



# Caring For Your Skin



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

- 1) Regular Sunscreen Use Lessens Wrinkles – No surprise here!
- 2) Are UV-Light Nail Gel Treatments a Cancer Risk?
- 3) Routine Treatment of Tick Bites – To Prevent Lyme Disease
- 4) Xeomin Promotion – Botox’s Latest Challenger
- 5) Vermont ranked 2<sup>nd</sup> in Health of its Senior Citizens. Vermont’s Health Rankings are High.
- 6) Remember to use Sun Protective Measures Daily.

## Regular Sunscreen Use Lessens Wrinkles

Like other dermatologists I have been telling my patients for years that they should use sun protective measures regularly, including sunscreen, to protect their skin against aging and to lower the risk of developing skin cancer. Previous studies have shown that daily use of sunscreen can lower your risk of developing skin cancer. Now a new study shows that people who were instructed to apply sunscreen every day showed 24% less skin aging after 4 and a half years, compared to those told to use the sunscreen as they normally would (and that is infrequently). Read more about the sunscreen study at: <http://annals.org/article.aspx?articleid=1691732>



The photograph on the left is of a truck driver. It shows the effect that sun exposure has on wrinkling. The left side of his face had more exposure to the sun than the right side. This is due to the fact that in the driver’s seat of the truck more sunlight struck the left side of his face, than the right.



**This should serve as a reminder to use sunscreen daily.**

I also note that golfers have less sun damage and fewer skin cancers on the hand that they wear a golfer’s glove, than on the hand without the glove.

People should use sunscreens that are broad-spectrum, meaning they protect against both UVA and UVB rays. This will help lower the risk of skin aging and skin cancer.

## Does the UV-Light Treatment of Nail Gels Increase the Risk of Cancer?



Elizabeth K. Hale, the Vice President of The Skin Cancer Foundation, said the Ultra-Violet lamps used to dry gel nails may increase the risk of skin cancer, particularly squamous cell cancer, the second most common type of skin cancer. However, the chance of getting skin cancer from UV nail lamps is much lower than from tanning beds. Nonetheless, the Skin Cancer Foundation's latest warning seems to suggest that even minimal UV exposure can be carcinogenic.

"Although studies have shown that the skin cancer risk associated with UVR-emitting nail lamps for gel manicures is very low, it is not insignificant."

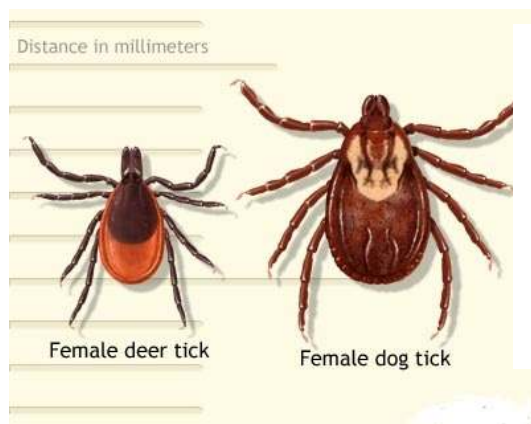
"So what's a manicure-obsessed girl to do? Stick to regular manicures or choose an LED service, which uses safe, light emitting diode lights, rather than UV light, to seal your polish. If you absolutely can't live without your gel manicure, be sure to apply an SPF 15 sunscreen or higher on your hands prior to your manicure appointment."

Also note that gel treatment and acetone removal of nail polish can cause thinning and brittleness of the nails.

[http://www.huffingtonpost.ca/2013/03/25/uv-nail-lamps-cancer\\_n\\_2948603.html](http://www.huffingtonpost.ca/2013/03/25/uv-nail-lamps-cancer_n_2948603.html)

[http://www.cbsnews.com/8301-204\\_162-57573145/gel-manicures-may-lead-to-nail-problems-and-potential-skin-cancer-risk-dermatologist-warns](http://www.cbsnews.com/8301-204_162-57573145/gel-manicures-may-lead-to-nail-problems-and-potential-skin-cancer-risk-dermatologist-warns)

## Prophylactic Treatment of Tick Bites

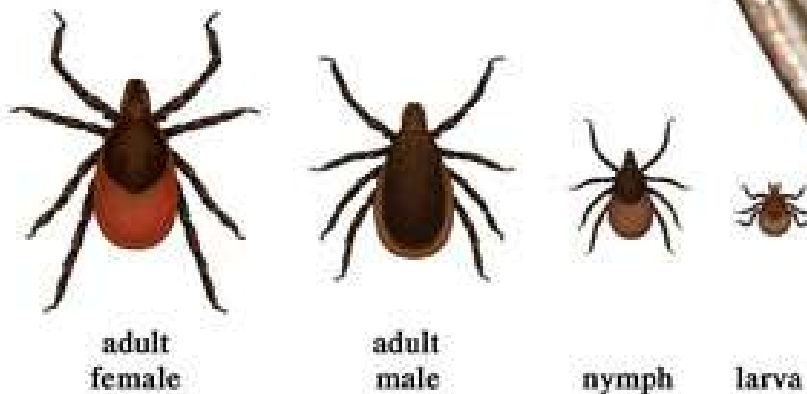


Engorged adult female deer ticks.

Some physicians offer treatment for tick bites to prevent Lyme disease, because the blood test for Lyme disease is not 100% reliable (sometimes gives a negative result, when it should be positive), and you can not rely on the Lyme disease skin rash (20% or more of Lyme infected patients do not develop a rash). For prevention of Lyme disease after a recognized tick bite, a **single dose of doxycycline may be offered** to adult patients (200 mg dose) and to children older than 8 years (4 mg/kg, up to a maximum dose of 200 mg) if all of the following are present:

- The attached tick can be reliably identified as an adult or nymph deer tick – also known as the Blacklegged tick (see image below) that is estimated to have been attached for longer than 24-36 hours on the basis of the degree of engorgement of the tick with blood or of certainty about the time of exposure to the tick

### Blacklegged Tick (*Ixodes scapularis*)



- Prophylaxis can be started within 72 hours of the time that the tick was removed
- Doxycycline treatment is not contraindicated
- At least 20% of the local tick population is infected with the Lyme disease organism (*B burgdorferi*). Lyme disease is endemic in most of Vermont, including Rutland and Bennington counties, and healthcare providers could assume that at least 20% of deer ticks are infected.)

For patients who did not receive antibiotic treatment within the 72 hour recommended time period, a 2 to three week treatment course can be offered. Amoxicillin should not be substituted for the single dose of doxycycline in persons for whom doxycycline prophylaxis is contraindicated because of the absence of data on an effectiveness of a short-course regimen of amoxicillin for prophylaxis, the likely need for a multiday regimen (and its associated adverse effects), the excellent efficacy of antibiotic treatment of Lyme disease if infection were to develop, and the extremely low risk that a person with a recognized bite will develop a serious complication of Lyme disease.

### Symptoms

The symptoms of Lyme disease are quite variable and depend on the body system affected. The skin, joints, nervous system or cardiovascular system may be involved. Early symptoms are not always recognized, and many people will first present to a healthcare provider with disseminated or late disease.

For more information on the signs and symptoms of Lyme disease, and Lyme disease in Vermont, read the patient handout on Lyme disease at:

[http://www.rutlandskin.com/#patients\\_handouts](http://www.rutlandskin.com/#patients_handouts) and for more info on deer ticks read <http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/ticks.html>

## *Xeomin Promotion – Botox’s Latest Challenger*



In previous newsletters I discussed a new Botox competitor called Xeomin. It has a similar duration of effects and safety profile as Botox. This is not surprising as both contain the same active protein. We have been using Xeomin at the Rutland Skin Center since February and are now happy to announce two Xeomin promotions:

- 1) For patients new to Botox, Dysport and Xeomin, and for those that have previously received Botox, Dysport or Xeomin, there is a \$30 off the regular Xeomin treatment fees, until August 30, 2013. The following table compares the prices of Botox, Dysport and Xeomin, and includes the Xeomin \$30 off promotion.

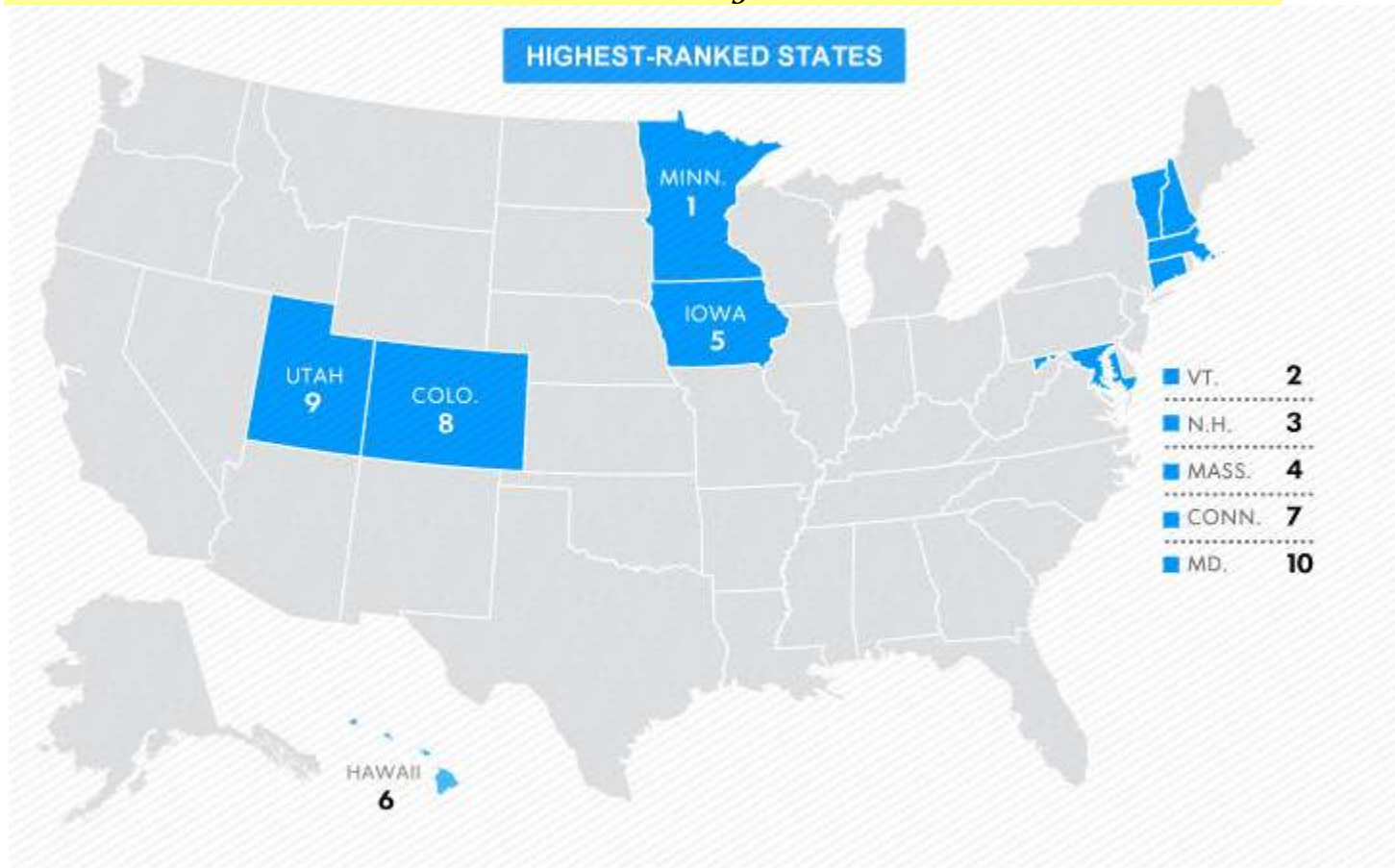
Botox / Dysport	Botox	Dysport	Xeomin
Crow's feet	<b>\$290</b>	<b>\$255</b>	\$245 – 30 = <b>\$215</b>
Forehead or between eyebrows	<b>\$330</b>	<b>\$295</b>	\$285 – 30 = <b>\$255</b>
2 areas	<b>\$530</b>	<b>\$495</b>	\$485 – 30 = <b>\$455</b>
3 areas	<b>\$720</b>	<b>\$685</b>	\$675 – 30 = <b>\$645</b>

- 2) For patients who have never received Botox, Dysport or Xeomin before, there is an additional offer of \$50 off your next treatment, after receiving your first treatment by August 30, 2013.



If you have been considering treating your crow's feet, scowl lines, or forehead frown lines, now is a great opportunity to save on the cost of treatment. Learn more about these treatments at: [http://www.rutlandskin.com/#services\\_botox\\_injections](http://www.rutlandskin.com/#services_botox_injections)

## Vermont ranked 2<sup>nd</sup> in health of its senior citizens



The report focuses on 34 measures of senior health, including physical inactivity, obesity, self-reported health status, poverty, drug coverage, hospital re-admission rates and flu vaccinations. The data analyzed is from more than a dozen government agencies and private research groups.

<http://www.usatoday.com/story/news/nation/2013/05/28/senior-citizens-health-care-report/2354635>

It is also important to note other positives about Vermont health and health care.

- Vermont has been ranked healthiest state in the nation for 5 years in a row (<http://www.reuters.com/article/2011/12/07/uk-usa-health-states-idUSLNE7B60222011207> )
- Vermont has one of the lowest uninsured rates of the 50 states (second lowest, behind Massachusetts: <http://www.golocalworchester.com/news/mass-leads-country-with-lowest-uninsured-rate> )
- The 2009 Commonwealth Fund's *State Scorecard on Health System Performance* ranked Vermont #1 in the United States (<http://www.commonwealthfund.org/Publications/Fund-Reports/2009/Oct/2009-State-Scorecard.aspx>).
- Vermont's physicians are extremely efficient in taking care of patients. Medicare spends the smallest percentage on physician and clinical services per Medicare beneficiary in Vermont than in any other state (**Half of the national average!** 12.4% versus a national average of 23.2%) (<http://www.statehealthfacts.org/comparemaptable.jsp?yr=92&typ=2&ind=626&cat=6&sub=72&sortc=2&o=a> )

**Remember to use sun protective measures daily.**



Wear a broad-brimmed hat to protect your skin from the sun – to keep it looking younger and cancer free.

You can get a hand-out that reviews sunscreens and other sun-protective measures at: [http://www.rutlandskin.com/#patients\\_handouts](http://www.rutlandskin.com/#patients_handouts) – download the “Sun Protection” handout.

- 1) Don't sunbathe or use tanning lights.
- 2) Sit in the shade whenever possible.
- 3) In the summer, engage in outdoor activities earlier or later in the day to avoid peak sunlight hours between 10 am and 4 pm.
- 4) Use a broad-spectrum sunscreen with a sun protective factor (SPF) of least 15 on all exposed skin, including the lips, even on cloudy days.
- 5) Wear protective hats, glasses and clothing.

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 summer....and don't forget these 5 sun protective measures. ☀️



DPM