



# Caring For Your Skin



Fall – Winter 2017

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Welcome to the latest issue of the **Caring For Your Skin** Newsletter. In this issue, I address:

- 1) *“Lip Service”- there is no such thing as ideal lips, but there is a general consensus*
- 2) *Generic Latisse is now available at a significant savings*
- 3) *Factors that affect the risk of developing melanoma*
- 4) *NSAIDs like ibuprofen and naproxen may increase risk of heart attack and stroke*
- 5) *Current promotions*

## “Lip Service”



These two individuals have had lip augmentation to enlarge the upper lip.

With the newer filler products (Restylane and Juvederm) lip augmentation has become a popular cosmetic treatment to change the appearance of ones lips. A common question I raise during clinic visits for this service is, “What do most people consider to be attractive or the best proportioned lips?” A recent report has found that when studying the faces of young white women, that most observers prefer lip volume about twice as much as average, with the lower lip being about double the thickness of the upper lip.

**“Using a robust sample size, this study found that the most attractive lip surface area represents a 53.5% increase from baseline, an upper to lower lip ratio of 1:2, and a surface area equal to 9.6% of the lower third of the face.”**

From: <https://www.ncbi.nlm.nih.gov/pubmed/28208179>

However, it is important to realize that what one considers attractive lips may vary depending on other facial features as well as ones gender. And remember, “beauty is in the eye of the beholder” and individuals have different opinions about attractive features.

**Generic Latisse (bimatoprost) is now available at lower cost**



**Now Generic**  
**Latisse™**

The cost of generic Latisse is significantly lower than brand name Latisse, especially when used with a discount coupon available at GoodRx.com. The following is a recent screen shot of the GoodRx website showing the Rutland area prices for the large bottle of generic Latisse.

GoodRx Search drug prices How GoodRx Works Mobile App Discount Card More Help Sign In

Latisse Bimatoprost

Bimatoprost (Lumigan, Latisse) is an expensive drug used to treat open-angle glaucoma and high pressure in the eye. It can also be used on the upper eyelashes to increase their growth. This drug is slightly less popular than comparable drugs. It is available in brand and generic form. Generic bimatoprost is covered by most Medicare and insurance plans, but some pharmacy coupons or cash prices may be lower. Compare prostaglandins.

Prescription Settings generic bottle of ... 5ml of 0.03% 1 bottle SAVE SHARE

Prices and coupons for 1 bottle (5ml) 0.03% of bimatoprost topical solution

Lowest prices near Rutland, VT Hide mail order Prescription is for a pet

Pharmacy	Price	Additional Info	Action
Walmart	\$54.21	with free discount	GET FREE DISCOUNT
Walgreens	\$185 est cash price	\$65.46 with free coupon	GET FREE COUPON
CVS Pharmacy	\$165 est cash price	\$74.27 with free coupon	GET FREE COUPON
Price Chopper		\$138.50 with free coupon	GET FREE COUPON

Latisse is used for growing longer and thicker eyelashes, restoring eyebrows and to improve the appearance of sagging upper eyelids. For more information on the uses of Latisse, see our Winter 2016 newsletter <http://rutlandskin.com/Newsletter-Autumn%202016.pdf>

If you are interested in using Latisse (or generic Latisse) , make an appointment for a brief consultation with Dr. McCauliffe. The cost of the consult is \$50. He recommends an eye exam that includes a test for glaucoma within a year before starting Latisse, and yearly thereafter. We will provide a yearly prescription for generic Latisse for those patients who have had a consult and who are being seen at the Rutland Skin Center at least once a year. Go to [goodrx.com](http://goodrx.com) and print out a coupon to take in with your prescription to save on the cost.

## Factors that affect the risk of developing melanoma

Melanoma is now occurring in about 2% of Caucasians. It is much less common in people with darkly pigmented skin. There are a number of factors that may increase and decrease your melanoma risk:



1) Genetic Factors: **Fair skin** is determined genetically. Fair skinned individuals are at greater risk of developing sunburns and a history of **blistering sunburns** during childhood has been shown to increase the risk of melanoma. Genes that predispose to melanoma can be passed from parent to child.

2) A **family history of melanoma**, particularly when several close family members in two or more generations have had melanoma.



3) Having **greater than 50 moles** on your body has been associated with a higher risk of melanoma. Having **atypical moles** (dysplastic nevi) also increases your risk of melanoma.



4) Exposure Factors: **Sun exposure** and **tanning bed exposure** are major risk factors for developing melanoma and other skin cancers. Women under 30 years old who have used tanning beds have a roughly six times greater risk of getting melanoma. Exposure to **arsenic** (used in pesticides and

sometimes present in well water) is a risk factor, as is exposure to **coal tar and pitch** (used in asphalt and roofing materials) and **creosote** (a wood preservative).



## Traditional Creosote



5) Environmental factors: People who live closer to the **equator** and (or) at **high altitudes** get exposed to more intense sunlight and are at higher risk of melanoma.

6) **Weak immune system** that occurs in some medical conditions and can occur from **medication effects** and aging. People who have received an **organ transplant** are at higher risk of melanoma and other skin cancers because of this, and they should have regular skin exams.

7) **Age**: Older individuals are at greater risk, in part because of having had more lifetime sun exposure and a weaker immune system compared to younger people.

8) **History of having had other types of skin cancers** makes you at greater risk of getting melanoma.

9) Consuming **white wine** may be a risk factor. Each glass of white wine per day was associated with a 13% increased risk of melanoma. So drinking 2 glasses of white wine daily would increase the risk by 26%.

10) A study found that consuming **citrus fruit or juice** 1 to 2 times daily had a 36 percent higher risk of melanoma than those who consumed it less than two times a week. The significance of these findings are uncertain. However, it seems advisable for people who consume a lot of citrus fruit products to avoid prolonged sun exposure, as a chemical in citrus fruits can increase sensitivity to sunlight.

### Things that might lower your risk of melanoma - based on what we now know

- 1) **Do not sunbathe or use tanning beds.**
- 2) **Take sun protective measures.** (See handout on sun protection at [www.rutlandskin.com](http://www.rutlandskin.com))
- 3) **Take an aspirin a day** (if over 50 years old and your primary care provider has no objection). One study found that middle age women taking daily aspirin (81mg or 325mg dose) had up to 30% fewer melanomas.
- 4) There is some evidence that maintaining an adequate **vitamin D** blood level may help prevent melanoma. Vitamin D levels often fall below recommended levels during the cold winter months.
- 5) **Caffeinated coffee** consumption has been associated with a lower risk of melanoma.
- 6) **Avoid drinking white wine and take extra precautionary sun protective measures with citrus fruit consumption.**
- 7) And remember to do **monthly self skin exams** in hopes of detecting a melanoma early before it gets to the life-threatening stage. People at higher risk should see a dermatologist regularly.



## **NSAIDs like ibuprofen and naproxen may increase risk of having a stroke or heart attack**



In 2005, the FDA warned that nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen increased the risk of having a stroke or heart attack. In 2015 the FDA further supported this warning. Many people take NSAIDs to relieve mild to moderate pain, such as arthritis or athletic injury. Commonly used over-the-counter NSAIDs include ibuprofen (Motrin, Advil) and naproxen (Aleve). There are also prescription NSAIDs such as Celecoxib (Celebrex), and diclofenac (Cataflam, Voltaren).

Aspirin is also an NSAID, but it does not pose a risk of heart attack or stroke. In fact, aspirin is commonly used to prevent heart attacks and strokes. So, it is not covered by this warning.

One NSAID called rofecoxib (Vioxx) was associated with such a high risk of heart attacks that it was removed from the market in 2004. The horrific experience with Vioxx raised awareness about the cardiovascular risk of NSAIDs, and led to further studies showing that the risk is not limited to Vioxx but appears to be associated with all NSAIDs except aspirin.

The FDA warning points out:

“Heart attack and stroke risk increase even with short-term use, and the risk may begin within a few weeks of starting to take an NSAID.

The risk increases with higher doses of NSAIDs taken for longer periods of time.

The risk is greatest for people who already have heart disease, though even people without heart disease may be at risk.

Previous studies have suggested that naproxen may be safer than other types of NSAIDs, but the more recent evidence reviewed by the expert panel isn’t solid enough to determine that for certain.”

Taking an NSAID for a few days isn’t likely to cause a heart attack or stroke. It’s more prolonged use that can get risky. However, people with heart disease should avoid NSAIDs if possible.

- 1) If you take non-aspirin NSAIDs, take the lowest effective dose, & limit the length of time you take it.
- 2) Use acetaminophen (Tylenol) as an alternative but beware that it can cause liver damage if the daily limit of 4,000 milligrams is exceeded, or if you drink more than three alcoholic drinks every day.
- 3) If you need to take a non-aspirin NSAID for arthritis or other chronic pain, try taking week-long “holidays” from them and taking acetaminophen [or aspirin] instead.

- 4) If you experience chest pain, shortness of breath, or sudden weakness or difficulty speaking while taking an NSAID, seek medical help immediately.”

From: <https://www.health.harvard.edu/blog/fda-strengthens-warning-that-nsaids-increase-heart-attack-and-stroke-risk-201507138138>

## Current promotions



**\$100 savings** when receiving one syringe of Restylane Defyne for patients who have never received a filler treatment at the Rutland Skin Center. The offer is limited to one syringe per patient and must be received by January 31, 2018. Get an additional \$20 off the above offers if you have not yet registered for the Aspire Rewards program.

**\$75 off** one syringe of Restylane Defyne for previous filler patients, with a limit of two syringes, that must be received during the same treatment session by January 31, 2018.

For more information on Restylane Defyne: <https://www.restylaneusa.com/restylane-defyne>

**Get an additional \$20 off** the above offers if you have not yet registered for the Aspire Rewards program. To sign up for Aspire Rewards and get the \$20 treatment certificate click here <https://www.aspirerewards.com/app/home.do#how-it-works> We can also help you sign up by calling Laurie at 802-773-3553 a few days before your appointment.

**Call 802-773-3553** to set up an appointment as soon as possible, so that you have more flexibility in scheduling.

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In closing, I hope you found items of interest in this issue of the *Caring For Your Skin* Newsletter. If you are not 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](mailto:C4YSkin@gmail.com)