



NOTED AND QUOTED

Dermatologists in the News

An online feature from *Allure* magazine, “12 Surefire Ways to Get Younger Skin,” discussed several effective ways for patients to take years off their face. **Drs. Leslie Baumann, Howard Sobel, and Fredric Brandt** recommended skin care products and practices that promote younger looking skin. Because skin around the eyes is delicate and vulnerable to photodamage, **Dr. Baumann** suggested using an elastin-enhancing eye cream under the eyes every morning and a retinoid every evening. Because antioxidants help protect skin from free radicals that break down collagen and elastin and work best in synergy, **Dr. Sobel** suggested using products that contain multiple antioxidants, such as vitamins A and C and coenzyme Q10.

Dr. Brandt explained the need for moisturizers to protect the skin against free-radical damage. Patients should look for products containing cholesterol, ceramides, essential fatty acids, and niacinamide. Dr. Brandt also discussed the connection between exercise habits and sagging facial skin. He noted that straining the neck during exercise will consequently strengthen the muscles that eventually will cause the face to sag. **Dr. Brandt** also warned against smoking because of its damaging effects on collagen and elastin production. It also decreases estrogen levels, which are necessary to keep the skin firm.

A November 2011 article in *Better Homes and Gardens* magazine, “Filler Up,” discussed the growing popularity of injectables. **Dr. Neil Sadick** highlighted some of the benefits of injectables that make them appealing to both patients and physicians, such as the lack of scars, decreased downtime for the patient, and overall minimal risk. To ensure patient satisfaction, **Dr. Heather Woolery-Lloyd** advised that patients should avoid injectable treatments 2 weeks before a special event due to the risk for bruising. Patients also should not take aspirin or ibuprofen before a treatment, thinking it is a good way to avoid pain associated with the injection. Alternatively, **Dr. Sadick** suggested taking an herbal medicine beforehand to help prevent or minimize bruising, such as *Arnica montana* or the plant extract bromelain, which also is found in pineapple juice.

An online *USA Today* article, “Five Ways: To Treat a Sunburn,” provided skin care tips for patients to ease the pain caused by sunburn. **Dr. Shawn Allen** suggested

using products that contain vitamins C and E, which could potentially limit damage to the skin. Hydrocortisone cream also can be used to temporarily relieve discomfort 1 to 2 days after the sunburn occurs, **Dr. Allen** noted. Although most sunburns can be treated at home with over-the-counter remedies, patients with burns that cover 20% or more of the body or that result in substantial blistering, fevers, or chills should seek medical attention, **Dr. Allen** said.

An online article from *Women’s Health* magazine, “Sensitive Skin: What to Do,” discussed several factors that cause reactions in patients with sensitive skin and how to combat them. **Dr. Marianna Blyumin-Karasik** explained that patients with sensitive skin have hyperactive immune systems that fight off certain products or weather conditions as foreign objects, leading to redness, itching, stinging, burning, and peeling of the skin. According to **Dr. Francesca Fusco**, the irritation that women experience can be attributed in part to the potent exfoliants in antiaging products, which are being used by patients more than ever before.

Fragrances, the number one allergen in cosmetics and household cleaning products, also are a common cause of irritation in sensitive skin, **Dr. Audrey Kunin** added. **Dr. Blyumin-Karasik** suggested spraying fragrances onto clothing and letting them dry before getting dressed to avoid direct contact with the skin. Because sensitive skin usually is dry, soaps also can cause irritation, **Dr. Blyumin-Karasik** said, as they reduce moisture in the skin, leading to pruritus and peeling.

Dr. Zoe Diana Draelos discussed chemical ingredients in cosmetics that are common irritants. Mica, a light-reflecting particle with chemical properties, often is found in bronzing powder and can cause itching. Because cosmetics are aggressively rubbed in with a brush, **Dr. Draelos** explained that irritation is exacerbated by pushing the product deeper into the pores. **Dr. Ellen Marmur** also explained how environmental factors can affect sensitive skin; for instance, less humidity during the colder fall and winter months causes irritation and dryness.

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