



Caring For Your Skin



Winter 2021-22

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

- 1) *Product recalls: Your deodorant, hair and athlete's foot sprays may be hazardous*
- 2) *New Product: Restylane Contour; Current promotion; and 2022 Restylane filler prices*
- 3) *Vitamin D may lower the risk of getting an autoimmune disease, and vitamin K2 with D may be more beneficial for bone and cardiovascular health*
- 4) *Covid-19 virus update and better mask protection*

Your hair, deodorant and athlete's foot sprays may be hazardous.



In our last newsletter we informed you that benzene, a known cancer causing agent, was found in a number of sunscreen products (<http://rutlandskin.com/Newsletter-Summer 2021.pdf>). To determine if you have any of the tainted sunscreen products at home, read that newsletter.

Most, but not all of the tainted sunscreens were aerosol sprays. This finding prompted some manufacturers to check on other aerosol products and not surprisingly a number of hair care, deodorants and fungal aerosol sprays have been found to contain benzene. The risk of developing cancer from exposure to these products is unknown, but it is advisable to use "benzene-free" products to minimize any risk.

Procter & Gamble has recalled 32 aerosol hair care products due to the presence of benzene in them, including Pantene, Herbal Essences, Old Spice, Hair Food, Aussie, and Waterless brand products. (See photos below.)



None of their non-aerosol hair care products were recalled (including liquid shampoos, conditioners, mousses, hairsprays and styling products).

Procter and Gamble has also recently recalled some of their Secret and Old Spice brand aerosol deodorant sprays that were found to contain benzene.



Below is a full list of products impacted by P&G's voluntary recall, with expiration dates that are listed prior to September 2023:

- Old Spice Hardest Working Collection Invisible Spray Stronger Swagger
- Old Spice Hardest Working Collection Invisible Spray Pure Sport Plus
- Old Spice Hardest Working Collection Invisible Spray Stronger Swagger
- Old Spice Hardest Working Collection Invisible Spray Ultimate Captain
- Old Spice High Endurance AP Spray Pure Sport
- Old Spice Below Deck Powder Spray Unscented
- Old Spice Below Deck Powder Spray Fresh Air
- Old Spice Pure Sport 2021 Gift Set
- Secret Aerosol Powder Fresh Twin Pack
- Secret Aerosol Powder Fresh
- Secret Fresh Collection Invisible Spray Waterlily
- Secret Fresh Collection Invisible Spray Lavender
- Secret Fresh Collection Invisible Spray Light Essentials
- Secret Fresh Collection Invisible Spray Rose
- Secret Outlast Invisible Spray Completely Clean
- Secret Outlast Invisible Spray Protecting Powder

The recall notice indicates that deodorant products in question likely contain a minimal amount of benzene; a threshold that won't cause immediate health issues to consumers and Procter & Gamble states that they have not received any reports of adverse events related to this matter but is conducting this recall "out of an abundance of caution".

I am unaware of any solid or roll-on deodorants being recalled, but I am unaware as to whether they have been tested for benzene.

For more information see this link: <https://www.goodhousekeeping.com/beauty/a38377710/secret-old-spice-deodorant-recall-benzene/>

Lotrimin and Tinactin antifungal aerosol sprays have had detectable levels of benzene as well.



The following is a list of the affected products:

- Lotrimin® Anti-Fungal (AF) Athlete's Foot Powder Spray
- Lotrimin® Anti-Fungal Jock Itch (AFJI) Athlete's Foot Powder Spray
- Lotrimin® Anti-Fungal (AF) Athlete's Foot Deodorant Powder Spray

- Lotrimin® AF Athlete's Foot Liquid Spray
- Lotrimin® AF Athlete's Foot Daily Prevention Deodorant Powder Spray
- Tinactin® Jock Itch (JI) Powder Spray
- Tinactin® Athlete's Foot Deodorant Powder Spray
- Tinactin® Athlete's Foot Powder Spray
- Tinactin® Athlete's Foot Liquid Spray

See the link below for more information.

<https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/bayer-issues-voluntary-recall-specific-lotriminr-and-tinactinr-spray-products-due-presence-benzene>

Odor Eaters has similarly recalled two of their aerosol spray products. See the link below for more information.



<https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/odor-eatersr-issues-voluntary-nationwide-recall-specific-lots-odor-eatersr-spray-powder-and-odor>

Benzene is used in the synthesis of many chemical products, including drugs, pesticides, lubricants, and plastics. It is found in gasoline fumes and smoke, including cigarette smoke. Very small amounts are found in many materials including drinking water. The Environmental Protection Agency allows drinking water to contain up to five parts of benzene per billion of water. The FDA has stated that levels of benzene at or below this level don't pose a serious health risk.

<https://www.forbes.com/sites/zacharysmith/2021/12/17/procter--gamble-recalls-32-haircare-products-due-to-contamination-with-cancer-causing-chemical/?sh=f8f39305e0ea>

“Small amounts of benzene can form in drinks that contain both vitamin C and benzoate salts, which may be added as a preservative (e.g., sodium benzoate) or found naturally in fruits like cranberries. In 2005, the Food and Drug Administration was warned that benzene had been detected in some soft drinks. Testing of almost 200 soft drinks and other beverages found elevated benzene levels in 10 products, which were later reformulated by manufacturers.”

“Still, long-term studies assessing the relationship between regularly consuming low levels of benzene and cancer risk are lacking.”

From: <https://www.healthline.com/nutrition/sodium-benzoate#dangers>

From these findings it is advisable to avoid aerosol products as they seem prone to benzene contamination and the exposure to your skin or lungs may raise your risk of cancer. Other aerosols, including cooking sprays (e.g., PAM), bug sprays, disinfectants (e.g., Lysol), and air fresheners should also be tested for benzene.

Learn more about benzene exposure at <https://www.cancer.org/cancer/cancer-causes/benzene.html>

Restylane Contour, Promotion, and 2022 Filler Prices

Reclaim your facial cheek volume to restore your natural more balanced youthful appearance.



As we age we lose volume in our cheeks that contributes to flattening and loss of the more youthful rounded appearance. This also contributes to cheek sagging and hollowing under the

eyes. The recently approved *Restylane Contour* filler restores your natural cheek volume and refreshes your look. The following are results of trial studies with Restylane Contour.

| | | |
|---|---|---|
| 100% OF PATIENTS* were satisfied with the CONTOUR of their cheeks when asked at 12 weeks ⁵¹¹ | A LOWER AMOUNT of Restylane CONTOUR (4.3 mL) was needed to show an improvement in midface fullness ⁸ compared to Juvéderm® Voluma™ (4.9 mL) at 12 weeks ⁵⁸ | 98% OF PATIENTS* were pleased with their CONTOURED cheeks through 1 year ⁵¹⁴ |
|---|---|---|



The above are before and after photos of a patient who received Contour treatment. Individual results may vary. She received 2.9 cc of *Restylane Contour* in the cheeks. Note the rounding of the cheek, and improvement in the under eye hollow and subtle improvement of the lifted jaw line. Below are the before and after photos of another Contour treated patient.



See <https://www.restylaneusa.com/restylane-contour> for more information on the new Contour filler.

Take advantage of the current promotion of Restylane Fillers as shown below. The 2022 cost per 1 cc syringe of filler are as follows: Restylane L, Lyft and Silk are \$580; Refyne, Defyne and Kysse are \$630; and Contour is \$650.

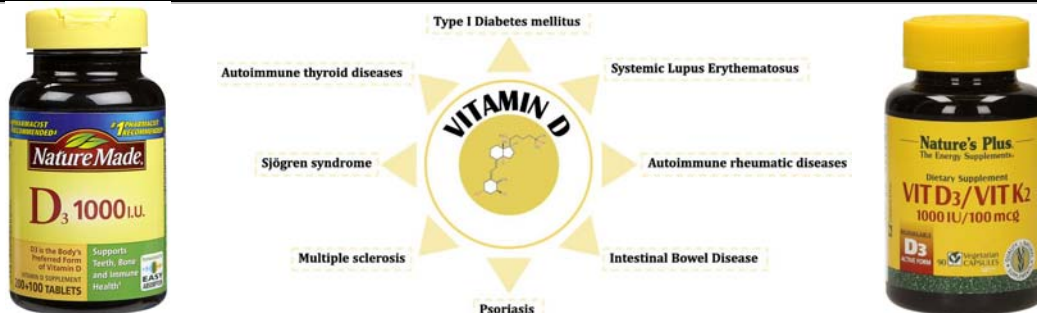
RUTLAND SKIN CENTER

Winter Filler Promotion

\$75 off one syringe of a Restylane filler including Lyft, Silk, Kysse, Refyne, Defyne and the new Contour filler that is specially formulated for cheek volume restoration.

You must receive a treatment with 1 syringe of any Restylane product by February 4th, 2022 to qualify for the \$75 off promotion. This is limited to one offer per patient. This offer can be combined with patient reward point certificates but not with other promotional codes and not with the welcome offer. New filler patients still qualify for the Rutland Skin Center \$50 off offer. Call 773-3553 now to schedule an appointment as the offer is limited to 48 patients.

Vitamin D may lower the risk of autoimmune disease, and vitamin K2 with D may be more effective for bone and cardiovascular health



Over the years I have discussed several potential health benefits from vitamin D supplementation. <http://rutlandskin.com/Newsletter-Autumn 2008.pdf> Most recently I discussed the potential benefit of vitamin D supplementation in fending off serious Covid-19 infections (<http://rutlandskin.com/Newsletter-Summer 2020.pdf>). We know that vitamin D plays an important role in maintaining a healthy immune system so it should not be surprising that a new study found that patients taking 2,000 IUs of supplemental vitamin D daily for at least 5 years had a 22% lower incidence of developing autoimmune disease compared to placebo supplemented control patients. <https://www.medicalnewstoday.com/articles/vitamin-d-and-omega-3-supplements-found-to-reduce-autoimmune-disease-risk>

A previous review in 2019 showed that patients with autoimmune diseases were more likely to have lower vitamin D blood levels than unaffected individuals. <https://www.sciencedirect.com/science/article/abs/pii/S1568997219301508?via%3Dihub>

Current evidence suggests that taking a vitamin K2 supplement with vitamin D may be more effective for bone and cardiovascular health, particularly for those at increased risk for osteoporosis or cardiovascular disease. It has been estimated that approximately 100 mcg of vitamin K2 daily would suffice. There are supplements that combine vitamin K2 and D in the same pill for convenience sake. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5613455/> For much more information on vitamin D supplementation, including other health benefits as well as risks, see: <https://www.medicalnewstoday.com/articles/318060>

Covid-19 Virus Update and better mask protection

Delta variant is winding down while the Omicron variant may hopefully be peaking, as reflected in Vermont's recent record numbers of Covid-19 cases. There is reason to believe that the course of Omicron will be much shorter as it is much more infectious and fortunately is less likely to cause severe illness compared to previous variants.

Although we do not know whether more serious variants will arise from mutations in the virus, with more of the population having some immunity against Covid-19, the number of patients actively infected with Covid-19 is very likely to wind-down in the upcoming months.

A reason for my optimism is that a greater percentage of the population has received Covid-19 vaccinations and boosters, and, or has developed some natural immunity from having been infected with Covid-19. There are also some new treatments that may speed up recovery and prevent more serious Covid-19 infections. Scientific research will continue to devise ways of containing the virus through modifications in vaccinations, as may be required for new variants that arise, and through the development of better treatments to prevent more serious infections.

For now we continue to require our patients to wear masks when visiting our clinic, for your protection and the protection of others, including our staff. Also beware that some masks are much better at offering you protection than others. Multilayered surgical masks are significantly better than single layered cloth masks, and KN95 and N95 masks provide even better protection. A recent article estimated time of getting infected with the non Omicron variants of Covid-19 if you are wearing a cloth mask and come in contact with an infectious person also wearing a cloth mask is 27 minutes, where it would take approximately 25 hours if both people were wearing N95 masks, but only 15 minutes if both were not wearing a mask.

Time it takes to transmit an infectious dose of Covid-19

| | | PERSON NOT INFECTED IS WEARING | | | |
|----------------------------|---------------|--------------------------------|------------|---------------|-----------|
| | | Nothing | Cloth mask | Surgical mask | N95 |
| PERSON INFECTED IS WEARING | Nothing | 15 min. | 20 min. | 30 min. | 2.5 hours |
| | Cloth mask | 20 min. | 27 min. | 40 min. | 3.3 hours |
| | Surgical mask | 30 min. | 40 min. | 1 hour | 5 hours |
| | N95 | 2.5 hours | 3.3 hours | 5 hours | 25 hours |

It will take 25 hours for an infectious dose of Covid-19 to transmit between people wearing non-fit-tested N95 respirators. If they're using tightly sealed N95s—where only 1% of particles enter the facepiece—they will have 2,500 hours of protection.

Note: Results published in Spring 2021. The CDC expects the Omicron variant to spread more easily.
Source: ACGIH's Pandemic Response Task Force

From: <https://www.wsj.com/articles/cloth-face-mask-omicron-11640984082>

Here is a link to the latest information on Covid-19 in Vermont: <https://vtdigger.org/coronavirus/>

I am cautiously optimistic that 2022 will be the year that we transition back to a more normal lifestyle, though Covid-19 infections will likely continue for years and may become more like the seasonal flu.



Please keep updated on the coronavirus situation and take precautionary measures. DM