!
DPM

