



Caring For Your Skin



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Welcome to the 31st issue of the **Caring For Your Skin** Newsletter. In this issue, I address:

- 1) *Best water-resistant sunscreens for 2023*
- 2) *Upneeq eye drops provide a temporary modest improvement of droopy eyelids*
- 3) *Introducing Restylane Eyelight for under eye hollows*
- 4) *Should routine skin exams be recommended to the general population?*
- 5) *Update on Daxxify and the RHA filler Collection*

Best water-resistant sunscreens for 2023

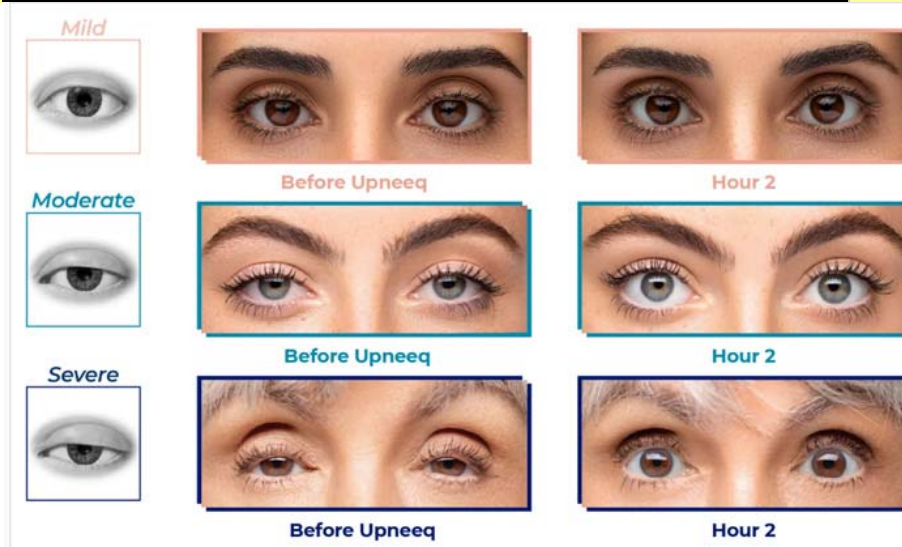


Consumer Reports tested 71 water resistant sunscreens and Coppertone Water Babies SPF 50 Lotion was superior to all, and was also one of the most affordable at \$1.13 per ounce. After applying it to people’s skin and having the them soak their skin in water for 80 minutes the tested SPF was 64 – higher than the stated SPF 50 on the label. Another readily available and affordable sunscreen (91 cents per ounce) was Walmart’s Equate Brand Ultra Lotion SPF 50. After 80 minutes in water the Equate Ultra Lotion SPF was measured to be 37. Both of these top rated sunscreens had the same 4 chemical sunscreens that may get absorbed through the skin, but neither had the two more worrisome chemicals oxybenzone or octinoxate. <https://www.rutlandskin.com/Newsletter-Summer 2019.pdf>

None of the mineral only sun blocks were highly rated. Coppertone Pure and Simple Mineral Lotion SPF 50, measured an SPF of only 7 after the tested skin was immersed in water for 80 minutes. Of the mineral only sun blocks tested, California Kids Supersensitive Tinted Lotion SPF 30+ had a measured SPF of 33 after the tested skin was immersed in water for 80 minutes, but its protection against UVA sunlight was only rated 2 out of 5. It was also a bit pricy at over \$8.00 per ounce. <https://www.consumerreports.org/products/sunscreens-34523/sunscreen-33614/view2/>

“None of the mineral-only or mineral-plus-chemical products in our current crop of sunscreens were highly rated,” says Susan Booth, project leader for Consumer Reports’ sunscreen testing. “In fact, CR’s testing has never found a mineral sunscreen that came in at the top of the ratings. Most of them hover in the middle of the pack, or even lower. Some mineral sunscreens provide adequate SPF protection but not enough broad-spectrum protection, or vice versa. All of the sunscreens CR recommends have chemical active ingredients.” For more information on Consumer Reports “Best mineral sun blocks for 2023” see <https://www.consumerreports.org/health/sunscreens/best-mineral-sunscreens-of-the-year-a1119421861/>

Upneeq eye drops for droopy eyelids



Droopy eyelids can develop as we age, or result from an injury or medical conditions. Temporary droopy eyelids rarely occur from botulinum protein injections (e.g., Botox), when the injected protein drifts below the eyebrow and weakens the muscle that lifts the upper eyelid. Droopy eyelids from botulinum injections are uncommon and usually resolve within several weeks and can be avoided by not rubbing the treated area for 24 hours after injection.

Now there is a new prescription eye drop product called Upneeq that can temporarily correct droopy eyelids. It works by stimulating the eyelid muscles to contract and lasts for about 6 hours. When its effects wear off, some people note a temporary increased redness in their eyes. Upneeq costs approximately \$160 for a 30-day supply and is not covered by most health insurance.

Side effects include irritation of the eyes with redness, dryness, blurred vision, headache and pain. These side effects were found in 1-5% of patients. Patients with glaucoma and who are on certain medications, including some blood pressure medications, should not use Upneeq. For more information side effects and warnings see: <https://www.drugs.com/mtm/upneeq.html>

New Restylane Eyelight filler for under eye hollows



Seventy percent of women and men over the age of 25 said they look tired and older due to under eye shadows. These shadows can be caused by freckles & other discolorations, blood vessels, puffiness under our eyelids, and more commonly by loss of fat in the upper cheeks as we age. The hollows appear as a shadow when light hits this area and is why treatments with creams don't help the appearance as they do not restore the lost volume.

Restylane has recently introduced a new hyaluronic acid filler that is specially formulated for restoring lost volume in the under eye hollows. It is called Restylane Eyelight and it has been shown to maintain its effect up to 12 months. It is less apt to leave any bumps or show a slight

bluish decoloration, known as the Tyndall effect, when injected under thin skin, compared to other hyaluronic acid fillers.

The cost is \$495 per ½ cc syringe and there is currently a \$50 off promotion for patients treated by September 25, 2023. This is limited to ten patients and one syringe per patient, and I will have to assess your eyes to decide if you are a good candidate. It is best for patients with shallow hollows. For before and after photos of deeper under eye hollows that I have treated with other fillers see: [https://www.rutlandskin.com/under-eye-crease B&A.pdf](https://www.rutlandskin.com/under-eye-crease-B&A.pdf)

Check out <https://www.galdermaaesthetics.com/say-goodbye-dark-under-eye-shadows-restylane-eyelight> for more information on Restylane Eyelight.

Should routine skin exams be recommended to the general population?



The recent U.S Preventive Services Task Force recommendations maintains that evidence is lacking, either for or against regular skin cancer screening exams of healthy adults. The task force reviewed the risks and benefits of screening for skin cancer in adolescents and adults who had no skin concerns, and concluded that “the evidence is insufficient, and the balance of benefits and harms for visual skin examination by a clinician to screen for skin cancer in asymptomatic adolescents and adults cannot be determined.”

However, please note that this recommendation excludes people with a history of pre-cancerous skin growths or cancers, or those with a higher risk for developing skin cancers than the general population.

An additional factor not taken into account in this analysis is that in some parts of the country, including the Rutland area, there are too few dermatologists available to provide yearly routine skin exams for the general population, while meeting the needs of patients with known skin disease. A detrimental affect of encouraging people to have routine skin exams is that it would create further delays for patients who have more urgent dermatologic needs, such as skin growths suspicious for melanoma or other skin cancers.

As a dermatologist, to best meet the skin care needs of patients in our community I recommend the following:

- 1) Prioritize appointments for those patients with the most urgent skin problems.
- 2) Patients with a skin problem who can not obtain an appointment with a dermatologist in a timely manner should see their primary care provider or an urgent care provider who might be able to manage the problem, or get a dermatologist to see the patient in a more timely manner, or urgently if needed.
- 3) Patients should do periodic self skin exams and report any new growths or changes of concern to their primary care provider, if a dermatologist is not readily available.
- 4) **Take measures to lower your risk of skin cancer by taking sun protective measures!** https://www.rutlandskin.com/sun_protection.pdf

Update on Daxxify and the RHA filler Collection



After 8 months of using Daxxify, the longer lasting Botox alternative, we have found that the vast majority of patients have found it to start working sooner and to be longer lasting than Botox and Dysport. We had two outlier patients who thought it did not last as long. Most are getting at least one to two months longer duration based on surveys and follow-up exams. Daxxify typically started to wear off during the 4th or 5th month whereas Botox and Dysport start to wear off in the 3rd month. Currently approximately 40% of those who have had it once are requesting it again when they have returned for another treatment. If not for the higher cost of Daxxify, most would have chosen Daxxify again, and would still recommend it to others.

On August 14, 2023 the FDA approved Daxxify to be used for muscle spasms in the neck (cervical dystonia) where studies have shown the effects wear off by 5 to 6 months, whereas the effects from Botox and the other short acting botulinum neuromodulator products typically wear off within 3 months. <https://finance.yahoo.com/news/u-fda-approves-first-therapeutic-120000794.html> Other medical uses of botulinum products include the treatment of migraine headaches, club foot, overactive bladder, urinary incontinence, muscle spasticity, esophageal disorders, excessive perspiration, eyelid spasms, and crossed eyes. Although Daxxify has not yet been studied for these disorders, it is very likely that it will also provide longer lasting results for these conditions as well.

We were also pleased to find that one of our patients who developed resistance to Dysport responded well to Daxxify. People rarely develop antibodies to botulinum products that block their ability to relax the targeted muscles. There are reports of resistance that has developed against all of the shorter acting botulinum products, so there is hope that some of these patients will also respond to Daxxify.



The vast majority of patients have been very pleased with the RHA collection of fillers. Almost all patients who have switched from a Restylane filler to a RHA filler have chosen to continue with the RHA filler on follow-up treatments. I am particularly pleased with RHA Redensity for treating fine lines and RHA 4 for treating deeper hollows.



Enjoy the rest of your summer. DM