

this ISSUE:

- 1 - Stressed? What it does to your skin
- 2 - Identical Twins—Why One Looks Older
- 3 - Get Ready for Summer—Photo Rejuvenate  
- A Newer New Logo
- 4 - Grow Your Lashes Up to 40% Longer and Thicker  
- New! Organic Passion Peptide Peel  
- Grilled Chicken Skewers
- 5 - New Acne Products and Peels  
- Still Getting a Little Greener
- 6 - The Four Spheres to Maintain Beautiful Skin  
- Coupons
- 7 - Should I Worry About Changes In My Nails?  
- Video Games and Hand Sores  
- Melanoma Rates on the Rise in U.S.
- 8 - Wart Wisdom

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# Skin News



## Stressed? What it does to your skin

Unfortunately, stress has become a daily part of our lives. Pending job cuts at the office. Our economy. Back-to-back final exams. A messy divorce. An unexpected surgery. While everyone knows that stress can take a toll on a person physically and psychologically, it also has a tremendous effect on your skin.

Stress signals the body to produce adrenaline (epinephrine) and norepinephrine. These 2 hormones cause the classic "fight or flight" response. Increases in heart and breathing rate, quickened muscle reaction and general readiness for an emergency response occur in response to these hormones. In times of "fight or flight," the flow of blood (and nutrients) is directed to the areas of the body considered vital for responding to the stress and withdrawn from areas considered non-essential, such as the skin. This condition can decrease blood flow, oxygen and nutrients to the skin making it dull and lifeless, less supple, less hydrated and more prone to clogged pores and breakouts.

When a person becomes stressed, the level of the body's stress hormone (cortisol) rises and under normal circumstances, stress hormones tend to ebb and flow throughout the day. Chronic stress changes the body's biochemistry, maintaining high levels of cortisol over long periods of time. These increased levels have several effects: (1) blocks production of estrogen, which in women can lead to an overall increase in male androgenic hormones (2) increased androgenic hormone levels can

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Continued from page 1

enlarge oil glands and increase skin oil production causing flare ups of acne and complexion problems, and (3) higher levels of androgen are also associated with thinning of hair.

Stress also affects hair by changing the normal ratio of growing hairs to resting hairs, to a larger percentage of hairs moving over to the resting phase. Suddenly, one's hair seems to be rapidly falling out and becoming quite thin. This condition, known as Telogen Effluvium, is a fairly common hair loss problem and it may not present itself for up to three months after a stressful event. After the initial hair loss, hair usually grows back in six to nine months.

The skin's barrier function has been found to be a very complex system necessary to protect us from the external environment. Two recent studies have shown that the increase in cortisol induced by psychological stress causes abnormalities in the skin's barrier which can exacerbate skin diseases and hasten aging of our skin. As discussed in the last newsletter, Volume XV, Fall 2008, page 6, chronic inflammation occurs when the skin barrier is damaged—the result is aging of the skin.

Stress can manifest itself on one's appearance in many ways, but primarily by making the skin more sensitive and more reactive. While there is still a debate whether stress actually causes skin disorders, most agree that stress definitely triggers or aggravates skin conditions such as acne, hives, and eczema, Stress can make psoriasis or acne rosacea worse, result in acne lesions that are more inflamed and more persistent, cause brittle nails and ridging of the nails, is associated with hives, can aggravate many inflammatory skin diseases and cause excessive perspiration.

Beyond the direct physiological effects of stress, patients under stress also tend to neglect or abuse their skin. It is important to continue with proper nutrition, adequate sleep, exercise, de-stressing techniques, and to adhere to your skin care regimens. These will all help your skin stay healthy and beautiful.

## Identical Twins—Why One Looks Older

A recent “Twins Day Festival” provided an unparalleled opportunity to identify environmental factors influencing facial aging. Of the thousands participating, 88 pairs of identical twins completed a comprehensive questionnaire about their skin care practices. Digital images were taken and analyzed, comparing the twins' facial features, netting some not-so-surprising confirmation that sun, smoking and alcohol accelerate the appearance of aging.

Twins with a higher rate of sun exposure appeared older than their twins with less exposure to the sun. Those who used sunscreen religiously looked younger than their siblings who didn't apply sun protection with the same zeal. Skin damage from smoking cigarettes was also compared. The longer the a twin smoked, the older they looked compared to their non-smoking twin. Each 10 years of smoking resulted in a twin looking 2 1/2 years older than their sibling.



Test group members who avoided alcohol appeared significantly younger than twins who consumed alcohol. Twins taking Hormone Replacement Therapy (estrogen and progesterone) looked younger than their twins who did not.

Finally, of the younger twins tested, those that were overweight (a higher Body Mass Index) looked older than their thinner sibling. Ironically, older and heavier twins looked younger than their thin twin—most likely due to the loss of facial volume in the thinner twins. Loss of facial volume inevitably occurs with aging. Since a majority of other studies have proven excess weight to be detrimental to one's health, physicians recommend facial fillers (i.e. Juvéderm™) as a preferred means of replacing facial volume loss.



# dermaSpa News

*What's going on at the dermaSPA*

## Get Ready for Summer—Photo Rejuvenate

A Photofacial delivered by Intense Pulsed Light (IPL), is a non-invasive technique to improve the appearance of skin. Called Photorejuvenation, IPL is able to penetrate to the necessary levels of the skin while leaving the superficial aspect of the skin untouched.

At the Asarch Center dermaSpa, the Palomar Starlux Photofacial is used to rejuvenate the face, neck, chest, hands and other areas of the body. The Starlux effectively clears vascular and pigmented lesions—age spots, discolorations, rosacea, facial blood vessels and other imperfections. The Intense Pulsed Light targets hemoglobin (for vascular lesions) and melanin (for pigmented lesions) and the thermal effect of IPL simultaneously stimulates production of new collagen, thereby diminishing wrinkles.

A series of treatments directing intense pulses of light at the skin's surface also improves skin tone and texture. A topical anesthetic is often used making the procedure essentially painless. Make up can be applied immediately after a treatment allowing you to return directly to routine activities. Since the treated areas can be more sensitive to the sun for a few days, it is best to avoid intense sun exposure during that time.

Most patients see the maximum benefit with a series of four to six treatments performed every three to four weeks. Maintenance treatments also may be recommended every six months depending on the area(s) treated and your individual skin type.

Get ready and look your best for summer. Call the dermaSpa for a complementary consultation including an evaluation of your specific skin condition plus a recommended treatment regimen.

## A Newer New Logo

In the last issue, we notified you that you would see new packaging in the near future. We went back to the drawing board and made some changes. Our new name, DERMAspa<sup>Rx</sup>, was chosen to indicate the medical strength of our active ingredients. The new labels will also be color coded to help you determine which products are best for certain skin types.



### **We offer CareCredit®**

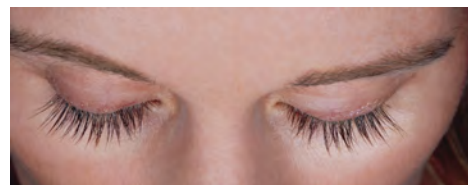
The Asarch Center participates in CareCredit®, a program that allows patients to pay for cosmetic healthcare treatment not covered by insurance over a period of 3, 6 or 12 months without interest. Simply sign up to pay a low minimum monthly payment with the balance in full by the end of the term you 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

## Grow Your Lashes Up to 40% Longer and Thicker

Latisse, the first drug approved by the FDA to promote eyelash growth, is now available at the Asarch dermaSpa. While using Latisse your lashes will continue to grow without shedding as they normally would. They will continue to grow longer until they have reached the desired length you choose. Enhanced eyelash growth is typically seen within 4-8 weeks but may take up to 3 months in certain patients. Maintenance treatments of 2-3 times per week will then maintain the desired length. If applications are discontinued completely, your eyelashes will begin to shed normally and return to their pretreatment appearance in 2-4 weeks.



## New! Organic Passion Peptide Peel

This fruit enzyme peel will put the passion back into your skin. This organic treatment will give your skin a burst of nutrition, using natural ingredients for exfoliation. It is a tropical, anti-aging smoothie, blending certified organic ingredients with medical effectiveness. The Passion peel dissolves dead and damaged skin cells improving skin tone, clarity and texture for a healthy, vibrant complexion while infusing Organic Green Tea and Idebenone antioxidants. It is recommended for all skin types.

### Grilled Chicken Skewers with Eggplant, Pineapple and Papaya, Served with BBQ Sauce

From *The Beautiful Skin Diet* by Dr. Richard Asarch and Executive Chef Neal Mendel

#### Ingredients:

- 6 - 4 oz. Chicken breasts, boneless and skinless
- 2 Papaya, skinned, seeded and cubed
- 2 Medium eggplant, cubed
- 2 Pineapples, skinned and cubed
- 1 Large red bell pepper, seeded and sliced into squares
- 1 Large yellow bell pepper, seeded and sliced into squares
- Olive oil for cooking
- Salt and white pepper

#### Grilling Sauce Ingredients:

- 2 Tbsp. Orange juice
- 1/2 Cup + 1 Tbsp. Ketchup
- 1/3 Cup Unsulphured molasses
- 1/4 Cup Yellow mustard
- 1 Tbsp. Cider vinegar
- 1 Teas. Worcestershire sauce
- 1 Teas. Soy sauce
- 1 Teas. Tabasco
- 1 Teas. Garlic, minced
- Salt and white pepper

#### Method for chicken:

Preheat grill to medium heat. Grill chicken breast for 5 minutes on each side, brushing with BBQ sauce after each turn, and cooking to 80 percent doneness. Let chicken cool and slice into 1 inch pieces. To assemble skewers, start by sliding a piece of chicken on each skewer, followed by papaya, eggplant, pineapple, red and yellow bell peppers. Continue until skewers are full. Brush skewers with olive oil and season to taste with salt and white pepper. Cook on medium heat for 3 - 4 minutes on each side. May be served over steamed rice or a plate of greens. Place a bowl of BBQ sauce on the table or serve a side with each plate.

#### Method for Sauce:

In a large bowl, whisk together the orange juice, ketchup, molasses, mustard, vinegar, Worcestershire sauce, Tabasco, garlic and soy sauce. Season with salt and white pepper to taste.

6 Servings

Per Serving:  
Calories 460  
Vit A IU 2366  
Vit C mg 204  
Vit E mg 2.5

## At the Spa

### Laser Fat Removal

A laser beam melts away unwanted fat deposits on the abdomen, hips, thighs, neck, arms and knees. The FDA approved procedure also interacts with the dermis resulting in collagen shrinkage that smoothes and tightens loose skin.

### StarLux® Fractional Lasers (Non-ablative 1540 and 2940 Ablative)

New Laser rejuvenation treatments that utilize high precision microbeams to repair and rejuvenate aging, wrinkled skin, discoloration, skin irregularities and acne scars.

### Juvederm™

A natural dermal filler of hyaluronic acid in a malleable smooth gel formulation that lasts up to 12 months.

### ProV Varicose Vein Removal

Utilizing an optimal wavelength for efficacy and comfort, the laser light creates heat which contracts and collapses the veins.

### Thermage™

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

### Pulsed Intense Light (IPL)

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

### Cook's Peel

A designed peel for the chest, arms and legs to remove the irregular areas of pigmentation.

### 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 or Bella Microdermabrasion

Gentle peel utilizing natural salt or sodium bicarbonate 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.

### True Aroma Transformation

A highly personalized facial uniting five effective treatments in one.

### 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  
Efface Skin Cream  
DNA Repair Serum

## New Acne Products and Peels

As soon as our packaging materials arrive, a special cleanser, oil control/anti-acne serum and a non comedogenic moisturizer will be available. After only 1 month of use, one study showed a decrease of 29% in oil production, a 55% reduction in skin shine and a reduction in pore size by up to 36%.

Our Acne Lift Peel utilizes salicylic acid providing visible results quickly. The peel lifts dead, dull cells off the surface of your skin and helps to open and unplug oil glands. Oily and acne prone skin is improved. The peel will help reduce fine lines, reduce the appearance of enlarged pores, even out skin tone and make your skin look healthier and more youthful.

## Still Getting a Little Greener

In addition to changing our office over to Electronic Medical Records to reduce the use of paper, we also participate in the Shred-it recycling program. During 2008, this allowed us to save 31 trees from destruction. The paper used to produce this newsletter comes from FSC (Forest Stewardship Council) certified well-managed forests and 10% post-consumer waste material. For more information, visit [fsc.org](http://fsc.org).



# The Four Spheres to Maintain Beautiful Skin

## Your AGEs Can Be Found in Your Diet

“You are what you eat” is built on sound science. What you consume plays a role in free radical formation, inflammation, and Advanced Glycosylation End-products (AGEs).

Our bodies have a natural ability to resist and repair damage by utilizing enzymes and antioxidants. Yet, the ability to fight off free radicals and contain inflammation declines as we age. Replenishing our levels of antioxidants with nutrition is critical to the skin’s health and appearance. Antioxidants come in many forms—vitamins, minerals, phytochemicals, enzymes and other substances. The function of antioxidants is to block harmful free radicals.

Our body requires two essential fatty acids: omega-3 (linolenic acid) and omega-6 (linoleic acid). They are called essential because our bodies cannot produce them and, therefore, must be provided by our diet. Both are necessary to for the development and maintenance of a healthy body.

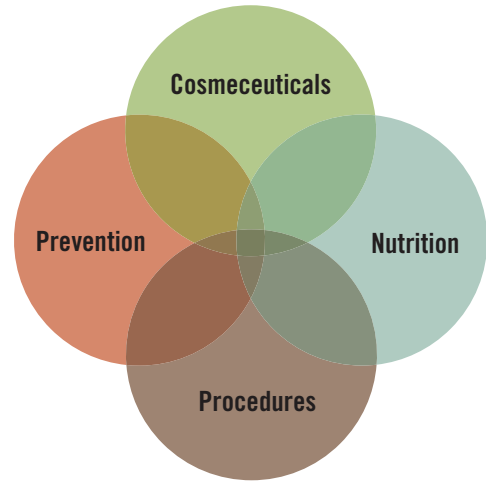
Omega-6 fatty acid sources are plentiful, especially in processed foods utilizing hydrogenated oils. Sources of omega-3 are more limited, the best sources being cold-water fish, especially salmon, mackerel, tuna, sea bass, cod and sardines plus plants that include canola. The optimal dietary intake ratio which promotes healthy skin and minimizes inflammation is 4:1, four parts omega-6 to one part omega-3. Unfortunately, our western consumption style can skew this ratio to 20:1 or higher which can lead to inflammation and skin damage.

Blood glucose is a crucial component for all of normal metabolism. Too much or too high a blood glucose combines with protein (an amino acid) to form an unstable byproduct that slowly transforms into Advanced Glycosylation End-products (AGEs). Many of these AGEs are able to cross-link with adjacent proteins causing impairment of enzyme systems, limiting cellular repair and increasing inflammatory components in the skin. Lowering blood glucose levels is an effective way to reduce the formation of AGEs.

The basic components in a healthy diet depend on the quality of the foods you choose. The four major factors to weigh when choosing what foods to eat or what recipe to prepare are calories, protein, carbohydrates and fats. Not all of carbohydrates, proteins or fats are equal in their nutritional values.

Diet is just one of the four spheres to maintaining beautiful skin, according to Dr. Richard Asarch. For an advanced look at nutrition and its affect on skin aging, see Dr. Asarch’s book, “The Beautiful Skin Diet.”

### The Four Spheres for Beautiful Skin Part 2—Nutrition



**COUPON**

**\$25 off  
Passion  
Peptide  
Peel**



*Coupon expires June 30, 2009.  
No cash value.  
Not good with any  
other discount or offer.*

**COUPON**

**\$200 off  
Smart  
Lipo  
Procedure**



*Coupon expires June 30, 2009.  
No cash value.  
Not good with any  
other discount or offer.*

**COUPON**

**Purchase \$125 of  
TRUE Cosmetics  
Receive TRUE  
Hy-Performance  
Mascara  
(\$22 value)**



*Coupon expires June 30, 2009.  
No cash value.  
Not good with any  
other discount or offer.*

**COUPON**

**Purchase a Series  
of 6 Spa Facial  
Treatments Receive  
Complimentary Full  
Face Photofacial  
(\$350 value)**



*Coupon expires June 30, 2009.  
No cash value.  
Not good with any  
other discount or offer.*

## Should I Worry About Changes In My Nails?

Although we prefer the opposite, it is not uncommon to have nails that are less than perfect. Some nail abnormalities can be associated with more serious internal diseases but the following changes should not cause alarm.

The nail plate is made up of several layers of keratin, a protein. These layers are sealed together to form a unified, strong nail. The nail plate is generated by the nail matrix located under the cuticle. The distal portion (closest towards the direction of the finger tip) of the matrix produces the deeper layers of the nail plate, while the proximal portion produces the more superficial layers of the nail plate.

With frequent exposure to water or exposure to cold, dry air, the layers can begin to separate from one another. The result is that the nails are likely to peel. Applying and rubbing moisturizers directly on your nails after anytime they become wet will help keep the layers supple and minimize the problem.

“Brittle nail syndrome” is quite common among women. Brittle nails don’t seem to be able to hold moisture so that the layers of the nail plate tend to dry out and crack. This condition has been associated with thyroid disorders so if other symptoms are present, it would be best to check with your physician.

Tiny white splotches or dots on otherwise healthy nails and are not usually a sign of anything serious. Most often, these spots are the result of some type of minor injury to the nail matrix. Since nails grow quite slowly, by the time the spot appears, the injury may have occurred weeks before so you might not remember what you did to cause the spot to appear.

Vertical ridges are totally normal but tend to become more prominent as we get older. Indentations in the nail plate can be the result of a great deal of stress or a severe illness. The nail may stop growing for a short time and when it starts growing again, an indentation occurs at that spot on the nail.



## Video Games and Hand Sores

A new entity named “PlayStation palmar hidradenitis” was recently published in the British Journal of Dermatology. A 12-year-old girl was seen in a Swiss hospital with painful sores on her hands. It was determined that her hand sores developed from prolonged video game use and excessive sweating brought on by gripping the controller. The treatment? Stop playing video games until the sores clear.

## Melanoma Rates on the Rise in U.S.

New cases of the deadly skin cancer, melanoma, are increasing among men and women in the United States particularly among older men, researchers report. Rates of the melanoma increased by 3.1 percent in a year, the researchers found.

The melanoma rates are going up among all socioeconomic groups which probably relates to access to a physician for care. However, it also has increased for all levels of tumor thickness, which is a marker of severity of this disease. The researchers felt that because the incidence has gone up for both men and women of all social groups and across all levels of cancer thickness, this represents a genuine increase in melanoma cases, not just a sign of better screening.

It is important, especially for fair-skinned people who are at a higher risk for all skin cancers, to monitor themselves and seek medical care if they have any questions. The American Academy of Dermatology recommends a yearly skin exam to aid in detecting melanomas and other skin cancers as early as possible. When diagnosed early, skin cancer is totally curable with surgery.



## Upcoming In-Office Seminar!

### What's New with Fat Removal?

A discussion of all of the options available today.

by Richard G. Asarch, M.D.  
Tuesday, June 16, 2009  
6:30 p.m.

*Space is limited—  
Call 303.761.6325 for reservations.*

## Wart Wisdom

Warts are skin growths caused by a viral infection in the top layer of the skin caused by the “human papilloma virus (HPV)”. They are usually raised, rough, skin-colored lesions that often have small, black dots apparent. The appearance can change depending where on the body they occur.

Since warts are caused by a virus, getting a wart can be related to how often one is exposed to the virus. Some people are just more likely to catch the wart virus than others, just as some people catch colds more easily. Patients with a weakened immune system also are more prone to a wart virus infection. If the skin has been damaged in some way, it is easier to develop a wart which explains the high frequency of warts in children who bite their nails or pick at hangnails.

Foot warts are usually on the soles (plantar area) of the feet and are called “plantar” warts. When plantar warts grow in clusters they are known as “mosaic” warts. Like common warts, these warts may have black dots. Plantar warts can be painful, since they are thickened and feel like a rock when walking on them.

Flat warts are smaller and smoother than other warts. They can occur anywhere, but in children they are most common on the face. They can spread with mild trauma, such as scratching, so they can occur in large numbers of 20-100 at any one time. If any adult has flat warts, they are often found in areas of shaving such as the beard area in men and on the legs in women.

Unfortunately, some people seem to have new warts appear as fast as old ones go away. This may happen because the old warts have shed virus into the surrounding skin before they were treated. The best way to limit this is to treat new warts as quickly as they develop so they have little time to shed virus into nearby skin.

There are many treatments that have been used to treat warts. Since they can disappear spontaneously (when the body develops an immunity to the virus), many “folk” remedies have been passed down over the years. It is hard to know whether it was a folk remedy or just the passage of time that led to the cure. Dermatologists are trained to use a variety of treatments, depending on the age of the patient and the type of wart. Probably the most common treatment is freezing warts with liquid nitrogen. Although uncomfortable, this treatment is fast and does not produce scarring. Topical acids or blistering agents can also be used. For more persistent warts, pulsed light treatments or lasers are quite effective. When one has numerous warts or large, mosaic warts, many treatments are often necessary.