



Caring For Your Skin



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Welcome to the 29th issue of the **Caring For Your Skin** Newsletter. In this issue, I address:

- 1) *Daxxify – The longer lasting Botox alternative gets FDA approval!*
- 2) *New to our practice: The RHA Filler Collection - New more natural hyaluronic acid fillers*
- 3) *Recommended changes for the use of aspirin to prevent heart attacks and strokes*
- 4) *Health effects of gastrointestinal microorganisms*
- 5) *VT-3rd highest number of new melanomas per capita in the US*

FDA approves Daxxify, a longer lasting Botox alternative



What is Daxxify?

Daxxify, was originally called “Daxi” while in development. It is a longer lasting Botox alternative. In studies for both cosmetic and medical uses it’s effects have lasted two or more months longer than the currently available botulinum products (Botox, Dysport, Xeomin and Jeuveau).

How will Daxxify be used?

The FDA has approved it for treating the glabellar frown lines between the eyebrows. Physicians will be able to use it for “off label” purposes to lessen crows feet and forehead frown lines, under arm perspiration, and muscle spasms in the neck and around the eyes.

When will it be available for use?

It will take some time for Revance, the company that has received FDA approval for Daxxify, to ramp up production, so expect some delays in its availability. I have already contacted my Revance representative requesting access to Daxxify for my patients, when available.

How much will it cost?

There currently is no pricing information available. However it will likely cost at least two times the price of the competitors for two reasons: 1) on average only 1 or 2 treatments a year will be needed compared to 2 or 3 for the competitors, and 2) There is value in the convenience factor of needing fewer treatments. I predict that the initial price will be higher and as the production and the distribution of the product ramps up the price of Daxxify may decrease.

What does this mean for the Daxxify’s competitors?

The short answer is that it will lead to more competition in the marketplace and that should mean lower of prices for patients. It is a sure bet that competitors are looking to develop

longer acting botulinum products, but until they do, they may need to lower their prices to remain competitive, once Revance ramps up the production of Daxxify.

Much has changed in my aesthetic practice since I started treating patients with Botox in the early 1990s at the University of North Carolina. We now have more choices and longer lasting results.

For more info on Daxxify's FDA approval see: <https://www.fiercepharma.com/pharma/long-awaited-fda-nod-revance-set-take-abbvies-botox-its-longer-lasting-daxxify#:~:text=The%20FDA%20has%20now%20approved,an%20interview%20with%20Fierce%20Pharma>

RHA 2, 3 and 4 – new, more natural hyaluronic acid fillers



Revance, the company that just obtained FDA approval for its long acting Daxxify botulinum product, has FDA approval for its RHA® line of hyaluronic acid fillers. RHA fillers are the first and only FDA-approved Resilient Hyaluronic Acid (RHA) fillers for dynamic wrinkles and folds. RHA fillers are designed to achieve long-lasting results that take into account dynamic facial expressions. They are manufactured to be more like the natural hyaluronic acid that our skin makes, than those manufactured for the Juvederm and Restylane fillers. RHA fillers have been in use in Europe since 2015. The RHA® collection offers a unique combination of stretch and strength that makes it ideal for correcting dynamic wrinkles and folds by providing more natural looking results.

<https://www.newbeauty.com/revance-hyaluronic-acid-fillers/>

“Dynamic wrinkles and folds appear in areas of the face that move repetitively. Your face is dynamic, making millions of movements and micro-movements every day. Movements like squinting, frowning, laughing, and talking create dynamic wrinkles and folds. These wrinkles and folds can be difficult to treat because dermal fillers may cause the area to appear stiff or unnatural when the face moves. The RHA® Collection is designed to be resilient enough to adapt to your facial movement, which may provide a more natural look at rest and in motion.” From: <https://rhacollection.com/>



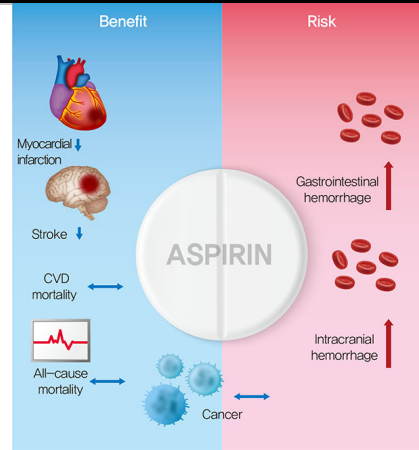
The RHA® Collection is designed to be long lasting—with proven clinical effectiveness and duration up to 15 months, and in side by side comparisons with other Juvederm and Restylane hyaluronic filler products had comparable longevity. Decrease in wrinkle severity with RHA4 was actually superior to that of Restylane Lyft when used in a study on nasolabial folds.

We are also now offering “Redensity”, the latest hylauronic acid filler to join the Revance family of RHA fillers. In a recent study using Redensity in perioral lines (around the mouth) 66% of subjects maintained some improvement after 52 weeks!*

*From: https://journals.lww.com/dermatologicsurgery/Fulltext/2022/01000/Efficacy_and_Safety_of_a_New_Resilient_Hyaluronic.20.aspx

We are now using RHA fillers in my practice and will be offering \$100 off a 1 cc syringe for patients who want to try one of the RHA filler products. This price is limited to one syringe per patient.

Change in aspirin treatment recommendations for heart attack and stroke prevention



Many Americans have been taking daily aspirin to help lower the risk of heart attacks and strokes. The US Preventative Services Task Force has recently revised their guidelines in this regard to minimize risks of bleeding. The task force concluded that the risk of bleeding from taking daily aspirin may outweigh its potential benefit in individuals over 60 years of age. However, in some individuals, like those who have some types of heart disease, stroke or at high risk of these, the benefits may outweigh the bleeding risk. Patients who are currently taking daily aspirin are advised to discuss this further with their primary care provider, and, or cardiologist to determine whether or not they should continue doing so.

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/aspirin-to-prevent-cardiovascular-disease-preventive-medication>

The US Preventative Services Task Force is not recommending people to take aspirin daily based on studies that have found lower rates of some cancers in people who take daily aspirin, as I discussed in a previous newsletter. <https://www.rutlandskin.com/Newsletter-Autumn%202014.pdf>

Health effects of microorganisms in your gut



Our gastrointestinal track contains millions of microorganisms that collectively are referred to as our gut microbiome. These microorganisms are mostly bacteria. They are beneficial to us as they help us digest our food, help us make certain vitamins and help regulate inflammation. Recent research has found that some gut microorganisms are beneficial while others are harmful and the mixture of microorganisms may influence our health. Microorganisms can influence our

metabolism and contribute to the development of type II diabetes, obesity and heart disease. They may also contribute to inflammatory bowel diseases including Crohn's disease and ulcerative colitis. These microorganisms may also affect our immune system and contribute to autoimmune and neurologic disorders. There is ongoing research to better determine which types of bacteria in probiotics may be most helpful in preventing or treating certain ailments.

Recently we have learned that the gut microbiome can influence a person's response to melanoma, lung, prostate and colon cancer treatments. How well newer immunotherapy cancer treatments work, may be affected by our gut microbiome.

<https://news.cancerconnect.com/treatment-care/new-immunotherapy-study-poses-question-can-microbiome-influence-treatment>

Our diet can influence the type of microorganisms we have. For example eating a Mediterranean diet (less processed foods and more whole grains, fruit, nuts, vegetables, fish and high fiber foods) promotes "good" microorganisms while a diet high in sugars, fat, red meat, dairy and low in fiber can lead to "less healthy" microorganisms.

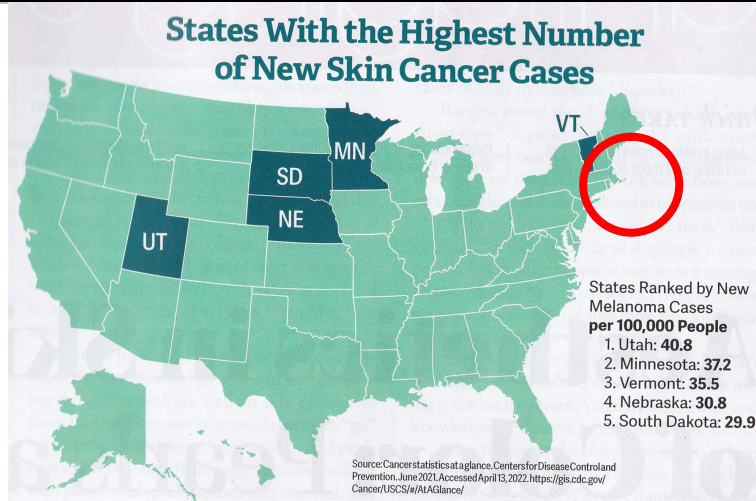
Taking antibiotics can also lead to less healthy microorganisms and lead to diarrhea and a serious intestinal infection called pseudomembranous colitis. I recommend taking probiotic pills or eating a yogurt daily while taking oral antibiotics, but take the antibiotic at least two hours before, or after the probiotic or yogurt. Probiotics in food like yogurt and available in pill or liquid form may be helpful in maintaining a better mixture of healthy bacteria.

<https://drruscio.com/should-you-take-probiotics-with-antibiotics/>

It appears that there is some truth in the statement that "we are what we eat" after all.

[https://www.cell.com/trends/endocrinology-metabolism/pdf/S1043-2760\(12\)00220-2.pdf](https://www.cell.com/trends/endocrinology-metabolism/pdf/S1043-2760(12)00220-2.pdf)

VT has the 3rd highest number of new melanomas per capita



The high rate of melanoma in VT is likely related to the high number of residents that are fair skinned, as fair skinned individuals are at higher risk of getting melanoma. Another factor is that VT is a beautiful state for outdoor recreational activities where many residents spend time during the summers and are exposed to many hours of intense summer sunshine. In southern states it is often too hot to spend long periods of time outside during the summer months. This high number of new melanomas in VT can be lessened if more Vermonters took better sun protective measures. https://www.rutlandskin.com/sun_protection.pdf

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



Please keep updated on the Covid-19 situation and be aware that there is another booster vaccine on the way. DM