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Skin News

New Vaccine Recommended to Prevent Shingles Pain



Recently the Advisory Committee on Immunization Practices (ACIP), a federal panel of immunization experts, recommended that people age 60 and older receive a new vaccine to prevent herpes zoster or shingles. Varicella Zoster vaccine (Zostavax) has shown to boost immunity against herpes zoster virus (shingles) in older patients. The vaccine has reduced occurrence of shingles in individuals over 60 by about 50%. It also appears to slightly reduce the pain in those people who develop shingles compared to those not vaccinated. Since 1995, live attenuated varicella virus vaccine has been available in the United States and has been up to 99% effective in protecting susceptible individuals from the varicella infection. The vaccine does not treat shingles or Post-Herpetic Neuralgia (PHN) once it develops.

Shingles or Herpes Zoster is a common skin condition caused by the varicella zoster virus (VZV), a virus identical to the virus causing varicella (chicken pox). Individuals who have had no previous exposure to the virus (most commonly during childhood) develop the clinical syndrome of chicken pox, while those who have had previous exposure to the virus may develop herpes zoster. The virus is thought to remain dormant in the spinal cord and something triggers the virus to multiply and travel down the sensory nerves to the skin. Exactly why and how this occurs is not completely known.

The incidence of Zoster is estimated at 2-3 cases per 1,000 annually (approximately 750,000 cases per year). Almost 50% of individuals who live beyond age 80 years can expect to develop Zoster. Zoster may begin with a fever, loss of appetite, and flu-like symptoms. Often 48 hours before the onset of the typical rash, pain along a skin dermatome (the area of localized sensory nerves on the skin) occurs. Continued on page 2

Meeting the Challenge of Skin Care at Altitude

The dry winters in Colorado can wreak havoc on our skin. A drop in temperature combined with indoor heating and low humidity can actually remove moisture from the skin resulting in dryness, flaking and even cracking. No doubt you've experienced positive changes in your skin when traveling away from our high and dry climate to a warm, humid locale.

The same conditions can influence your choice of skin care regimens in winter vs. summer. When the relative humidity indoors drops below 60%, your skin begins to lose moisture, causing irritating dryness and itching. In Denver, the measured relative humidity is often below that 60% threshold. Couple the low relative humidity with the low humidity inherent in indoor heating and the

routine of hot showers and baths, and your skin is bound to become dry and irritated.

Five factors causing dry, winter skin are:

- Exposure to harsh weather
- Cold temperatures with low humidity
- Harsh soaps or cleansers
- Long, hot baths
- Contact with irritants such as wool clothing

Making a few simple changes to your daily skin care routine in the winter months can help offset this problem. In this edition of **Skin News**, we will share how and why certain products can prevent and repair damaged, dry skin.

Expect Skin Changes While You're Expecting

Pregnancy can introduce many unanticipated changes to the skin, the majority being harmless but often distressing to an expectant mom.

Melasma—the appearance of brown patches on the face—occurs in women with a genetic predisposition for the condition. Exacerbated by pregnancy hormones and sun exposure, melasma is treated with post-partum topical medications to fade the pigment.

Multiple benign lesions show up in pregnancy as well. Skin tags, seborrheic keratoses (small, brown roughened spots) and angiomas (bright red bumps made of blood vessels) are common and can persist after pregnancy. Most of these can be easily removed if they become irritated.

Excess hair growth on the face and chest can develop due to pregnancy hormones. The condition usually regresses within six months after delivery. Some women experience a significant loss of scalp

hair in the months following the birth of their baby. Called Telogen Efluvium, this occurs when more of the scalp hairs enter the resting phase, a part of the hair's natural growth cycle. This condition is temporary.

Acne can appear or worsen in pregnancy. Many over-the-counter topical medications to treat acne are not recommended during pregnancy, so see your health care provider for safe prescription alternatives. Procedures such as salt peels are safe and effective for treating acne in pregnancy. Rashes can also come and go in pregnancy. A rash that lasts more than a couple of days or is painful or extremely itchy should be evaluated by your physician.

Ninety percent of pregnant women will develop stretch marks or striae. These marks appear in the 6th to 8th months of pregnancy. Initially showing up as bright red streaks on the abdomen, hips, breasts or buttocks, these stretch marks usually fade to a silvery discoloration after delivery. The appearance of striae can be improved using topical retinoid creams and newer laser technologies.

continued from page 1 **New Vaccine Recommended to Prevent Shingles Pain**

This pain may simulate other conditions which can result in an incorrect diagnosis, but those with Zoster will develop a distinctive eruption on the skin. The classic sign is grouped blisters on a red, inflamed base usually accompanied by significant inflammation of the sensory nerves causing severe pain. For unknown reasons, the rash usually appears only on one side of the body and stops abruptly at the midline. On rare occasions, Zoster can appear on both sides.

Besides the initial discomfort associated with Herpes Zoster, the persistence of pain after the rash is gone—called PHN—can be even a greater problem. Once it occurs, post herpetic pain is notoriously difficult to alleviate with traditional analgesics, including narcotics. The best treatment is prevention—prompt antiviral therapy as early as possible in the course of acute Zoster, and definitely within 72 hours of onset.



dermaSpa News

What's going on at the dermaSPA

Hands by Thermage®



Until now, there were very few effective treatments for the thinning skin on the top of the hands. A special treatment tip for the Thermage radiofrequency procedure has been developed to target the thinner skin on the hand. This unique procedure can tighten, smooth and improve tone and texture on your hands, and the non-surgical treatment involves no injections and little to no downtime. Thermage can also be used to treat the face, neck, eyelids, arms, thighs, abdomen and buttocks.

Antioxidants You Can Chew On

Most researchers agree that aging can be related to high levels of Reactive Oxygen Species, also called ROS or oxidants. ROS are normal byproducts of energy generation in normal metabolism. However they increase with exercise, stress, exposure to pollutants, radiation, sunlight and during infections or inflammation. High levels of ROS persist when there are inadequate levels of antioxidants to neutralize them resulting in damage to the surrounding cells and tissues.

A healthy diet that is low in saturated fat and high in antioxidants helps prevent oxidative stress. Dietary antioxidants include essential vitamins and minerals, as well as phytochemicals present in plant food. To help keep your skin healthy and retain a youthful appearance, be certain to add these nutrients and phytochemicals with anti-aging potential to your diet:



| Nutrients & Phytochemical | Source |
|---------------------------|--|
| Beta carotene | Carrots, apricots, yellow & orange vegetables, yellow & orange fruit |
| Lycopene | Tomatoes |
| Flavonoids | Fruits, vegetables |
| Isoflavones | Soy products, legumes |
| Phenolic Compounds | Wines, grapes, peppers |
| Vitamin C | Fruits, vegetables |
| Vitamin E | Nuts, grain |
| CoQ10 | Spinach, sardines, salmon |

We offer CareCredit®

The Asarch Center participates in CareCredit®, a program that allows patients to pay for cosmetic healthcare treatment not covered by insurance over a period of 3, 6 or 12 months without interest. Simply sign up to pay a low minimum monthly payment with the balance in full by the end of the term you choose. CareCredit does not affect insurance coverage. Ask us about the CareCredit option next time you're in the office.

Join Our Botox® Reward Program

Now you have another reason to return to the Asarch Center for Botox® Cosmetic. Be among the first to receive the new and exclusive benefits card offering a \$25 reward toward payment of your next Botox cosmetic treatment at the Asarch Center. This reward continues each time you return for treatment every 3-6 months until the card expires. Call us for a free consultation on Botox Cosmetic. 303.761.6325

Hair Removal for Men and Women



Excess facial and body hair can be treated in the dermaSpa with laser and pulsed intense light systems. Extremely safe and effective, the procedures are performed in our office and a topical anesthetic can be used when treating particularly sensitive areas.

Women typically want their face, underarms, bikini line or legs treated and men usually want hair removed from their back and shoulders. But almost any area of the body can be treated. Most people with excessive body hair inherit this condition but occasionally it can indicate a medical problem. If the onset is sudden or associated with other symptoms, contact your physician.

Are you a good candidate for hair removal? Since laser light is attracted to the pigment in the hair, in the past the best candidates are those who had a combination of light skin and very dark hair. However, the newer systems allow treatment of all skin types but the hair must have some pigment present for the treatment to be effective. The hair pigment absorbs the laser energy and the heat produced damages the hair, preventing it from growing. So you can shave or trim the hairs short but you can't tweeze or pull them out before a hair removal treatment.

Winter is a good time to have the procedure done. Skin is less pigmented or tanned and the improvement will have your skin ready for the summer.

dermaSpa Can Travel with You



With all of the new air travel restrictions regarding carry-on items, you can still carry on your essential dermaSpa Skin Nutrition products utilizing our travel kit. The kits are for dry to normal skin and contain Facial Enzyme or AHA Cleanser, Hydrating B Serum, C-Collagen gel, Eye Repair Cream, Moisturizing Repair or Antioxidant Facial cream and Lip Enhancer in containers of less than 3 ounces each so you can always have your effective regimen with you anywhere you go.

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| <p>COUPON</p> <p>\$50 off Sculptra® Filling Treatment</p>  <p><i>Coupons expire March 31, 2007. No cash value. Not good with any other discount or offer.</i></p> | <p>COUPON</p> <p>\$50 off Juvederm™ Filling Treatment</p>  <p><i>Coupons expire March 31, 2007. No cash value. Not good with any other discount or offer.</i></p> | <p>COUPON</p> <p>\$15 off any \$100 purchase of dermaSpa products</p>  <p><i>Coupons expire March 31, 2007. No cash value. Not good with any other discount or offer.</i></p> | <p>COUPON</p> <p>\$35 off Botox® Injection (14 unit minimum)</p>  <p><i>Coupons expire March 31, 2007. No cash value. Not good with any other discount or offer.</i></p> |
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At the Spa

Juvederm™

A natural dermal filler of hyaluronic acid in a malleable smooth gel formulation that lasts up to six months and longer.

StarLux® Fractional Laser

New Laser treatment that utilizes high precision microbeams to repair aging skin and discoloration.

Laser Rejuvenation

Removal of superficial layers of the skin promoting regeneration of new, healthy, younger-looking skin. Soften facial lines using non-invasive lasers to stimulate collagen formation.

Thermage™ “ThermaCool”

Non-invasive process that utilizes radio frequency waves to tighten loose or lax skin of the face, neck, arms and abdomen.

Pulsed Intense Light

Treatments that remove facial redness, broken capillaries, brown spots on the face or body, as well as stimulate new collagen formation.

MicroLaser Peels

New laser treatment which controls the depth of peeling from mild, moderate to aggressive for faster skin enhancement. Healing time is quick with little post-treatment care.

Laser Blepharoplasty

The laser removal of excess skin from the upper eyelids and fat tissue under the lower eyelids for a more youthful, rested appearance.

StarLux® Acne Treatments

Utilizing intense pulsed light, acne can be controlled by eliminating the bacteria that cause the formation of pustules in the skin.

Salt Peel Macrodermabrasion

Gentle peel utilizing natural salt to improve aged, sun-damaged or unevenly-pigmented skin.

VibraDerm

Painless mechanical peel on any part of the body utilizing a stainless steel paddle to improve skin texture and stimulate collagen formation.

Hair Removal

Permanent reduction of unwanted hair on all skin types utilizing the Light Sheer laser or the StarLux Pulsed Light source.

Peels

The application of solutions or masks matched to your skin type for the removal of the top skin layers. Depth of the peel depends on the agent used and the desired result.

Sculptra™ Injections

A new long-lasting filler (up to 2 years) to restore the youthful volume of facial skin that decreases with age. No skin tests are required.

Collagen Injections

Longer-lasting collagen genetically-engineered from human cells allowing treatments without skin testing.

Botox®

Injections that result in softening expression lines on the face.

DermaSpa Facials

Medically-based facials using custom blended products that can be matched for any skin type.

VISIA®

Photographic analysis of your skin to develop an individualized skin care program and permanent photographic progress records.

TRUE Cosmetic Line

Full line of oil and fragrance-free make-up containing anti-aging ingredients and sun-protective agents.

DermaSpa Skin Nutrition Products:

Facial Enzyme Cleanser

AHA Facial Cleanser

Butter Scrub

Face Off (And On) Cleansing Pads

Hydrating B Serum

C-Collagen Gel

Skin Recovery Gel

Eye Repair Cream

Eye Repair Gel

Moisturizing Repair Cream

Antioxidant Facial Cream

Tri-Lipid Enhancer

Lip Enhancer

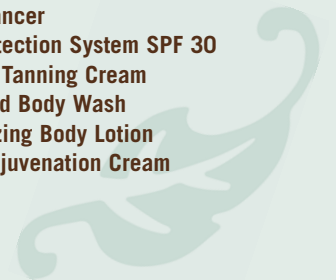
Sun Protection System SPF 30

Sunless Tanning Cream

Hand and Body Wash

Hydrolyzing Body Lotion

Hand Rejuvenation Cream



Nutriceuticals Offer Added Protection

Although diet alone can provide all of the necessary nutritional ingredients for beautiful skin, lifestyle sometimes prevents us from adhering to our best intentions. If that happens to you, there are several proven supplements that can help you keep your skin healthy, vibrant and young. All of these are now available at the dermaSpa.

Heliocare®

Heliocare is an oral dietary supplement which helps maintain the skin's ability to protect against sun-related effects and aging. Polypodium leucotomos extract provides systemic photo protection. Rich in phenols with photo-protective and anti-oxidant properties, one capsule a day inhibits the formation of sunburn cells and the inflammation that occurs after sun exposure.

Pure Inventions™ Green Tea Extract

Studies show that exposure to EGCG (an antioxidant in green tea) reactivates dying skin cells, almost like a fountain of youth. But in order to reap the benefits, one would need to drink 6-8 cups each day. Just one dropper of Pure Inventions Green Tea Extracts is equivalent to 15 cups of brewed green tea. Just add one dropper of the all-natural extract to your water bottle daily.



Nordic Naturals® Fish Oil Capsules

Omega 3 fatty acids are an important component in maintaining and restoring healthy appearing skin. Salmon and other cold water fish have high levels of omega 3 fatty acids, but it's unlikely you'll eat salmon everyday. Nordic® Naturals have the lowest level of contaminants, the highest concentrations of the essential omega 3 fatty acids, and the highest freshness value of all products.

DermaVite™ Dietary Supplements

Vitamins and minerals nourish and protect the skin from the outside and from within. Studies show significant improvement in skin quality, thickness and elasticity in persons taking DermaVite supplements.

Botox® for Wrinkles

Botox, a bacterial product, is useful to limit the activity of certain overactive facial muscles which lead to unwanted deep wrinkles. Originally used for the treatment of crossed eyes, Botox is now used to limit the action of muscles of the face which cause frown lines.

Our policy:

Only Physicians or trained Physician Assistants perform this treatment.

How it works:

Botox prevents the nerve from releasing the substance (acetylcholine) which causes muscle contraction. The mechanism of action is temporary weakness of the targeted muscles. The injections show their effect within 7-10 days, lasting 3-5 months in most patients.

Where we use it:

Forehead, nose, glabella (lines between the eyebrows), crows feet, wrinkles around the mouth and bands on the neck. Botox can also be used to reduce excessive sweating in the armpits and on the palms and soles.

Polenta Cakes with Red Pepper, Pineapple and Salsa

*NOTE: Make this dish the night before, or make creamy polenta in the morning. From **The Beautiful Skin Diet** by Dr. Richard Asarch and Executive Chef Neal Mendel*

2 servings of 3 slices each

Ingredients:

| | |
|--|--------------------------------|
| 2 cups cornmeal (polenta) | Pinch cayenne pepper |
| <i>NOTE: Purchase pre-cooked if you're in a hurry.</i> | Pinch cumin |
| 1 red bell pepper, seeded and diced | 2 tbsp. olive oil for cooking |
| 1 cup pineapple, diced | 1 tbsp. canola oil for cooking |
| 1 tbsp. shallots, finely diced | Salsa of your choice |
| 2 cups chicken stock | Salt and white pepper to taste |
| 1/2 cup orange juice | |

Per serving:
Calories 366
Vit A IU 2060
Vit C mg 78
Vit E mg 1.1

Method: Heat 2 tbsp. olive oil in a medium sauce pan. Add shallots and cook for 2 minutes. Add bell pepper and cook for 2 more minutes. Add chicken stock, orange juice, cayenne, cumin and pineapple and cook for 1 minute. Add polenta and mix well. Cook on medium heat for 10 minutes. Check and adjust seasoning. You may serve at this point, or to make cakes, continue as follows: Pour onto a sheet tray lined with wax paper. Smooth with a flat spatula to 1 inch thick. Let cool in the refrigerator and slice into even squares with a paring knife. Squares may be wrapped and kept up to 4 days. To heat, pour 1 tbsp. canola oil in a non-stick pan and sauté the polenta cake for 2-3 minutes on each side. Serve with salsa of your choice.

Three Things That Assault Your Skin

When it comes to protecting your skin, the first step is to know the enemy. The second is to take precautions against the assailants. The three most significant things that can (and do) affect your skin and its condition are:

- 1** Sun exposure: Unprotected skin that is exposed to the sun becomes more mottled in appearance than protected skin. Freckles can turn into brown sun spots, the skin takes on a dry, leathery appearance and wrinkles and sagging increase. The risk of skin cancer risk is significantly increased by sun exposure. The good news is that sun damage is avoidable, and if you start now, you can improve the condition of sun-damaged skin. Certainly avoiding the sun is one suggestion, but those who can't or won't stay under cover should use sunscreen that protects against both UVA and UVB rays. Choose sunscreen with SPF of 30 or higher and use it all year-round, even on cloudy days. Clouds do not protect you from ultraviolet ray exposure.
- 2** Cigarette smoke: Whether you smoke or you spend time with a smoker, cigarette smoke is damaging your skin. Research has shown that exposure to cigarette smoke significantly increases skin wrinkles and dryness. Some researchers believe that exposure to cigarette smoke is as bad for your skin as exposure to the sun's ultraviolet rays.
- 3** Poor Nutrition: A proper, well-balanced diet is critically important to maintain healthy skin. A diet high in fruits and vegetables and low in saturated fats, sugars and processed oils reduces harmful free radicals and inflammatory conditions that ultimately damage and age skin. What you eat does show on your skin.

What is a Moisturizer and How Does It Work?

In simplest terms, a moisturizer is a product that has been designed for two main functions: to restore the optimum water content of the skin, and to maintain the water content at the proper level. Moisturizers work in two basic ways: to make the skin hold more water by using moisture-retentive agents, and by trapping water in the skin preventing it from evaporating.

Humectants are the agents that hold water. The epidermal cells produce their own humectant known as natural moisturizing factor. But that factor can be depleted or washed away. Applying agents capable of restoring this function helps reestablish the water content of the skin. Glycerin, ammonium lactate, urea and hyaluronic acid are examples of humectants.

Trapping water in the skin and disallowing evaporation of moisture is the result of applying occlusives, oily materials such as petrolatum, mineral oil and lanolin. This impermeable layer of occlusives on the skin surface helps seal the skin. The application of these oily materials is important where natural skin fatty substances have been lost. New data regarding the makeup and percentages of the fatty substances of the skin have led to the development of even more effective moisturizing agents.

Since many people object to the very oily, greasy feeling on their skin, other oils called emollients can be applied. Less sticky than occlusives, these products are also less effective at sealing the stratum corneum.

Among the hundreds of moisturizers to choose from, seek one that contains occlusive, humectant or emollient ingredients. Skin type, occupation, age and climatic conditions should be considered. For best results in Colorado's dry climate, apply moisturizers to the skin within three minutes of stepping out of the shower or bath. This will help trap the water in the upper layers of the skin and decrease dryness and itching.



Upcoming In-Office Seminar!

Non-surgical Face Lifts in 2007

by Richard G. Asarch, M.D.
Tuesday, February 27, 2007
6:30 p.m.

*Space is limited—
Call 303.761.6325 for reservations.*

Isn't it time to do something for you!

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Tips for Dry Lips and Fingertips



Two areas that frequently suffer from dryness in the winter are lips and fingertips. Dry, peeling, red and tender lips are annoying. You can often pick out those people suffering from the dry Colorado weather as they're frequently seen licking their lips. And while licking the lips puts moisture back in the dry skin, it is short lived and the constant wetting followed by loss of moisture in the dry air creates a vicious circle. An occlusive agent is needed to form a protective film over the lips, interrupting this circle and allowing the skin to re-hydrate itself. If you've never made the correlation before, avoid acidic juices or spicy foods until your lips are healed to escape the burn. In the case of seriously chapped lips accompanied by substantial inflammation, a trip to our office may be necessary to obtain medicated ointments.

Areas that are away from the center of your body such as the arms and legs are susceptible to dryness. This is especially true for your hands and fingertips. Frequent washing removes the natural oils and if moisturizers are not applied frequently, the water loss from the skin increases. The top layer of the skin becomes dried out and the normally thick dead skin layer on the fingers can be broken by cracks and fissures that override the barrier function that skin naturally performs—keeping irritants out and moisture in. Untreated cracks and fissures can be painful and become inflamed.

Try dermaSpa Lip Enhancer or the original ChapStick® in the black tube to combat dry lips. Remember to apply it numerous times each day.

For hands, try to prevent problems by using a good moisturizing cream or ointment such as dermaSpa Hand Rejuvenation Cream, TheraSeal® or Neutrogena Original Hand Cream applied multiple times daily, especially after every hand-washing. If small splits in the fingertips occur, use Super Glue (or a similar bonding agent) to seal the cracks. If that fails and dermatitis appears, a prescription medication may be necessary to return the skin to normal.