



Caring For Your Skin



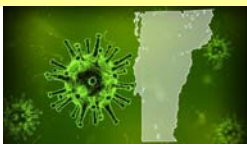
Spring-Summer 2020

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

- 1) COVID-19 update
- 2) Low Vitamin D levels are associated with worse COVID-19 outcomes
- 3) Introducing Restylane Kysse™
- 4) Angel-Wing lip lift

COVID-19 Update



COVID-19 in Vermont

The number of new cases of COVID-19 cases in Vermont has leveled off, despite larger numbers of Vermonters being tested since more test kits have become available. Phil Scott, the State Governor has thus begun to loosen the restrictions that were implemented starting in March to slow the spread of the virus. On May 15th he stated that he would relax the “Stay at Home” orders that were implemented in mid-March. He extended Vermont’s two-month-old state of emergency to June 15 and contemplates lifting some of the restrictions on barber shops, salons, outdoor dining, and other businesses by June 1, if the number of daily new Covid-19 cases remains low. He also provided some guidelines for campgrounds and hotels.

Ref: <https://vtdigger.org/2020/05/15/scott-extends-state-of-emergency-to-june-15-as-he-relaxes-stay-home-order/>

If we all participate in following the guidelines (wear face coverings/masks when in public spaces, social distance, wash hands frequently, etc.) we can hopefully keep the number of new cases low so our economy can begin to recover while we wait for an effective COVID-19 vaccine. You can follow the daily number of new COVID-19 cases in VT, at

<https://vtdigger.org/coronavirus/>



Promising Covid-19 treatments in the pipeline

- 1) The anti-viral agent Remdesivir has shown promise in treating patients with severe COVID-19 illness.
- 2) Antibodies donated through blood donations from patients who have recovered from COVID-19 have also shown benefit to COVID-19 infected patients.
- 3) Several companies are making synthetic anti-COVID-19 antibodies in the lab and these may prove to be a substitute for those from blood donations. In mid-May *Sorrento Therapeutics* announced that have developed an effective anti-COVID-19 antibody, but there is more testing required before it might be ready to use in patients.
- 4) There are many other companies doing research to develop effective COVID-19 treatments.



COVID-19 Vaccines

Hopefully a safe and effective vaccine can be developed to prevent Covid-19. Worldwide there are over 100 vaccines in development. At least eight of these vaccines have already begun testing in humans. Companies are also making efforts to scale-up production capabilities to make millions of doses once an effective and safe vaccine has been developed. At the very earliest we might have an effective vaccine available by late 2020 or early 2021.



Rutland Skin Center’s current COVID-19 safety protocols

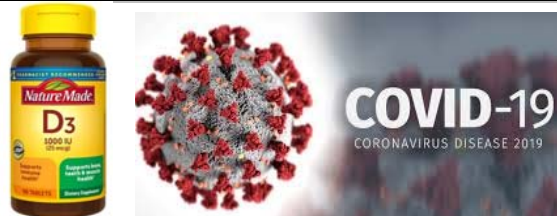
We are taking measures to protect our patients and staff from COVID-19. These include exclusion of visitors with flu-like symptoms from our clinic. We are also now requiring that all visitors wear a face covering before entering the clinic building and throughout the visit unless asked to remove it during the exam.



The Rutland Skin Center staff wear face masks during the clinic day and are taking efforts to follow social distancing guidelines outside of the exam room. We are also following disinfecting protocols.

To better ensure your safety and the safety of your family, please follow the coronavirus safety guidelines at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Low levels of Vitamin D are linked to bad COVID-19 outcomes



Patients with low blood levels of vitamin D have been shown to have a greater risk of developing respiratory tract infections. And just recently there have been reports that people with lower blood levels of vitamin D had worse outcomes when infected with COVID-19. Patients with very low vitamin D levels were twice as likely to have major complications and death. One of the most severe complications leading to death is an over reactive immune response to the virus called “**cytokine storm**”. Scientists have discovered that people who experience *cytokine storm* are more likely to have low vitamin D levels and die from the virus.

The scientist concluded that vitamin D “prevents our immune systems from becoming dangerously overactive. This means that having healthy levels of vitamin D could protect patients against severe complications, including death, from COVID-19.” “It will not prevent a patient from contracting the virus, but it may reduce complications and prevent death in those who are infected.” Ref: <https://www.sciencedaily.com/releases/2020/05/200507121353.htm>

It has been noted that the elderly, obese people and people with darkly pigmented skin are at higher risk of developing more severe cases of COVID-19, and death. Interestingly, these three groups have previously been shown to have lower vitamin D levels than the general population.



Elderly

It is widely known that those over 60 years of age have a significantly higher risk of dying from COVID-19. There are likely many reasons for this. One is that the elderly are more likely to have cytokine storm. As mentioned above, cytokine storm may lead to increased mortality.

Ref: <https://www.wired.com/story/why-has-covid-19-hit-seniors-so-hard/> And as has been known from previous studies, the elderly, particularly those that are home bound or are in nursing homes, are much more likely to be vitamin D deficient compared to younger people. Ref: <https://www.webmd.com/healthy-aging/news/20010516/too-many-elderly-lacking-in-vitamin-d#1>



Obesity

Obesity is one of the biggest risk factor leading to COVID-19 hospitalizations in the US. A recent study found that while age was the biggest risk factor, obesity was the most strongly associated health condition linked to worse outcomes when infected with COVID-19. “The report said: “The chronic condition with the strongest association with critical illness was obesity, with a substantially higher odds ratio than any cardiovascular or pulmonary disease.”

A separate study found patients under 60 are twice as likely to need hospital care or ventilation if they were obese, making it the second biggest risk factor.” Obese people are also likely to have other health care problems that may worsen their survival rate from Covid-19.

Ref: <https://www.dailymail.co.uk/news/article-8217275/Over-65s-obese-people-likely-hospitalised-coronavirus-cancer-patients.html>

A number of studies have shown lower levels of vitamin D in overweight and obese individuals. Larger waistlines have been linked to higher likelihood of vitamin D deficiency.

Ref: <https://www.medicalnewstoday.com/articles/321851>



Dark Skin

“In Louisiana, African Americans accounted for 70% of COVID-19 deaths, while comprising 33% of the population. In Michigan, they accounted for 14% of the population and 40% of

deaths, and in Chicago, 56% of deaths and 30% of the population. In New York, black people are twice as likely as white people to die from the coronavirus.

Ref: <https://www.medpagetoday.com/infectiousdisease/covid19/86266>

“An estimated 40% of American adults may be vitamin D deficient. For African-Americans, that number may be nearly double at 76% according to a new study by The Cooper Institute.” The pigment in the skin blocks the ultraviolet-B (UV-B) sunlight that helps our skin make vitamin D. Wearing sunscreen and clothing also blocks this process. However, other factors, besides lower vitamin D levels likely play a role in this disparity. African Americans are more likely to be obese and have other health issues, compared to other Americans.

Ref: <http://www.cooperinstitute.org/2019/09/24/african-americans-at-greatest-risk-of-vitamin-d-deficiency>

The Important Message to be Learned

There is indirect evidence that low vitamin D levels may make an individual more susceptible to having severe illness and death when infected with COVID-19. It would therefore seem wise to consider supplemental vitamin D, if you are in one of the above higher risk groups, or if your primary care provider finds that your vitamin D levels are deficient. Please note that people who get very little sun exposure, as during the winter months, or who do not spend much time outdoors in the summer, or use rigorous sun protective measures in the summer, likely would benefit from daily vitamin D supplements even during the summer months. I have written about the benefits of vitamin D in previous newsletters. I encourage you to read this older newsletter for more details on vitamin D supplementation and some of its health benefits.

http://www.rutlandskin.com/Newsletter-Autumn_2008.pdf

Restylane KYSSE™



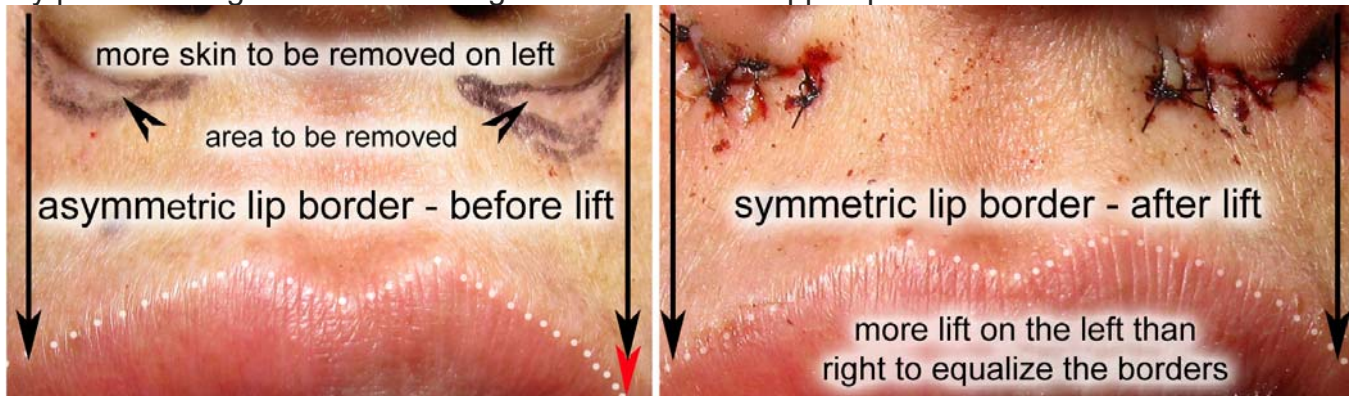
Restylane® KYSSE™ is the latest addition to the growing family of Restylane filler products. *KYSSE* joins *Restylane Classic, Silk, Lyft, Refyne* and *Defyne*. This new FDA-approved hyaluronic acid (HA) lip filler has been specially designed to enhance lip volume and minimize the appearance of fine lines above the upper lip with a more natural look and feel. It is the first HA lip filler formulated for excellent tissue integration that allows individuals to maintain their natural-looking expressions.

KYSSE provides natural-looking, full, softer, and more kissable lips. It also can improve the texture (smoothness) of the lip surface and enhance lip color. Results have been clinically proven to last up to 1 year. One study showed that 78% of *KYSSE* treated patients (132/169) noted an improvement in the appearance in their lips 12 months after treatment. The treatment cost at the Rutland Skin Center is \$590 per syringe.

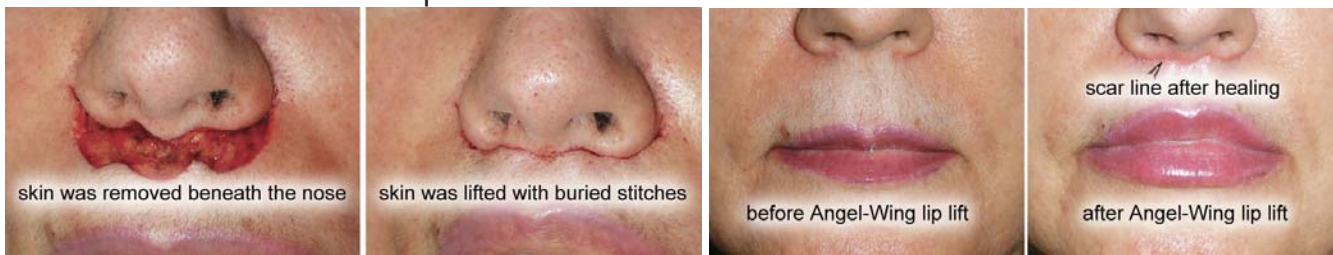
Learn more about *Restylane KYSSE* at https://www.galderma.com/us/sites/g/files/jcdfhc341/files/2020-04/Restylane_Kysse-Patient_Brochure.pdf

Angel-Wing Lip Lift

When I discuss lip aesthetics with patients I typically discuss ways of plumping thin upper and or lower lips, often to restore lost volume due to aging. I also often address treating the lines above and, to a lesser extent, below the lips. Patients usually choose lip fillers for these purposes. Before treatment I look for asymmetry in the lips, at rest and when smiling. Oftentimes mild asymmetry can be corrected with fillers, but not always. The following is a patient who had upper lip asymmetry that was not correctable with fillers alone. The left upper lip line dropped down more than that on the right side as seen in the photo on the left below. This is a result of having greater length of the skin from below the nose to the lip line on the left as indicated by the red arrowhead. To correct this asymmetry some of the excess skin was removed to lift the lip upward. At the initial marking stage of the patient's left lip lift, she requested that I lift some on the right side as well, so the initial surgical marking on the left was modified to take even more skin on the left to achieve symmetry with the right side. In the post-operative photo on the right you can see the improvement in symmetry with the same length black arrows now intersecting the lip lines equivalently on the right and left upper lip. My patient was gracious in allowing me to show her cropped photos in this newsletter.



This procedure is a modification of the “Angel Wing” or “Bull-Horn” lip lift, named because of the shape of the skin removed. In the classic Angel-Wing lift more skin is removed in a symmetric fashion to lift up the upper lip resulting in a plumper look. The degree of lifting is determined by the amount of skin that is removed. This procedure removes and shortens the skin in the moustache area so that more of the teeth are exposed when smiling. This is not a good procedure for people with a gummy smile. It can be done under local anesthesia, and stitches are in place for about a week. Redness can be detected in the area for several months and sometimes longer. People with heavily pigmented skin may have a darkened line in the area for several months. Scarring can occur so patients need close follow-up and intervention if that occurs to optimize the cosmetic outcome.



<https://modernaesthetics.com/articles/2018-sept-oct/lip-lifts-rethinking-the-role-for-this-important-procedure>



I am optimistic that by next year COVID-19 will be less of a problem for all of us. In the interim stay safe and keep others safe by following the recommended COVID-19 safety guidelines.

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