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# Caring For Your Skin



Spring-Summer 2017

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

- 1) *Current promotions Dysport, Restylane fillers and Kybella*
- 2) *Defyne and Refyne, the latest Restylane family filler products*
- 3) *Need another reason to follow sun-protective measures – Look at these photos!*
- 4) *White wine and citrus consumption may increase the risk of developing melanoma.*
- 5) *Recent anti-aging research reports show promise for lowering cancer risk and raising life span.*
- 6) *Diet soda has been associated with near triple the risk of stroke and Alzheimer's dementia.*

## Current SPRING Promotions



*There's an easy fix for this - Dysport!*

# Dysport®

**\$25 off** one Dysport treatment (\$280 or greater), until May 26, 2017. No limits to the number of people who can participate in this offer. Limited to one offer per person.

Restylane Restylane Restylane

SILK

LYFT



**For new patients or established patients that have never received filler treatments before - \$100 off a single syringe of Restylane, Restylane Silk or Restylane Lyft.** Treatments must be received by May 26, 2017. **Limited to one syringe per participant**

Restylane

REFYNE

Restylane

DEFYNE

**For all patients - \$100 off two, 1 cc syringes of Restylane Defyne or Refyne.** Both syringes must be received by August 31, 2017. **Limited to 10 patients.**

**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 773-3553 a few days before your appointment.

# kybella®



For non-surgical **permanent** fat reduction - Kybella may be the answer for you. Read more about Kybella here: <https://www.mykybella.com/>

Dr. McCauliffe has been using Kybella successfully for double chins, and “off label” for jowls, bra-rolls, knee bulges, and arm and belly fat. It is so nice to have this permanent fix for areas of unwanted fat.

**Save up to \$580 off three Kybella treatments.** Sign up with the Brilliant Distinctions reward program ([https://www.brilliantdistinctionsprogram.com/?cid=tab\\_kyb\\_c](https://www.brilliantdistinctionsprogram.com/?cid=tab_kyb_c)).

If you need help signing up, call Laurie in our office at 802-773-3553.

Download a coupon from the Kybella website for \$100.00 off your first treatment

(<https://www.mykybella.com/coupon>). Your first Kybella treatment earns 40 points = \$40 off your second treatment, in addition to \$400 off the second treatment at the Rutland Skin Center.

Your second treatment earns an additional 40 points = \$40 off your third treatment, if needed.

***Be aware that this Kybella promotion is limited to three patients and that the treatments need to be received within a ninety day period with at least 30 days between each treatment. The first treatment must be received by June 30, 2017, the expiration date on the \$100 coupon.***

On average, patients need about three treatments for optimal or near optimal improvement. The average cost per treatment is around \$600 so with this promotion the typical patient would be getting approximately three treatments for the price of two. We have had some patients that have only required one or two treatments to get the desired effect. The cost is also dependent on how large the treatment area is. **The nice thing about Kybella is that the results are permanent so additional treatments are not needed to maintain the effects!** Call 802-773-3553 for a Kybella consultation to determine if you are a good candidate for Kybella. If you are a good candidate and elect to have treatment, the \$79 consultation fee will be applied toward the treatment cost.

**Call 802-773-3553** to set up an appointment as soon as possible, so that you have more flexibility in scheduling. For more information on Dysport treatments see:

[http://www.rutlandskin.com/#services\\_botox\\_injections](http://www.rutlandskin.com/#services_botox_injections)

For more information on Restylane filler treatments see:

[http://www.rutlandskin.com/#services\\_restylane](http://www.rutlandskin.com/#services_restylane)

For more info on Kybella see: [http://rutlandskin.com/#services\\_kybella](http://rutlandskin.com/#services_kybella)

## Two new Restylane filler products - Defyne and Refyne



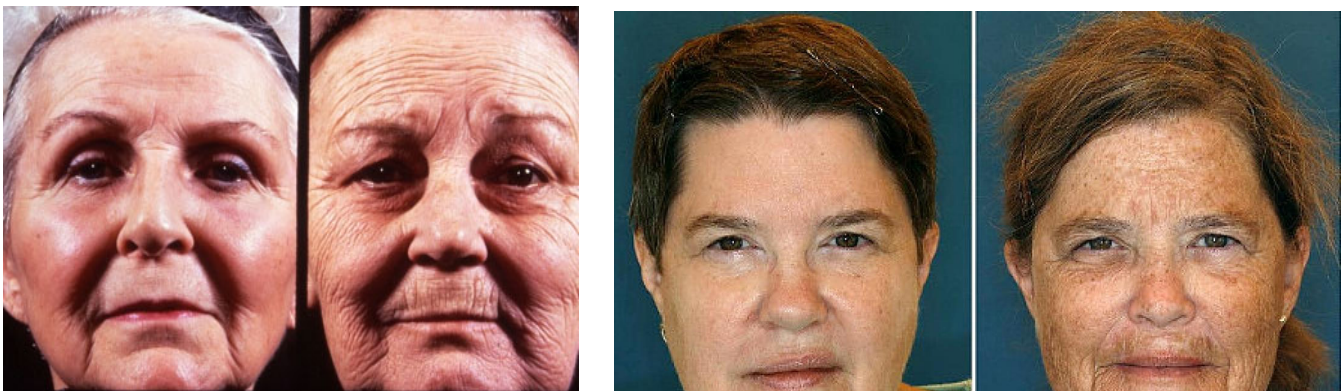
These two new second generation filler products have been used in Europe under the name Emervel. These products, like the other Restylane family products (Silk, Restylane classic, and Lyft) are made of hyaluronic acid. **The advantages of Defyne and Refyne are less swelling and more elasticity to provide more natural looking results with facial expressions.** The longevity is comparable to the other fillers, lasting up to a year when used in the lower face. The cost is higher (\$590 per 1 cc syringe), though until May 26, 2017, the Rutland Skin Center will be offering them at the same cost as the other Restylane filler products (\$540), with the purchase of two syringes. So if you had significant swelling with fillers in the past, or wish to achieve more natural looking results in filling areas in the lower half of your face, you should consider trying one of these new products. Now is a good time to try with the lower cost promotion.

For more info on these products see: <https://www.restylaneusa.com/>

## **Summer will soon be here. Need a reason for sun protection?**

Two sets of identical twins are depicted below. One from each set was a sun worshiper. Guess which one!

And which one of the two sets of sisters do you think is most likely to develop skin cancer?



For more on sun protective measures and how to pick a good sun block, go to: [http://rutlandskin.com/sun\\_protection.pdf](http://rutlandskin.com/sun_protection.pdf)

## White wine & citrus fruit may increase melanoma risk



Alcohol is a known risk factor for a number of cancers, including cancer of the head and neck, esophagus, liver, stomach, colon and breast. Now a recent study has indicated that drinking white wine may increase the risk of developing melanoma.

The study found that each alcoholic beverage consumed daily was associated with a 14 percent greater risk of melanoma. When they looked at the type of alcohol consumed, only white wine was associated with an increase of developing melanoma. Each glass of white wine consumed daily was linked to a 13 percent greater risk of melanoma. Beer, red wine, and liquor had no significant impact on melanoma risk. The significance of these findings is not yet fully understood, but this evidence is yet another reason to limit alcohol consumption.

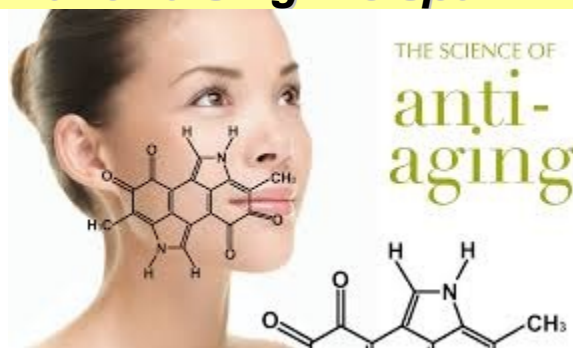
From: <http://www.medicalnewstoday.com/articles/314481.php>

Another study found that people who had a serving of 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. A serving was defined as half a grapefruit, one orange or a 6 ounce glass of juice.

It is thought that the high levels of furocoumarin chemicals found in citrus fruit may be responsible for the increased melanoma risk. These chemicals make the skin more sensitive to the damaging ultraviolet sun rays. The full significance of these findings are uncertain. However, from this preliminary study it seems advisable for people who consume a lot of citrus fruit products to avoid prolonged sun exposure.

From: <http://www.reuters.com/article/us-skin-cancer-citrus-idUSKCN0P92O620150629>

## Research shows promise for lowering cancer risk and raising life span



A recent Harvard study has shown that increasing nicotinamide adenine dinucleotide (NAD+) levels in mice can reverse the aging process, in part by preventing and repairing DNA damage. When aged mice were supplemented with a NMN, a precursor of NAD+, key markers of aging were lowered to that of much younger mice. If the NAD+ precursor has similar effects in humans, it is possible that therapies can be developed that prevent DNA damage associated with aging and cancer development. Human trials with NMN are likely to begin later this year.

From: <http://news.harvard.edu/gazette/story/2017/03/harvard-scientists-pinpoint-critical-step-in-dna-repair-cellular-aging/>

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The anti-diabetic drug rosiglitazone (Avandia) has been shown to inhibit the growth of melanoma in older patients. This occurs through the activation of an anti-aging gene that inhibits a protein that normally promotes spread of the melanoma, and also makes the melanoma more resistant to treatment. These findings suggest a new avenue to treat older melanoma patients. From: <https://www.sciencedaily.com/releases/2017/02/170223114744.htm>

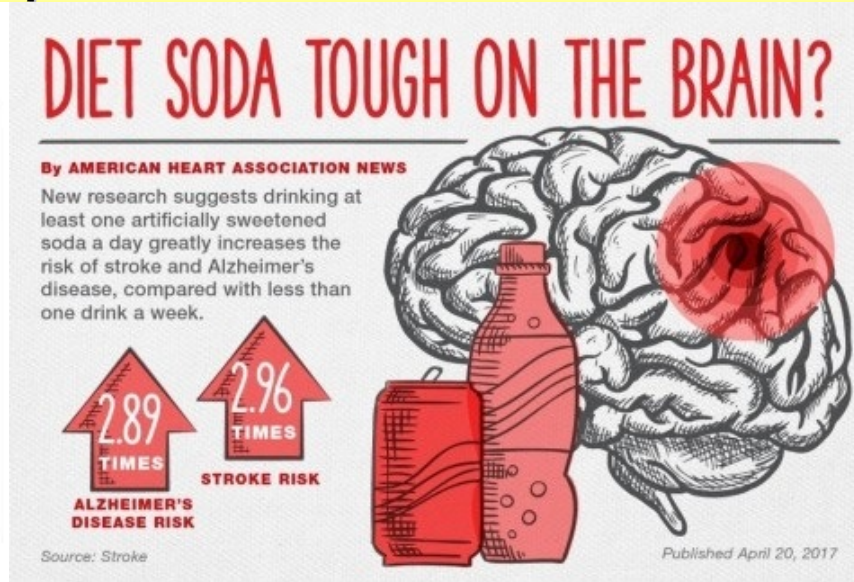
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Removing aged cells from our skin and other tissues may rejuvenate these tissues to a more youthful level. When a substance that clears old cells was tested in aged mice, treated mice ran faster, grew more fur and had healthier organs than untreated mice. Another study showed that removal of older cells in mice slowed the development of tumors, preserved tissue and organ function, and extended lifespan up to 35% without any observed adverse effects. How these findings might translate into practical use in humans is yet to be determined.

From: <https://www.sciencedaily.com/releases/2017/03/170323141414.htm>

## Diet soda consumption & stroke and Alzheimer's disease risk



The study showed an association between regular diet soda consumption and increased risk for stroke and dementia. This study does not show a direct cause and effect. Nonetheless it seems prudent to cut back on diet soda consumption until more is learned. It also raises concern about the consumption of other artificially sweetened foods and beverages.

From: [https://www.washingtonpost.com/news/morning-mix/wp/2017/04/21/study-links-diet-soda-to-higher-risk-of-stroke-dementia/?utm\\_term=.7e5fed507923](https://www.washingtonpost.com/news/morning-mix/wp/2017/04/21/study-links-diet-soda-to-higher-risk-of-stroke-dementia/?utm_term=.7e5fed507923)

From this and previous newsletters it appears that drinking coffee would be a healthier substitute for diet sodas. <http://rutlandskin.com/Newsletter-Winter%202015-16.pdf>

## Top 10 Health Benefits of Drinking Coffee

1. Reduces The Risk of Kidney Stones
2. Treats Asthma and Headache
3. Reduces The Risk of Liver Disease
4. Decreases Parkinson's Risk
5. Reduces Workout Pain
6. Boosts Your Memory
7. Deters Death from Heart Disease
8. Protects From Type 2 Diabetes
9. Lowers Depression Risk
10. Curbs Cancer Risk, including melanoma!

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 remember to use sun protective measures daily.

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