



NOTED AND QUOTED

Dermatologists in the News

An online feature from *Allure* magazine, "The 10 Commandments of Anti-Aging," discussed vital habits for maintaining skin's youthful appearance. **Drs. Doris Day, Fredric Brandt, Heidi Waldorf, Jeanine Downie, and Jeanette Graf** commented on topics ranging from the importance of sunscreen to eating a balanced diet. **Dr. Day** noted that applying sunscreen daily is important to prevent sun damage and skin cancer. She recommended using a broad-spectrum formula to protect against both UVA and UVB rays. **Dr. Brandt** said that smoking affects collagen production and elasticity and decreases estrogen levels in women; to keep skin firm and prevent cancer, patients should quit smoking. **Dr. Waldorf** recommended the use of retinoid creams to reduce the appearance of age spots and fine lines and prevent new ones from forming. **Dr. Downie** commented on the importance of staying hydrated. She noted that drinking an ample amount of water and staying away from coffee and soda will keep skin hydrated and minimize wrinkles. In addition, getting enough sleep is required to allow the skin to repair itself, according to **Dr. Graf**. Puffiness around the eyes can often accentuate wrinkles, making it imperative to sleep well. **Dr. Waldorf** discussed maintaining a healthy weight and adopting proper eating habits. Because skin loses elasticity over time, weight fluctuations can affect the appearance of

the skin. Getting nutrients from a balanced diet or multivitamin will keep patients looking younger. **Dr. Downie** suggested exercising for approximately 30 minutes 4 to 5 times a week to help promote healthy-looking skin by increasing blood flow to the skin. In addition, **Dr. Waldorf** noted that stress can cause skin cells to age faster, making relaxation equally as important as diet and exercise. Lastly, **Dr. Waldorf** warned not to pick at blemishes, which can cause dark spots that will take more time to heal as patients age.

An article published in the July 2011 issue of *Oprah* magazine featured **Dr. Deborah Sarnoff**. A reader asked how to get rid of deep vertical lines on the upper lip. **Dr. Sarnoff** suggested a 3-step approach to eliminate the lines. First, she recommended using injectable fillers. Next, a small amount of onabotulinumtoxinA injected into the sides of the mouth can prevent puckering of the lips that often causes these types of lines. Lastly, **Dr. Sarnoff** advised that 1 treatment with a fractional CO₂ laser can provide more long-lasting results, getting rid of lines for more than 10 years.

A May 2011 online article from *Self* magazine discussed health problems associated with hands. The article, "What Your Hands Say About Your Health," featured **Drs. Jenny Kim** and

Anthony Martinez. **Dr. Kim** explained that swollen fingers can indicate a thyroid problem. She noted that water accumulation could occur if the thyroid gland is underproducing the hormones needed to regulate metabolism and keep the body functioning properly. **Dr. Kim** went on to comment on the incidence of red palms, which can be attributed to eczema or an allergic reaction. **Dr. Kim** noted that red palms due to eczema can worsen with stress. The condition also may become irritated by external factors; to limit irritation, she suggests using soapless cleansers and wearing gloves while gardening or cleaning. Red palms during pregnancy, however, is common. **Dr. Martinez** discussed pale fingernails as a symptom of anemia or an iron deficiency. He recommended that patients should incorporate iron-rich foods, such as lean meats and nuts, in their diet as well as foods with vitamin C. Numb blue fingertips can indicate Raynaud disease, according to **Dr. Martinez**, which is more common in women. **Dr. Kim** discussed discoloration of nails, which can signal a fungal infection or diabetes in some patients. She added that diabetes can impair immune and vascular functions, allowing bacteria and fungi to flourish.

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