



# Caring For Your Skin



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Daniel P. McCauliffe, M.D.  
Aesthetic, Medical & Surgical Dermatology

Welcome to the 33<sup>rd</sup> issue of the **Caring For Your Skin** Newsletter. In this issue, I address:

- 1) *Spring Promotion: Long-lasting Daxxify at the lower Dysport price*
- 2) *Benzene, a known carcinogen, has been detected in benzoyl peroxide acne products*
- 3) *Beware of serious health effects from marijuana*
- 4) *Ozempic face*
- 5) *My retirement*

## Spring Promotion: Long-lasting Daxxify at the lower Dysport price



From now until June 28, you can receive the longer lasting Daxxify treatment for the price of Dysport. Choose from three options (1, 2a, 2b):

- 1) Scowl (G) area only at Dysport price (\$70 savings)
- 2) Scowl area with crow's feet (CF) and, or forehead (F) (\$70 - \$170 in savings):
  - a) Daxxify in the scowl area and Dysport in the other areas, all at the Dysport price, or
  - b) Daxxify in multiple areas at Dysport price when combined with an RHA filler treatment

Please make a 45 minute appointment for option 2b to allow adequate time for both treatments. See [https://www.rutlandskin.com/#services\\_botox\\_injections](https://www.rutlandskin.com/#services_botox_injections) for Dysport prices.

## The carcinogen benzene has been detected in acne products.



Valisure, an independent testing laboratory, recently found high levels of benzene in 66 over-the-counter benzoyl peroxide acne products. Higher levels have been found in older products and products exposed to higher temperatures. Benzene is linked to leukemia and other health concerns and has previously been found in sunscreens, hair sprays, and other skin care products as covered in two of our previous newsletters. (<https://www.rutlandskin.com/Newsletter-Summer-2021.pdf> , <https://www.rutlandskin.com/Newsletter-Winter-2021-22.pdf> )

Until this problem is resolved, I recommend acne patients use salicylic acid or chlorhexidine (Hibiclens) cleansers, and other acne products as substitutes for benzoyl peroxide products. For more information on this problem:

<https://www.dermatologytimes.com/view/updates-on-benzene-in-benzoyl-peroxide-products-at-aad>

## Beware of serious health affects from marijuana



**Long term effects of marijuana use on adolescent and young adult brains**



A recent study found that daily use of marijuana (cannabis) was associated with a **25% increased likelihood of heart attack and a 42% increased likelihood of stroke, compared to non users.** These findings raise serious health concerns particularly with the recent legalization of marijuana in 38 states for medicinal use and in 24 states for recreational use (including VT). Approximately 25% of the users in the study used cannabis by oral consumption (edibles) or vaping, rather than smoking. <https://www.nih.gov/news-events/news-releases/smoking-cannabis-associated-increased-risk-heart-attack-stroke>

Other studies have demonstrated mental health side effects in cannabis users, particularly in teenagers and young adults. These side effects might in part be related to the higher levels of the psychoactive THC content in current marijuana products compared to lower levels in the past. **A number of studies have shown that frequent cannabis use (more than twice weekly), especially in individuals under 25 years of age, is associated with an increased risk of apathy, anxiety, panic attacks, depression, bipolar disease, psychosis and schizophrenia** as reviewed in this video <https://www.youtube.com/watch?v=IMlnLSLpW2Y>

If you know someone who uses marijuana please make them aware of these findings. Adults over the age of 25 appear to be at lower risk of the mental health side effects, as are individuals who limit usage to 2 or fewer times per week.

## Ozempic face



Ozempic is a brand name for semaglutide, a diabetes medication that helps diabetics lose weight, and that helps them control their diabetes. I have had some patients on Ozempic that were able discontinue their diabetes and blood pressure medications after losing substantial weight. Wegovy is another brand name for semaglutide that is marketed for weight loss. Many people losing weight with these medications have noted how significant weight loss can affect their facial appearance. The facial changes result from losing fat and this gives rise to a gaunt appearance and drooping of the skin that can lead to facial hollow and wrinkles. Facial fat serves to plump up the face giving a fuller smoother surface. Losing excessive weight improves ones overall health and some would argue that the weight loss benefits far outweigh a gaunt or wrinkled appearance of the skin especially when the resultant facial appearance can be remedied with fillers, fat transplants and other aesthetic procedures.

Mounjaro and Zepbound are two brand names for tirzepatidem, another weight loss drug. Like Ozempic and Wegovy, one drug, Mounjaro, is approved for Type 2 Diabetes, the other, Zepbound, is approved for weight loss. For more on the new diabetes and weight loss drugs: <https://www.healthline.com/health-news/whats-the-difference-between-ozempic-wegovy-mounjaro-and-zepbound>

## Protect your skin from the sun's harmful rays

There is no doubt that sun exposure to our skin is the major factor that causes skin cancers and premature aging of our skin as the following photos clearly demonstrate. The first is a photo of a 92 year old woman who for over 40+ years used sunscreen on her face but not her neck. The second photo is of a truck driver who over the years received much more sunlight exposure to the left side of his face through the driver side window.



<https://onlinelibrary.wiley.com/doi/full/10.1111/idv.17660> <https://www.thesun.ie/news/2106972/this-shocking-pic-of-a-truck-driver-shows-what-28-years-of-sun-damage-does-to-your-face/>

Tanning bed exposure also causes skin aging and skin cancers, including melanoma. The next photo might discourage people from using tanning beds.



<https://unclineberger.org/news-archives/images-of-risks/>

Is it any wonder that dermatologists stress the importance of daily sun protective measures? For more on recommendations on sun protection see my earlier newsletters at:

<https://www.rutlandskin.com/#newsletters>

For more information on ways to restore and maintain healthy appearing facial skin see:

[https://www.rutlandskin.com/restoring\\_and\\_maintaining\\_a\\_healthy\\_face.pdf](https://www.rutlandskin.com/restoring_and_maintaining_a_healthy_face.pdf)

## My upcoming retirement



As many of you now know, I plan to retire in December of this year. I choose to end this chapter in my life to move on to the next one where I will be able to spend more time with my children and grandchildren in NC, VA and GA. I am currently looking for a replacement to take over my practice and will make an announcement this autumn on the RutlandSkin.com website to update you of that effort. I may have the opportunity to stay on part time to continue providing aesthetic treatments, if I am unable to find a replacement, or if my replacement does not offer aesthetic services. Karen and I will miss our patients and staff, but with mixed emotions we know that it is time to move on to the next phase of our lives.



Enjoy spring & summer and stay well. DM