



Caring For Your Skin



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Welcome to the 30th issue of the **Caring For Your Skin** Newsletter. In this issue, I address:

- 1) *Exciting News – Daxxify, the long-lasting Botox alternative, is now available at the Rutland Skin Center at a very competitive price. See \$100 Daxxify promotion below.*
- 2) *Alpha-gal syndrome, an unusual new tick-borne disease*
- 3) *Biotin supplements can cause incorrect lab test results*
- 4) *RHA Collection filler promotion*

Daxxify, the long-lasting Botox alternative is now available



I am one of a limited group of physicians nationwide who have been selected to be the first to offer Daxxify in the US, and the first to offer it in Vermont. As discussed in my summer 2022 newsletter (https://rutlandskin.com/Newsletter-Summer_2022.pdf) Daxxify is a longer lasting “Botox” (botulinum protein) alternative (made by Revance Aesthetics). “The FDA approved Daxxify on the basis of clinical trial data collected on more than 2,700 patients, who received a total of 4,200 treatments. One month after injections into the glabellar area (scowl area between the brows), 98% of patients had little or no appearance of wrinkles. Half of patients were completely or nearly wrinkle-free at the injection area after six months, and some people still had some remaining effects at nine months.” <https://www.everydayhealth.com/healthy-skin/fda-approves-daxxify-things-to-know-about-botox-alternative/>

I recently attended a meeting at the Revance Headquarters in Nashville where data from these studies was presented. Also reviewed were studies currently in progress that show the duration of effects for the crows feet and forehead areas will also be prolonged. Daxxify may start taking effect a few days earlier than the other four products, as several of my recently treated patients have noted.

Older botulinum treatments (Botox, Dysport, Xeomin and Jeuveau) usually wear off in three to four months. With the older products patients typically require three treatments a year (every 4 months) to maintain effects. With Daxxify patients will on average now require treatments only twice a year. People who choose to get Dysport or Botox treatments twice a year may find that Daxxify treatments every 9 months provide similar results at the same cost.

The table on the next page compares our 2023 treatment fees for Dysport, Botox and Daxxify. Please note the yellow highlighted columns show the range of yearly cost to maintain the effects. You will note that three treatments of Dysport per year have the equivalent cost of two Daxxify treatments per year. The yearly cost of Botox is actually higher than that of Daxxify!

		Dysport	Daxxify	Botox	Dysport	Daxxify	Botox
#	Area*	1 Rx	1 Rx	1 Rx	3 Rx/yr	2 Rx/yr	3 Rx/yr
1	Upper lip lines	\$125	\$190	\$150	\$375	\$380	\$450
1	G or CF	\$320	\$480	\$350	\$960	\$960	\$1,050
1	F♣	\$220-320	\$330-480	\$250-350	\$660-960	\$660-960	\$750-1,050
2	G+F♣ or CF+F♣	\$350-450	\$525-675	\$380-480	\$1,050-1,350	\$1,050-1,350	\$1140-1,440
2	CF+G	\$520	\$780	\$550	\$1,560	\$1,560	\$1,650
3	CF+G+F♣	\$570-620	\$855-930	\$600-650	\$1,710-1,860	\$1,710-1,860	\$1,800-1,950

Comparison of Dysport, Daxxify and Botox treatment prices per treatment, and cost of three treatments per year of Dysport and Botox compared to yearly cost of two Daxxify treatments. Prices are subject to change.

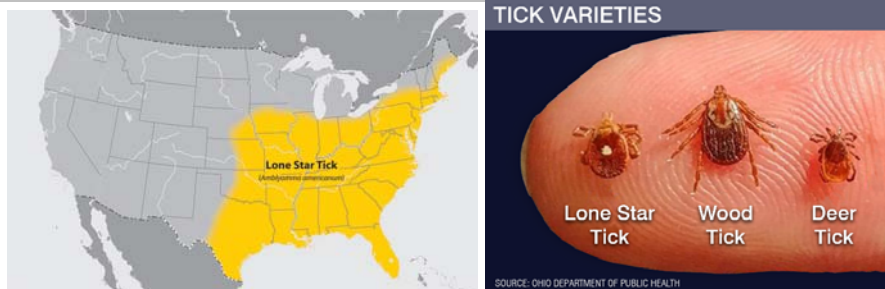
*G=Glabella (scowl-between brows), CF=Crows Feet, F=forehead horizontal lines

♣There is a price range for forehead lines due to the variability the amount of product needed among individuals.

So most of my patients, whose Dysport and Botox treatments are lasting only 3-4 months, will find it advantageous to try Daxxify as they may get six or more months duration. And one less treatment a year means one less appointment, one less chance of bruising, and less worry that your treatment will wear off before the next big social event.

We are also offering up to \$50 to \$100 off Daxxify treatments over \$300. The first treatment will be \$50 off, and if you complete a one page survey (for each area treated), you will get \$50 off your next treatment of your choice of Daxxify, Dysport or Botox. This information will help determine my patients' results and satisfaction with this exciting new product. I will share this information with you in a future newsletter and greatly appreciate patient participation in this project. This offer will end 3/24/23.

Alpha-Gal, an unusual new tick-borne disease



Recent evidence indicates that a bite from the Lone Star tick, that is found in the eastern part of the United States, can trigger potentially life treating allergic reactions when eating red meat (pork, beef, rabbit, lamb, venison) and products made from mammals, including dairy products and gelatin. It is thought that bites from other ticks may rarely trigger the alpha-gal syndrome, an allergic reaction to alpha-gal which is a sugar molecule found in mammals.

Symptoms usually appear 2–6 hours after eating meat or dairy products, or after exposure to products containing alpha-gal (including gelatin-coated medications and some vaccines).

These symptoms may include

- **Skin** symptoms: hives or itchy rash
- **Gastrointestinal** symptoms: stomach pain, nausea, vomiting, diarrhea, and heartburn
- **Lung** symptoms: cough, shortness of breath, or difficulty breathing*
- **Other** symptoms: drop in blood pressure, dizziness or faintness, swelling of the lips, throat, tongue, or eye lids*

***These symptoms require emergent medical care!**

For more information on alpha-gal syndrome see: https://www.cdc.gov/ticks/alpha-gal/pdfs/330644-A_FS_AlphaGal_GP_508.pdf

Biotin supplements can cause incorrect lab test results



Biotin is a B vitamin that we get in our diet in foods including meat, fish, eggs, vegetables, nuts and seeds. In recent years high dose biotin supplements have been promoted to the public as a nutrient for hair, skin and nail health. I recommend it for people suffering from brittle nails. Unfortunately biotin supplements can interfere with some blood tests including:

- **Thyroid** tests to determine if the thyroid is over or under active
- Other hormone tests including **parathyroid hormone, follicular stimulating hormone, luteinizing hormone, and cortisol**
- **Troponin** test that can help determine whether or not a patient is having a heart attack
- **Vitamin D**
- **Ferritin**, an iron level to help determine whether or not one is iron deficient

Excess biotin in the blood from supplements can cause some, but not all, lab test results to be either falsely increased or falsely decreased, causing healthcare practitioners to misdiagnose and mistreat their patients. I encourage patients to review all their supplements and determine which have biotin, and stop these supplements at least 5 days before blood tests to minimize the risk of biotin interference in the test results.

RHA Redensity, 2, 3 and 4 Promotion



As discussed in the Summer 2022 Newsletter (https://www.rutlandskin.com/Newsletter-Summer_2022.pdf), the Rutland Skin Center now offers the RHA collection of hyaluronic acid fillers and has a promotion where your first syringe of this filler is \$100 off the regular price of \$495 per 1 cc of any of these four fillers. Learn more about this new family of fillers at the above link. They are offered by the same company (Revanche) that owns Daxxify, the long lasting Botox alternative as discussed earlier in this newsletter.

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



I hope you have a very enjoyable Holiday Season and get to spend time with family and friends.
Stay well. DM