



# Caring For Your Skin



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Summer 2010



Welcome to the fifth 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**
- 2) **Filler Update**
- 3) **How high is your risk of developing melanoma?**
- 4) **Shingles vaccine**
- 5) **Non surgical skin tightening devices, Titan & Thermage**

**Current Promotions** (find these and other promotions posted at [www.rutlandskin.com](http://www.rutlandskin.com))



**Get the lift you've been looking for,  
to help you look your very best this summer!**

*Perlane*<sup>®</sup>

**\$100 to \$250 off a syringe of Perlane (No rebate required!)**

For a limited time, we are offering \$100 off a single syringe of Perlane, or \$250 off, if receiving the syringe along with a second syringe of Restylane, Perlane, Juvederm or Radiesse, at the regular price. Quantities are limited and treatments must be completed before July 2010, so please call to request a syringe and schedule an appointment as soon as possible, so that we can best accommodate you. Perlane, like Restylane, is hyaluronic acid, similar to that found normally throughout our bodies. Both are sold by Medicis, the company that also sells Dysport, the new Botox competitor. Perlane is a thicker version of Restylane and is well suited for filling deeper creases or hollows in the face. It is a more robust filler than Restylane and may provide a longer lasting result. It is safe to combine fillers to optimally correct for volume loss. Some patients that need more volume get better results by placing Perlane or Radiesse deeper in the skin and layering Restylane more superficially. I now administer these fillers with an anesthetic mixed in so the treatments are more comfortable.

**The \$75 rebate offer for Dysport has been extended to May 31<sup>st</sup>.**

If you get Dysport before the deadline you get \$75 rebate and then qualify for an additional \$75 rebate off Dysport or Botox. See [www.dysportusa.com](http://www.dysportusa.com) for full details.

**Save \$50 to \$100 off Botox and Juvederm fillers when purchasing Latisse.**

For additional info go to: [www.rutlandskin.com](http://www.rutlandskin.com)



Results from use of Latisse to grow thicker, longer darker eyelashes. (Top figure: before; Middle figure: after 8 weeks of treatment; bottom figure: after 4 months of treatment). We sell Latisse for \$99-104 per kit. Each kit lasts from 1-4 months, depending on usage.

## Filler Update



Guess which side I treated with Restylane.

Restylane, Perlane and Juvederm fillers now come with lidocaine, an anesthetic that makes the treatment more comfortable. I also add lidocaine to Radiesse treatments. Filler treatments are very popular because of the immediate and long-lasting results. Learn more about fillers at [www.rutlandskin.com](http://www.rutlandskin.com). Make sure you check out the \$100 to \$250 savings on Perlane, in the "Current Promotions" section at the end of this newsletter.

## How high is your risk for developing melanoma?

Summer will soon be here, and as always, I stress the importance of protecting your skin from the sun. Go out and have fun but remember to protect your skin and eyes with clothing, hats, sunscreen, sunglasses, etc, to help lessen your risk of developing skin cancer & cataracts, and to keep your skin looking healthy. The most common thing I do as a dermatologist in Vermont is diagnose and treat patients with skin cancer. Most Vermonters are fair skinned and many like to spend time outdoors in our beautiful summer season. These factors make us more susceptible to sun damage and raise our risk of developing skin cancer, including potentially deadly melanoma.

Melanoma is the third most frequent form of skin cancer (behind basal and squamous cell cancer), yet it causes more than 75% of skin cancer deaths. If a melanoma is caught early, before it penetrates through the skin's outer layer, the survival rate is about 99%. From these facts it is obvious that early detection and treatment are essential to best insure long term survival. Dr. Darrel Rigel, a dermatologist at New York University Medical Center helped develop a list of six factors that help identify people at higher risk of developing a melanoma. This list includes:

- 1) a history of blistering sunburns as a teenager
- 2) outdoor jobs for three or more years as a teen
- 3) red or blond hair
- 4) marked freckling on the upper back
- 5) a family history of melanoma
- 6) a history of actinic keratoses, the earliest stage in the development of skin cancer



With two or more of the risk factors, a person's lifetime risk of getting a melanoma is five to 10 times greater than that of the general population. The average risk for the general population is greater than one chance in 75, so a high risk patient may have a greater than 1 in 20 chance of developing this potentially deadly form of skin cancer.

To better identify an early melanoma when it is still curable:

- 1) Learn the **A,B,C,D,E danger signs** [**asymmetry**, where one half of a mole looks different than the other half), **border** (the outside edge is scalloped or poorly defined), **color** (not all the same color with different shades of tan, brown or black or sometimes red, white or blue), **diameter** (the size of a pencil eraser or larger) and **evolving** (changing in size, shape or color).] See the melanoma patient handout at my website [www.rutlandskin.com](http://www.rutlandskin.com)
- 2) Perform monthly self skin exams and have someone help you look at difficult to view areas (e.g., scalp and back)
- 3) Have someone help you take photographs to use as a reference to better determine if something is changing or something new develops over time.
- 4) If you have a family history of melanoma, or other risk factors, or have many moles, see a dermatologist for an exam and additional recommendations.

It has been estimated that approximately 65% of melanomas are associated with sun exposure, and about 10% are linked to inheritance (family genes). Tanning lamps have also been shown to increase the risk of developing melanoma. So I encourage you to take sun protective measures (see the sun protection handout on my website), stay out of the tanning booths, and do monthly self skin exams. If you find a worrisome spot on your skin, call a dermatologist without delay. If you do wait too long, a potentially curable melanoma may have time to grow and become deadly.

### *Shingles (Herpes zoster virus) vaccine*



Classic appearance of shingles on the trunk.

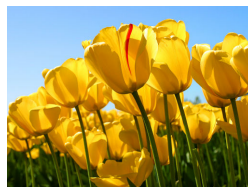
If you have ever had chicken pox you are at risk of developing shingles, a painful blistering skin rash caused by the chicken pox virus (varicella-zoster virus, also known as the Herpes zoster virus). The chicken pox virus can lay dormant in your body for years and then become active again. However, the reactivated virus usually just affects one side of your face, trunk, arm or leg, as the virus travels down a particular nerve that supplies the affected area. In 2008 a shingles vaccine became available that helps protect against reactivation of the chicken pox virus. It can lower the chance of developing shingles by 50%, and even if it doesn't prevent an outbreak, it may lessen the severity of the rash and the associated pain. It is currently recommended that people over the age of 60 who have a normal immune system get the vaccine. People with weakened immune system, such as some cancer patients, HIV infected individuals and patients on medications like prednisone that weaken the immune system, should not receive the vaccine. Women that are, or maybe pregnant should not receive the vaccine. People with a history of allergic reactions to gelatin, neomycin or any other component of the vaccine should not be immunized. The most

commonly reported side effects from the vaccine were redness (36%), pain or tenderness (35%), swelling (26%), and itching (7%) at the injection site. All Medicare Part D plans cover the shingles vaccine. The amount of cost-sharing for vaccination varies by plan. The vaccine costs between \$200 and \$250. My office doesn't offer the vaccine. For more information on the vaccine go to <http://www.cdc.gov/vaccines/vpd-vac/shingles/vac-faqs.htm>

### *Non surgical skin tightening treatments (Titan and Thermage)*



Many patients are seeking treatment of loose skin around the jaw line and neck. For years the only option available has been surgery where excessive skin is removed as the skin is pulled back towards the ears. Over the past decade several technologies have been developed that can tighten the skin by heating collagen and causing it to contract. Although these treatments don't always produce great results, some patients have obtained significant improvement. There are two major ways of accomplishing skin tightening, one involves using radio-waves, and the other uses infrared light. Both work by heating the skin, and this induces some tightening and the stimulation of new collagen formation in the skin. The major radiofrequency device is Thermage (Solta). The major infrared device is the Titan (Cutera). The results of these treatments have been variable. The ideal candidate would be a patient in their 50s or early 60s with mild to moderate skin looseness (laxity), without much fat. Patients that have a lot of fat and (or) lots of loose skin do not usually achieve satisfactory results. The treatments are reasonably safe with minimal to no down time. There is some very short-lived discomfort from the heat that occurs during the treatment. These treatments have also been used to tighten loose skin on the abdomen, arms and legs. I have used the Titan device on three patients and am waiting to see the degree of improvement before considering purchasing this equipment. To learn what patients are saying about these treatments, see [www.realself.com](http://www.realself.com). At realself.com 58% of 31 patients said Titan (average cost \$1,831) was worth it, while 39% of 180 reviewers said Thermage (average cost \$2,737) was worth it. Which of the two technologies is better is uncertain, but in my judgment neither treatment provides dramatic results.



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).

Hope you have an enjoyable spring & summer....and don't forget the sunscreen & vitamin D!



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