



Caring For Your Skin



Spring-Summer 2025

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Welcome to the 35th issue of the **Caring For Your Skin** Newsletter. In this issue, I address:

- 1) *Summer Filler Promotion: RHA Redensity*
- 2) *Topical estrogens for skin rejuvenation, and skin cancer risk from estrogen supplements*
- 3) *Tallow and Lard in skin care products*
- 4) *An antioxidant in vegetables may slow the graying of hair*
- 5) *My retirement is still on the horizon, with a replacement planning to arrive this summer*

Spring Promotion: RHA Redensity hyaluronic acid filler



For what may be the last promotion of my career at the Rutland Skin Center, we are offering one or more 1 cc syringes of **RHA Redensity filler for only \$480/syringe**. According to *ChatGPT*: “The price for a syringe of RHA Redensity dermal filler in the United States ranges from \$600 to \$900 per syringe.” RHA Redensity is specially formulated so that it works well for filling superficial skin wrinkles around the eyes (A), cheeks (B), mouth (C), and neck (D). I find it superior to similar products from Restylane, Juvederm, and Belotero. It is also used for shallow under-eye hollows (E) and lip plumping (F). Quantities are limited, so self-book an appointment soon at <https://rutlandskin.com/> or call (802) 773-3553 if you need a time or day not available in the self-booking calendar. The last day to receive treatment is Saturday, June 28, 2025.

RHA Redensity is called RHA 1 in Europe and is one of the fillers in the RHA® Collection of dermal fillers which includes RHA 2, RHA 3, and RHA 4. The RHA Collection of hyaluronic acid fillers were formulated to be more elastic and move with facial expressions thus providing a more natural appearance. As we age, repetitive movements of expression and thinning skin cause wrinkle lines, that we refer to as dynamic lines. These are most notable around the eyes, cheeks, and mouth. Due to movement in the areas, the elastic nature of RHA Redensity is well suited to treat these lines. The RHA Fillers are the only FDA-approved fillers for treating dynamic lines that develop from natural movement of our skin.

Learn more about the RHA filler Collection at <https://www.realself.com/nonsurgical/rha-collection-fillers>

Topical estrogen for aging skin



In the past few years there have been a number of claims about the benefits of topical estrogens when applied to the skin. These claims suggest that topical estrogens can increase skin thickness and elasticity, lessen pore size, restore collagen loss, and diminish wrinkles. A number of companies are promoting various estrogen products to the public with little scientific evidence of their effectiveness while often ignoring the potential increased risk of uterine and breast cancer, heart attack, stroke or blood clot formation. Estrogen is absorbed through the skin increasing blood levels that contribute to these risks. For an in depth analysis on this topic I refer you to a general review found here, ***The Menopause Estrogen Face Cream Epidemic, When marketing outpaces science*** <https://vajenda.substack.com/p/the-menopause-estrogen-face-cream>

The bottom line: I would not recommend using any of these topical estrogen products for skin rejuvenation until more is learned about their effectiveness and safety. This is especially important for individuals who have a personal or family history of uterine or breast cancer, heart attack, stroke or blood clot formation, or are otherwise at risk of any of these conditions.

Estrogen therapy may increase the risk of developing skin cancer



Basal Cell Squamous Cell Melanoma

A recent study has found evidence that estrogen in hormone replacement therapy (HRT) has been associated with an increased risk of skin cancer in women. Data from more than 29,000 Swedish women were analyzed. Compared with never-use of estrogen therapy, the study authors found that estrogen-driven hormone replacement therapy was associated with a:

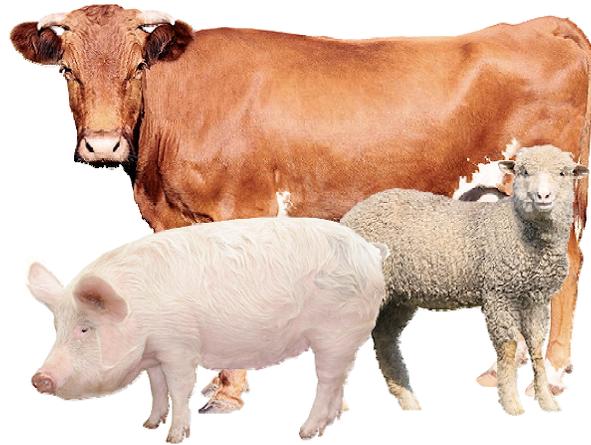
- 24% increased risk of basal cell skin cancer
- 23% increased risk of squamous cell skin cancer
- 31% increased risk of malignant melanoma
- The higher the dose of estrogen, the higher the risk.

<https://www.ajmc.com/view/estrogen-therapy-may-increase-risk-of-3-skin-cancers>

It is thought that estrogen promotes ultraviolet (UV) light-induced skin cancers. It is likely that estrogen applied to the skin for anti-aging effects would also raise the risk of skin cancer.

The bottom line: Based on these findings, those taking estrogen supplements should take sun protective measures to lower the risk of developing skin cancer. Be aware that other medications, including hydrochlorothiazide, a frequently prescribed blood pressure medication, can increase the risk of skin cancer. Fair-skinned individuals are at higher risk.

Tallow and Lard for skin care



Two patients have recently asked me what I thought about putting tallow containing skin care products on their skin. Tallow is hard animal fat, mostly from cows and sheep as a byproduct from meat processing plants, though some folks make their own or combine it with other ingredients as per TikTok and YouTube videos. It is most commonly used for cooking at high temperatures (as in deep fried food), and in soap and candle making. More recently tallow has been promoted on social media as an ingredient for skin care products and in “make your own” skin care products. The downsides of using tallow containing products include an unpleasant odor, and it can irritate your skin and worsen or trigger acne. There is also the potential for exposure to an animal born infectious diseases, particularly for those who prepare their own tallow from raw fat. And lard (made from pig fat) is similarly used in skin care products. Many of the commercially available skin care products containing tallow or lard are in the form of moisturizers or soaps. They typically contain a strong fragrance to mask the smell of the tallow and lard. Some people may think putting animal fat on your skin is icky, and PETA (People for the Ethical Treatment of Animals) strongly opposes the use of tallow and lard in skin care products.

The bottom line: I do not endorse these products for any medicinal value and am skeptical of some of the unconfirmed social media beauty and acne treatment claims. However, there is ample evidence that tallow and lard can be used successfully in moisturizer and soap products.

Can eating more vegetables slow the graying of hair?



A recent study in mice found that when feeding mice several different plant-derived antioxidants, or placing the same antioxidants on their skin, one antioxidant slowed the graying of the hair, whether ingested or applied to the skin. That antioxidant was luteolin.

Earlier studies have revealed that luteolin may also lessen inflammation, affect skin aging, and be beneficial for macular degeneration eye disease.

<https://www.health.com/can-vegetables-luteolin-prevent-gray-hair-11679425>

Luteolin can be found in numerous vegetables including beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, green pepper, lettuce, peppers, and spinach.

The findings of this study are interesting and suggest that the graying of ones hair might be slowed by eating more vegetables. However, whether the findings in mice might apply to humans is unknown, and there are a lot of other factors that influence the graying of our hair, besides growing old. These factors include stress, hormone levels, smoking, medications, and most importantly genetics. If you have a parent who grayed slowly, you may be more likely to do the same. Many people are not so lucky and for them it might be worthwhile to address things they might do to slow the graying of their hair, and eating more vegetables may help particularly when considering that only one in ten people in the US eat the recommended daily amount of vegetables. And we should eat more fresh vegetables and less processed food for good health.

For more information on factors that contribute to graying hair and things that might slow or reverse graying hair, see [Why Does Hair Turn Gray? Is Graying Reversible?](https://sciencenotes.org/why-does-hair-turn-gray-is-graying-reversible/#google_vignette)

My upcoming retirement



As many of you now know, I semi-retired last December. The following month I met a mid-career dermatologist who is now planning on taking over the practice this summer. In the meantime I continue to provide aesthetic services and am seeing established patients with more urgent problems. I also continue to perform skin cancer surgery. Once the paperwork is finalized I will be posting a short biography of the new dermatologist and other information regarding the future of the practice on our RutlandSkin.com website.



Enjoy summer and stay well. DM