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Caring For Your Skin



Daniel P. McCauliffe, M.D.
Board Certified Dermatologist

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Welcome to the latest 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) **Dysport, Restylane and Perlane Spring Promotions**
- 2) **Despite the skin cancer risk, young women continue to tan**
- 3) **In search of the Holy Grail for treating baldness and thinning hair**
- 4) **Experimental non-surgical method to reduce fat**

Dysport, Restylane and Perlane Spring Promotions



From April 1 – May 30, 2014 the Rutland Skin Center is offering:

\$50 off **Dysport** treatments,

\$50 off 1cc syringe of **Restylane** or **Perlane**, or

Buy one syringe of **Restylane** or **Perlane** and get ½ off a second syringe. That is a **\$257** savings on the second syringe of Restylane, and a **\$270** savings on the second syringe of Perlane.

For more information on Dysport treatments see:

http://www.rutlandskin.com/#services_botox_injections

For more information on Restylane and Perlane filler treatments see:

http://www.rutlandskin.com/#services_restylane

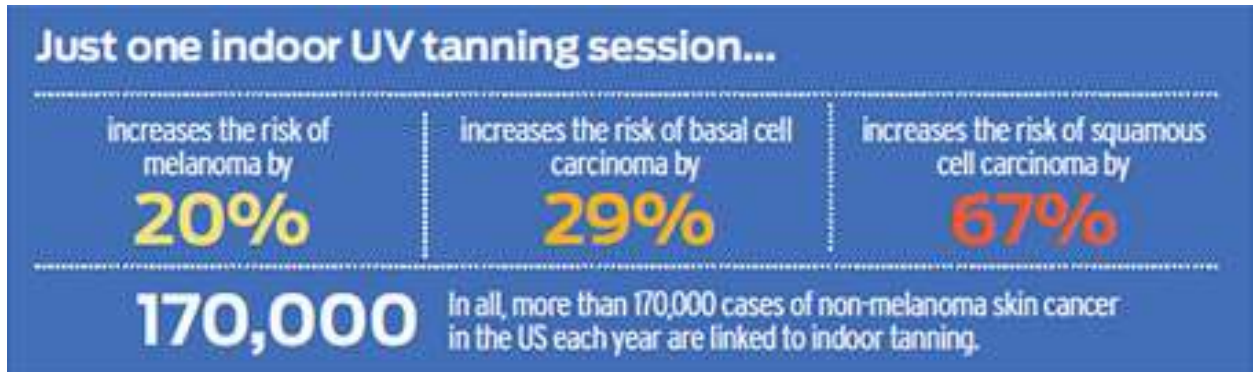
Despite the skin cancer risk, young women continue to tan

“Despite the now well-established dangers of indoor tanning, teenage and young adult women continue to use tanning beds at an alarming rate, according to the Centers for Disease Control and Prevention’s recent survey study of more than 15,000 subjects. In the 12 months before being surveyed, the study found:

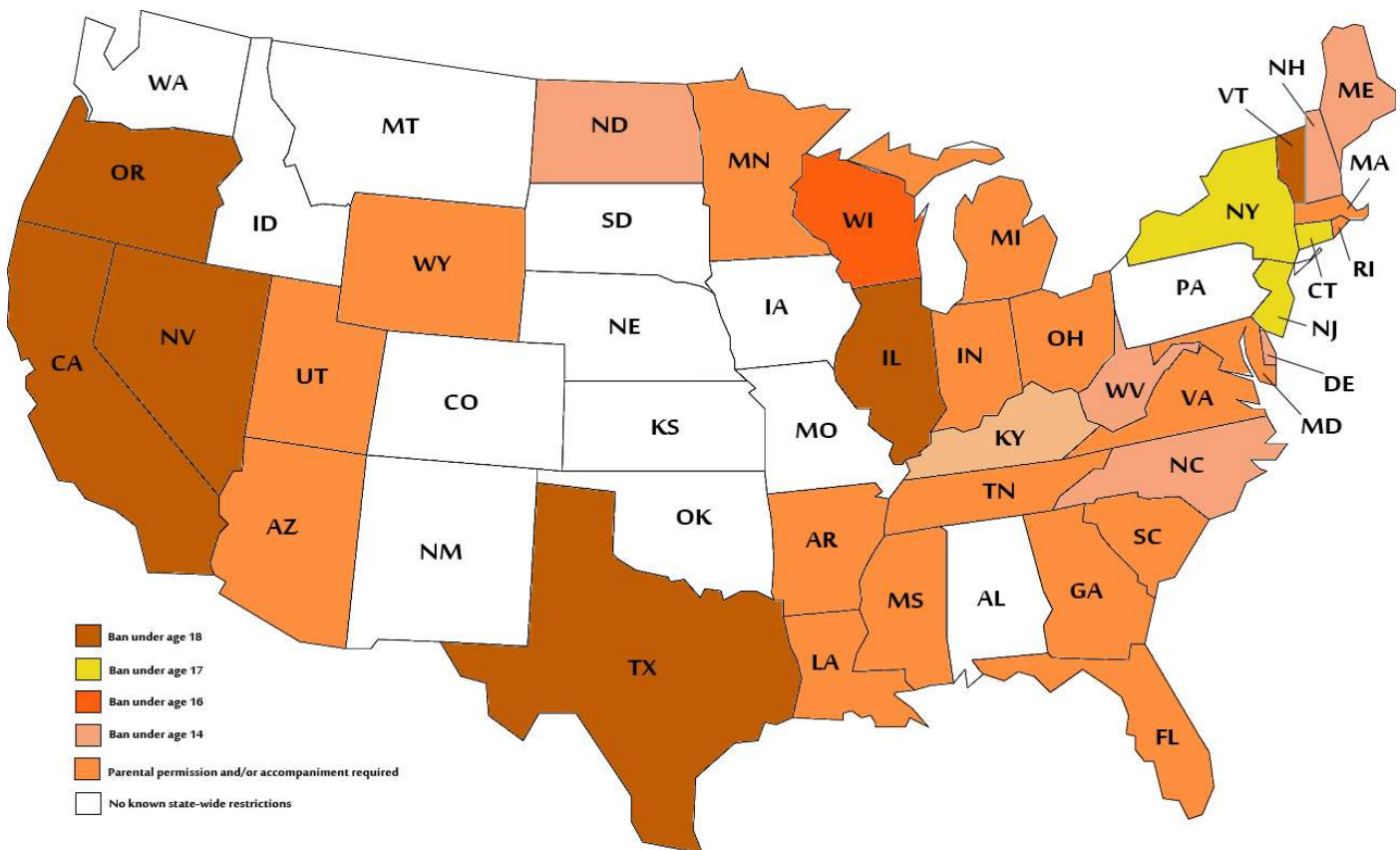
- Over 29 percent of non-Hispanic white female high school students engaged in indoor tanning at least once, and almost 17 percent did so at least 10 times.

- Nearly 25 percent of non-Hispanic white women ages 18 to 34 engaged in indoor tanning at least once, and over 15 percent did so at least 10 times.

These findings reinforce past research, notes California dermatologist Melanie Palm, MD, spokeswoman for The Skin Cancer Foundation. “A disproportionate number of girls and young women use tanning beds,” she says. “There’s a cultural disconnect between the risk and the desire for a ‘healthy glow.’” From: <http://www.skincancer.org/publications/sun-and-skin-news/winter-2013-30-4/tanning>



More states, including Vermont are passing legislation to limit tanning. Vermont bans tanning for people under 18 years of age.



From: <http://kcur.org/post/teen-tanning-bans-grow-across-us-opposition-remains-missouri>

There are a number of videos of young women dying of melanoma who advise others to not do what they did. Here is a link to one video worth sharing with those who tan:

<http://www.king5.com/health/Young-woman-with-skin-cancer--192637701.html>

In search of the holy grail for treating baldness and thinning hair



By the age of 35, two-thirds of American men experience some degree of measurable hair loss, and by the age of 50, approximately 85 percent have significantly thinning hair, according to the American Hair Loss Association.

Potential Cure #1) Researchers at the University of California, Los Angeles have identified a possible cure for baldness related to a stress hormone. Mice with high levels of the stress hormone lost hair, but when injected with a compound that blocked the hormone, they grew thick coats of hair, and it restored hair pigment, reversing graying hair.

Potential Cure #2) The active ingredient in Latisse (bimatoprost), that was originally used to treat glaucoma, is now used to grow thick, longer and darker eyelashes. Last year British researchers showed promising results that bimatoprost might also work for regrowing hair.

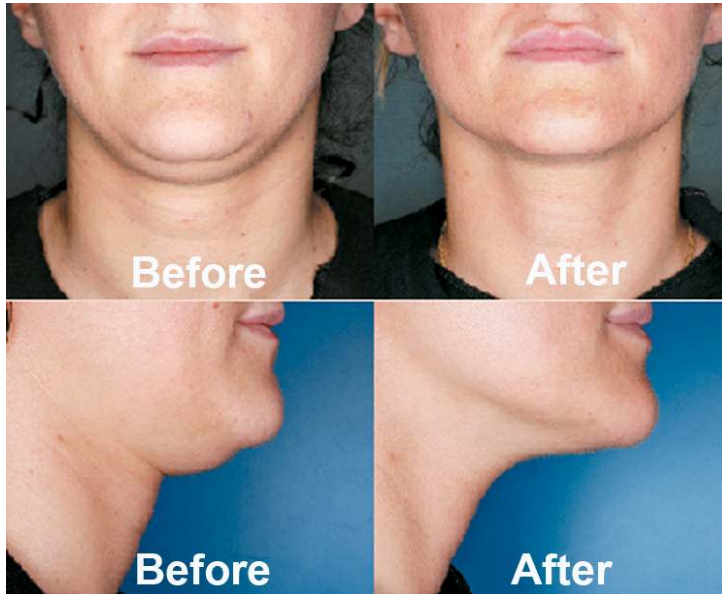
Potential Cure #3) Researchers at Yale University have found that fat in the skin may influence hair growth by producing certain growth substances. Hair loss is associated with loss of scalp fat. It is possible that restoring the fat, or identifying the growth substances from fat that triggers hair growth might lead to a treatment for baldness.

Potential Cure #4) Researchers from several universities have been able to culture stem cells from hair follicles, and are in the process of grafting these cells into skin to restore hair. Although using stem cells to regenerate missing or dying hair follicles is considered a potential way to reverse hair loss, it still is not possible to generate sufficient numbers of these hair-follicle-generating stem cells for clinical use. Nonetheless, the ability to clone hair generating stem cells offers great promise for generating an unlimited number of cells for hair transplantation.

The above research studies show promising new ways that may some day be developed into clinical treatments for baldness and thinning hair. It is too early to tell whether any of these will prove successful in this regard.

For more information of the causes and treatment of hair loss (alopecia), please see handout at: http://www.rutlandskin.com/#patients_handouts

Experimental non-surgical method to reduce fat



ATX-101 (Kythera Biopharmaceuticals) is an experimental, injectable fat dissolving agent. Studies have shown promising results in reducing fat under the chin (submental area).

In a recent study, 129 patients received monthly treatments for up to five months in the submental area. Clinical assessments were performed at all treatment visits and at four and 12 weeks after the last treatment visit. Patient self-assessments and MRI (Magnetic Resonance Imaging) assessments were performed at baseline, at treatment visit five and at 12 weeks after the last treatment visit.

“Results showed statistically significant reductions in submental fat in those patients treated with ATX-101 as compared with placebo, as assessed by all measures including clinician and patient-self assessments, and MRI measurement for both fat volume and thickness.”

Side effects of treatment included mild temporary bruising, pain and swelling, but all patients tolerated the treatments well. “According to Dr. Schlessinger, the average patient would require two to three treatments to achieve a good aesthetic outcome, and there is no need for maintenance treatments.”

See more at: <http://cosmeticsurgerytimes.modernmedicine.com/cosmetic-surgery-times/news/modernmedicine/modern-medicine-feature-articles/minimally-invasive-subme>

We look forward to more results from ongoing studies and are hopeful that this non-invasive treatment will become available in the near future for reducing localized areas of fat.

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.

Hope you have an enjoyable summer.

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