



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) ***Your Good Health: Starbuck's Sunscreen?***
- 2) ***New Sunscreen Labeling Rules***
- 3) ***New Products: Xeomin (Botox alternative), & Belotero (Restylane-like filler)***
- 4) ***Green Mountain Care***
- 5) ***Current Promotions***

Your Good Health



Will coffee become a sunscreen ingredient? Starbuck's sunscreen anyone?

"Scientists found that women who drank three or more cups of coffee a day had a 20 per cent lower risk of developing the most common form of skin cancer (basal cell) compared to those who had less than one cup per month. Men who drank the same amount saw a nine percent lower risk of basal cell carcinoma, a team from Harvard Medical School told a U.S cancer conference in Boston."

Read more: <http://www.dailymail.co.uk/health/article-2053752/Basal-cell-carcinoma-Drinking-coffee-lowers-risk-common-skin-cancer--especially-women.html#ixzz1fbenbRu9>

Coffee consumption has also been associated with a lower risk of developing some cancers (breast, endometrial [uterine], advanced prostate, liver, and head & neck cancer). It may also lower the risk of diabetes. So drink up!

Another study showed that caffeine, applied to the skin of skin cancer-prone mice, significantly lowered the number of squamous cell skin cancers. So no decaf sunscreen!

New Sunscreen Labeling Rules



Drug Facts	
Active Ingredients	Purpose
Azobutene 2% Homosalate 10% Octyl methoxycinnamate 7.5%	Sunscreen
Uses	
<ul style="list-style-type: none"> • help prevent sunburn • if used as directed with other sun protection measures (see Directions), increases the risk of skin cancer and early skin aging caused by the sun. 	
Warnings	
<ul style="list-style-type: none"> • For external use only • Do not use on damaged or broken skin • When using this product keep out of eyes. Rinse with water to remove. • Stop use and ask a doctor if rash occurs • Keep out of reach of children. If product is swallowed, get medical help or contact a Poison Control Center right away. 	
Directions	
<ul style="list-style-type: none"> • Apply liberally 15 minutes before sun exposure • reapply • after 40 minutes of swimming or sweating • immediately after towel drying • at least every 2 hours 	
Sun Protection Measures . Spending time in the sun increases your risk of skin cancer and early skin aging. To decrease this risk, regularly use a sunscreen with a broad spectrum SPF of 15 or higher and other sun protection measures including: <ul style="list-style-type: none"> • limit time in the sun, especially from 10 a.m. – 2 p.m. • wear long-sleeve shirts, pants, hats, and sunglasses • children under 6 months. Ask a doctor 	
Inactive ingredients	
aloe extract, butan sulfate, butyl alcohol, carbomer, dimethicone, disodium EDTA, glycol al, methylparaben, octocrylene/MA copolymer, polyglyceryl-3 distearate, phenethyl alcohol, propylparaben, sodium hydroxide, sorbitol, stearic acid, isopropyl myristate, triethanolamine, water	
Other information	
<ul style="list-style-type: none"> • protect this product from excessive heat and direct sun. 	
Questions or comments?	
Call toll free 1-800-300-3000.	

The FDA has finally passed new rules to better clarify the labels on sunscreens. The rules will take effect by next summer, although some sunscreen makers will start using the new labels before then. The new rules require the following:

- All sunscreens will continue to carry the **SPF rating** that refers to the amount of protection against ultraviolet-B light (UVB). Ultraviolet-A light (UVA) is also harmful, but there has never been a number to indicate how well sunscreens block it. Both UVA and UVB can cause skin cancer. The claim “**broad spectrum**” will now appear only on sunscreens that meet or exceed a standard amount of UVA protection.
- SPF numbers will no longer be allowed to be higher than 50. The reason for this is that anything over 50 is only marginally more effective.
- Labels will no longer be able to claim water-proof or sweat-proof. They will be allowed to say: water-resistant 40 minutes, or water-resistant 80 minutes.
- A fact box on the label will list warnings and other important information (see photo above).

For most uses a “broad spectrum” SPF of at least 30 will be desirable for daily use. For more information on sunscreens and other sun-protective measures, see my “sun protection” patient handout at: <http://www.rutlandskin.com>

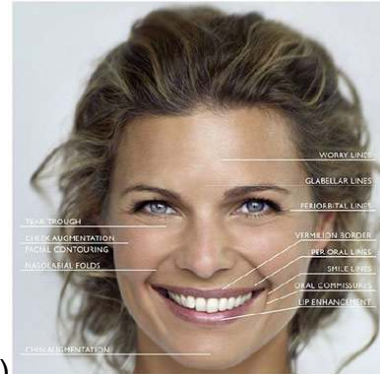
New Products



Xeomin (Merz Pharmaceuticals)

A new Botox competitor should become available in 2012. Like Botox and Dysport it contains the same active protein and can be used for the same purposes. In studies Xeomin works similarly for cosmetic and medical treatments, with similar safety and longevity of results. Xeomin will likely be available at the Rutland Skin Center in the first half of next year. We still are waiting to hear how the cost will compare to Botox and

Dysport. If you are on our e-mail list, we will notify you of the details when they become available.



Belotero (Merz Pharmaceuticals)

The producer of the filler Radiesse recently received FDA approval for Belotero, a new hyaluronic acid filler that will compete with other hyaluronic acid fillers, such as Restylane, Perlane, and Juvederm. How it will compare to these other fillers as far as longevity goes is still unknown, but initial studies indicate that it will be comparable. In one study patients had their smile lines (nasolabial folds) injected with Bolterero, followed by a second injection 6 months later. About 80% of patients didn't need to be retreated again for another 12 to 18 months. One advantage of this filler over the other hyaluronic acid fillers is that it can be injected closer to the surface without leaving a faint blue hue that often occurs with the other hyaluronic acid fillers. This property will make Belotero more suitable for treating fine lines and the under eye hollows.

Health Care Reform in Vermont



The Green Mountain Care Board

There will be a lot of upcoming information in the news regarding Vermont's monumental health care reform efforts. I encourage all my patients to keep updated on the process and voice any concerns that you may have. To keep updated on the healthcare reform efforts I highly recommend this site: <http://www.facebook.com/VermontersforHealthcareFreedom>, where links to health reform articles are posted daily. Since my last newsletter I have published a couple of opinion pieces highlighting some of the potential pitfalls that should be addressed in the health care reform efforts. These can be read at:

1) <http://www.burlingtonfreepress.com/article/20111204/OPINION02/112040334/My-Turn-Doctors-leave-private-practice-should-patients-care-?odyssey=mod|newswell|text|FRONTPAGE|s>

2) <http://vtdigger.org/2011/11/16/mccauliffe-waiting-for-health-care/>

Whether you are for, against or uncertain about Vermont's efforts to form a government run single-payer health care system, I recommend signing the petition to request that the funding mechanism to support the new system be revealed to the public before the next election, in September 2012. You can sign the petition on-line at: <http://vthehealthcarefreedom.org/petition-splash.php>

Current Promotions

\$50 - \$65 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 \$65 off each mL of Perlane, up to a maximum of 6 mL/treatment; minimum purchase of only 1 mL (\$450 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

\$50 rebate for treatments received by December 31st, 2011.

Latisse - \$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.

Read more about these treatments at: <http://www.rutlandskin.com>

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

