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Caring For Your Skin



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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 health care related information. In this issue, I address:

- 1) **"Lose the Lines" Spring Promotion & introducing *NEW* Restylane Silk**
- 2) **Introducing *MMN* skin rejuvenation for wrinkles, stretch-marks, scars and more**
- 3) **Exercise Hormone May Offer Breast-Cancer Protection and Promote Fat Loss**
- 4) **Drinking coffee each day may help keep melanoma away**
- 5) ***Latisse*, for growing longer, thicker and darker eyelashes – Now offered in two sizes**

"Lose the Lines" Spring Promotion



From April 1 . May 29, 2015 the Rutland Skin Center is offering:

\$50 off one **Dysport** treatment session,

\$50 off 1cc syringe of the **NEW Restylane Silk**, up to 2 cc

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

Restylane Silk was recently FDA approved. It is a newer formulation of Restylane that is better suited for improving the lines around the mouth, and for thin lips. **Restylane Silk** is designed specifically to provide natural-looking results in these areas. A one cc syringe of **Restylane Silk** normally costs \$540 (\$490 with the promotion). Read more about **Restylane Silk** here: <http://www.restylaneusa.com/restylane/restylane-silk.aspx>

For more information on Dysport treatments see:
http://www.rutlandskin.com/#services_botox_injections

For more information on Restylane and other filler treatments see:
http://www.rutlandskin.com/#services_restylane

MMN for wrinkles, stretch-marks, scars and more



After the age of thirty-five, our skin's production of collagen slows down. This results in thinner and less elastic skin and an increase in pore size. This continues to progress with the appearance of wrinkles and sagging skin.

To combat these changes a number of treatments have been shown to increase collagen production, including skin wounding through measures like laser resurfacing. Unfortunately, the standard full surface laser resurfacing had the drawbacks of scarring, loss of skin pigment and prolonged recovery time. We were hopeful when the fractional resurfacing lasers promised to overcome these shortcomings. We tried three different fractional lasers for resurfacing skin wrinkles, on a number of patients, but unfortunately were not impressed, as the recovery time was still one to two weeks, and after the swelling resolved, the results after one treatment were not very impressive at all. Of course multiple treatments could be performed to get better results, but this was less realistic because of the high cost (the machines are expensive) and the long recovery time (may have to take time off from work).

Fortunately, we now have a much simpler, safer and less costly treatment with minimal recovery time that can achieve comparable results to multiple fractional laser resurfacing treatments. This treatment is called medical micro-needling (**MMN**). Like fractional laser treatments, the micro-needles create very small skin wounds that stimulate new collagen formation that thickens the skin and smoothes out surface wrinkles, stretch marks and scars, and may help minimize pore size. These micro wounds also can serve as conduits for skin rejuvenation products, like vitamin C, to better penetrate the skin, for better results.

It is a simple low cost way of improving the skin's appearance by creating very small wounds in the skin that stimulate new collagen and elastic tissue production that thickens the skin, improves its texture and smoothes out surface wrinkles, stretch marks and scars. These micro wounds also can serve as conduits for skin rejuvenation products to better penetrate the skin, when applied to the surface. For example, it may improve the effectiveness of minoxidil (Rogaine) to improve hair growth. One scientific study showed that after three months of weekly MMN treatments, 82% of MMN treated patients using minoxidil reported more than 50% improvement versus only 5% of minoxidil treated patients without MMN treatment.

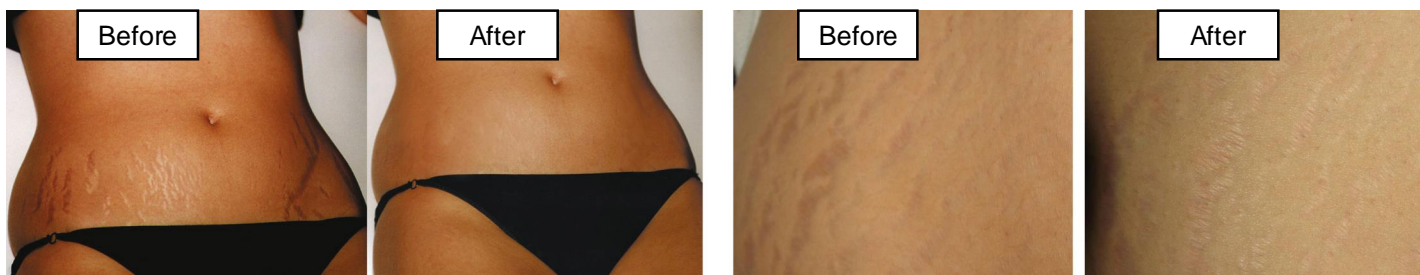
There are a number of different micro-needling devices. The rotating cylinder devices cause more gouging than the vibrating stamping devices. The stamping devices are more precise and the depth of needle penetration can be adjusted, up or down, to achieve best results on different areas on your face and elsewhere on your body. The stamping devices are also better suited for treating small areas, like around the nose, lips and eyes. At the Rutland Skin Center we use the more precise vibrating stamping device.

What conditions can be treated or improved with MMN?

- Fine lines and wrinkles;
- Mildly lax skin & stretch marks;
- Mild to moderate acne scarring; and other types of skin scars
- Rough skin texture
- Hair loss



MMN to improve the appearance of wrinkles



MMN to improve the appearance of stretch marks



MMN to improve the appearance of scars



MMN to stimulate hair growth

For more on MMN, including treatment costs, see http://rutlandskin.com/#services_micro-needling & http://rutlandskin.com/#services_microneedling_faq

Exercise hormone IRISIN may offer breast-cancer protection and promote fat loss



We all know that regular exercise is a good thing. It helps control our weight, boost our mood & energy levels, promotes better sleep and has many other health benefits. Now we learn that a new exercise related hormone called irisin appears to lower the risk of breast cancer.

A hormone released from muscles after vigorous exercise could help to treat or prevent breast cancer, says a study in the February issue of the International Journal of Cancer. The hormone, called irisin, significantly reduced the number of aggressive breast-cancer cells in laboratory cultures and enhanced the effects of a chemotherapy drug commonly used to treat breast cancer, the study found.

Women who exercise are reported to have a 30% to 40% reduced risk of breast cancer and improved survival if they have the disease, an association that hasn't been well understood, the researchers said. This study suggests irisin is a possible link between physical activity and breast cancer protection. Its anti-cancer effects may be due to reduced inflammation, the study said. From: http://www.wsj.com/articles/a-hormone-released-after-exercise-may-fight-breast-cancer-and-enhance-chemotherapy-1421704086?mod=WSJ_hp_EditorsPicks



Irisin is capable of reprogramming the body's fat cells to burn energy instead of storing it. This increases the metabolic rate and is thought to have potential anti-obesity effects. The team found that subjects with higher levels of irisin also had longer telomeres. Relative telomere length can be predicted by age and plasma irisin levels, and with this deduction the study authors conclude that: "irisin may have a role in the modulation of both energy balance and the ageing process." Longer telomeres are associated with a longer lifespan.

From: <http://www.sciencedaily.com/releases/2014/02/140217085609.htm>

Drinking coffee each day may help keep melanoma away



The US is a nation of coffee drinkers with more than half of us drinking at least 3 cups of it every day. So it is good news that there are health benefits to drinking coffee. Adding to the list of health benefits, a **recent study found that the more coffee one consumed each day, the lower the risk of developing melanoma. Drinking four or more cups of coffee each day was associated with a 20% lower risk of melanoma.** Additional studies are needed to further investigate the role that coffee and caffeine might play in preventing melanoma.

From: http://www.oxfordjournals.org/our_journals/jnci/press_releases/lofffielddju421.pdf

Coffee has been shown to have other health benefits as well. Coffee consumption has been associated with a number of other health benefits including: a reduced risk of liver cancer, prostate cancer, endometrial cancer, heart failure, stroke, liver cirrhosis, type II diabetes, Parkinson's disease, dementia, and tinnitus (ringing in the ears). However, beware that high caffeine consumption also has deleterious health effects including insomnia, nervousness-anxiety, irritability, restlessness, fast heartbeat, muscle tremors and stomach upset.

For more information on the benefits and risks of coffee consumption read this article: <http://www.medicalnewstoday.com/articles/247583.php>

Latisse – Now offered in two sizes: 3 or 5 ml

Week 0

Week 4

Week 8

Week 12

Week 16



Compare prices at: www.goodrx.com, with our low prices (\$109 for 3ml and \$149 for 5 ml). For more on Latisse, to improve the appearance of your eyelashes, see: <http://www.latisse.com/>

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 spring & summer, and, as always, don't forget to protect your eyes and skin from the sun.

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