

Asarch  
Center  
dermatology  
& laser  
skin  
rejuvenation

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# Skin News

## 'Ugly Duckling' Moles May Be Melanomas

While not every mole can possibly be a cancerous melanoma, awareness of one's own mole pattern and appearance may be worth a second glance.

The fact is that some of us have more moles than the next guy...or female. The propensity for moles (the medical term for a mole is a nevus; the plural for moles is nevi) is one of the important known risk factors for developing malignant melanoma in adults. Although a melanoma can just show up spontaneously, they most often begin in a preexisting mole or nevus.

The medical challenge has always been to find a way to distinguish between melanoma and similar-looking benign lesions. The overlap in a mole's clinical features can lead to missed melanomas and excessive excision of benign lesions. In 1998, researchers introduced the ugly duckling concept to demonstrate that nevi in the same individual tend to resemble one another and those that deviate from the pattern tend to be melanomas. Research continues to try to refine their findings so as to be able to better define the "ugly duckling" sign, the one that could be a cancerous melanoma.

Because of the high incidence of skin cancer, particularly at our altitude, patients should get an annual mole evaluation by their dermatologist. Moreover, if a patient notices an ugly duckling among their moles, make an appointment for a professional evaluation right away.

## Scientists Discover Why Hair Goes Gray



A report posted in the journal *Science* by the Boston-based Dana-Farber Cancer Institute reveals information as to why hairs turn gray. Discovery of treatments to either reverse or prevent the graying process are still some way off, but the fact that scientists have identified the graying process is headway in the right direction.

Hair has color because pigment-producing cells, melanocytes, exist in the hair follicle and function as a sort of reservoir in which hair-making cells, keratinocytes, are manufactured. The loss of hair color is due to the gradual dying off of these melanocytes. Without active melanocytes, the keratinocytes continue to grow hair, but the hair isn't the same color or texture as youthful locks.

The scientific research team reported that its studies showed that the loss of melanocytes not only leads to graying of the hair, but also causes diminished hues that give the hair shaft a shiny, healthier and youthful looking appearance. The melanocytes also make errors as they age, sometimes ending up in the wrong part of the hair follicle resulting in hair with reduced or no pigment in it.

## Menopause Changes More Than Cycles or Attitudes; It Changes Your Skin Too

Many menopausal women notice changes in their skin—especially increased dryness and wrinkling. Dryness, fluctuation in skin temperature (i.e. hot flashes), itchiness, bruising and hair loss are the common symptoms associated with menopause and its associated skin changes. The effect estrogen and progesterone have on the skin may be partly responsible for these changes.



The dermis is the supportive layer of the skin, made up of collagen and elastic fibers. Without collagen and elastin, the skin becomes wrinkled, slack and non-resilient.

Research has shown that estrogen has a direct effect on the thickness and plentitude of both collagen and elastin produced in the skin. With the onset of menopause, the amount of collagen decreases by as much as 2 percent per year. Furthermore, the elastic fibers begin to fragment and shred. Because collagen and elastic fibers are a part of the supporting structure of the skin, these alterations can lead to sagging, wrinkled skin and also make the skin more prone to injury.

Smoking and sun exposure also contribute to skin dryness and wrinkles. Hormone replacement therapy appears to increase skin thickness and elasticity and restore blood flow and moisture, thereby decreasing wrinkling. Speak to your gynecologist or primary care physician if you're experiencing any of these menopausal side-effects in your skin's condition.



# dermaSpa News

*What's going on at the dermaSPA*

## Remove Unwanted Fat

**In-office procedure is FDA approved, is less traumatic and features fast recovery**

SmartLipo™ is by far the best kind of liposuction available today. The SmartLipo device was approved by the FDA in November 2006, and is one of the fastest-growing, safest procedures in the cosmetic surgery field. This minimally invasive procedure delivers the best results with less trauma and downtime than previous surgical methods. Plus, it is performed as an in-office procedure and has a fast recovery time.

SmartLipo removes unwanted fat deposits using a laser beam to melt away fat. The glowing optical laser fiber allows the surgeon to actually see the path of the laser beam beneath the skin providing unparalleled precision. The laser energy also interacts with the dermis resulting in collagen shrinkage and stimulates the formation of new collagen that smoothes and tightens loose skin. SmartLipo is effective in treating areas of localized fat on the abdomen, hips, thighs, neck, arms, back, waist, and knees.

For most patients, typically only one treatment is required. The session usually lasts from 80 to 100 minutes for each area treated. Rest is recommended for 24 hours after the procedure, and strenuous physical activity should be avoided for 2 weeks.

The benefits and risks of SmartLipo will be reviewed with you during your consultation.



Attend our  
**SMARTLipo  
Seminar**

Tuesday June 17  
Call 303.761.6325  
for reservations.

### 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

## Asarch Center is First in Colorado to Offer Lux 2940 Laser

We've added a new laser, the Lux 2940 fractional ablative laser, which offers increased tightening and smoothing of the skin's surface while minimizing healing time.

Fractional Laser Resurfacing provides the advantages of traditional resurfacing without the discomfort and inconvenience of a long healing period, and without the risk. It is the latest innovation for treating wrinkles, photo aging, irregular facial pigmentation, stretch marks, acne scars, and it also performs skin tightening, improving the look of aged and wrinkled skin.

The term fractional refers to the fact that only a fraction of the surface of the skin is actually treated utilizing small columns of laser beams the size of a human hair in diameter. The laser creates little holes in the skin in the treated areas. The unaffected skin in between allows for rapid healing.

We have had great success in our office utilizing a non ablative laser, the Lux 1540, for skin rejuvenation. This fractional laser penetrates into the dermis with the tiny laser columns but leaves the very top of the skin surface intact. The columns of laser energy create a response in the dermis which stimulates collagen production and rejuvenates the skin.

The Asarch Center is the first in Colorado to add the Lux 2940 fractional ablative laser to its treatment regimen. Although there is a bit more downtime, the increased tightening and smoothing effects will greatly benefit selected patients. Redness usually resolves by 2 weeks and improvement of tone and decrease of wrinkles continues to improve for 6 months.

Treatments with the Lux 1540, and with the Lux 2940 are performed using only topical anesthetic agents. Benefits like this were only previously seen with aggressive CO2 laser resurfacing; now the same remarkable results are possible using fractional laser techniques. Healing time has been reduced to a few days and post treatment redness dramatically reduced to just 2-3 weeks.



### Butternut Squash and Pear Compote

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

#### Ingredients:

- 1 medium butternut squash (about 3 lbs.)
- 2 Bosc pears, or any other firm variety
- 1/3 cup almonds, slivered
- 1/2 cup brown sugar
- 2 tbsp. canola oil

#### Method:

Preheat oven to 350 degrees. Oil a baking dish or casserole. Peel squash, cut it into quarters, and clean out seeds and fibers. Slice the quarters into pieces about 1/2-inch thick. Set aside. Peel and core pears and slice into same thickness as squash. Alternately layer squash and pears in three layers of each in the baking dish. Sprinkle top with almonds followed by brown sugar. Bake uncovered for approximately 35 minutes until the squash is tender and cooked through.

4 Servings

Per Serving:  
Calories 314  
Vit A IU 26554  
Vit C mg 97  
Vit E mg 4.1

## At the Spa

### SmartLipo™

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 treatments that utilizes 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 six months and longer.

### 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™

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 superficial 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 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.

### 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**

## Our dermaSPA Products Are New and Improved

To improve the collagen in your skin, a new and more potent ingredient has been added to our DNA Repair Gel and our C Collagen Gel at the dermaSPA. This ingredient, TRYLAGEN, showed a 29 per cent decrease in the depth of wrinkles in just four weeks in one study of 20 female volunteers. Trylagen is a combination of active peptides and proteins that ensure healthy and youthful skin. Trylagen does this via four important actions:

**Boosting collagen synthesis** — During aging, the synthesis of collagen gradually declines. The active ingredients of Trylagen boost the synthesis of 3 types of collagen.

**Organizing collagen fibril diameter and spacing** — The production of collagen creates bundles that are responsible for the strength and resiliency of the skin. Trylagen controls collagen fiber dimensions making them uniform and spacing them regularly which gives suppleness to the skin.

**Inhibiting enzymatic destruction of collagen fibrils** — After a certain age, the degradation of collagen speeds up due to an increase of MMP, an enzyme that breaks up collagen fibers. Trylagen inhibits the production of MMP, therefore avoiding excessive collagen breakdown in aged skin.

**Inhibiting AGEs** — AGEs is the reaction between proteins and sugars in our skin (See *Beautiful Skin Diet*, a book by Dr. Richard Asarch, available in our office or on Amazon.com.) Sugars act as a kind of glue that sticks proteins together called glycation. When glycation happens to collagen fibers, they lose their flexibility and elasticity. Trylagen inhibits glycation.

## Crash Course in the Benefits of Botox®

Most people know that BOTOX can help reduce the appearance of lines between the eyebrows, minimize crow's feet and erase the horizontal lines across the forehead. Yet the innovative uses for this injectable substance have many applications—some of which may apply to you.

### Brow lifts

Due to the downward pull of facial muscles around the eyebrows, the brows can fall. In turn, that has an effect on the upper eyelids. Brows can actually be lifted with BOTOX. The effects of the injections are usually evident in 5-7 days and last for 3-4 months.

### Bunny lines

Lines and folds on the lateral sides of the nose can be prevented with tiny BOTOX injections on either side of the nose.

### Nasal flare

If a patient has a nasal flare or the tip of the nose has turned downward from gravity, we can place minute injections of BOTOX into the nose on either side or into the tip, depending on the desired result.

### Gummy Smile

Some patients are concerned that they have a “gummy smile”—when the upper gums are significantly visible above the teeth. This can be easily corrected with two small injections of BOTOX.

### Lip Lines

It is possible to soften lines on the upper and lower lips with BOTOX.

### Neck Bands

If you have significant vertical bands on the front of your neck, the muscles creating these can be relaxed with small injections of BOTOX.

### Excessive Sweating

BOTOX can effectively shut down sweat secretions by sweat glands under the arms, on the palms of the hands and soles of the feet. The effect of these injections can last up to 6 months, longer than other areas of the body when treated with BOTOX.



<p><b>COUPON</b></p> <p><b>\$100 off Full Face Lux 2940 Laser Procedure</b></p>  <p><i>Coupons expire September 30, 2008. No cash value. Not good with any other discount or offer.</i></p>	<p><b>COUPON</b></p> <p><b>\$25 off Botox Injection (10 unit minimum)</b></p>  <p><i>Coupons expire September 30, 2008. No cash value. Not good with any other discount or offer.</i></p>	<p><b>COUPON</b></p> <p><b>\$20 off any \$125 purchase of dermaSpa products</b></p>  <p><i>Coupons expire September 30, 2008. No cash value. Not good with any other discount or offer.</i></p>	<p><b>COUPON</b></p> <p><b>\$15 off TRUE Reveal Anti-aging Idebenone Peel</b></p>  <p><i>Coupons expire September 30, 2008. No cash value. Not good with any other discount or offer.</i></p>
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## Beware of Latex Allergies

People with a latex allergy usually present with mild symptoms such as itchy, red, watery eyes, sneezing or a runny nose. The symptoms can be more severe including coughing, rash or hives, or very severe, with symptoms like chest tightness, shortness of breath and shock.

Natural rubber latex comes from a liquid in tropical rubber trees. This liquid is processed to make many rubber products normally used in the home and work place. Examples of everyday products that contain latex are rubber bands, gloves, adhesive tape, bandages, balloons, rubber toys and condoms. Thin, stretchy rubber actually has higher concentrations of latex proteins.

Latex products are everywhere and anyone can develop an allergy to latex. People with the highest risk include health care and rubber industry workers, especially those with a history of hay fever. Findings have shown that persons who have had many operations, especially in childhood, are at greater risk for latex allergy.



As you know, the use of rubber gloves is common in our office, so it is important for you to inform us if you have a latex allergy. We will substitute non-latex gloves and products during your examination and treatment. We suggest that if you have a severe latex allergy you should wear a Medic-Alert bracelet or necklace, especially as emergency personnel routinely wear latex gloves when performing emergency care.

## Ring Around the Nevus

Have you ever seen a mole (nevus) that suddenly develops a ring of white skin or loss of pigment around it? Although there are technical names for this condition, the name "halo nevus" is most common. Halo nevi (plural for moles) appear as one or more moles with sharply demarcated rings of de-pigmentation. The centrally located mole may persist or completely disappear. Once the pigment is lost, re-pigmentation of the skin may take years to occur.

Halo nevi usually appear in the first two decades of life. In the underlying skin or dermis, a band of inflammation surrounds the pigmented cells, leading to their disappearance.

Halo nevi are innocent moles and should be monitored like other innocent appearing moles. Even though the ring of pigment loss surrounds the mole, the mole itself usually maintains its normal appearance of uniform borders and color. Although melanomas rarely develop within a halo nevus, ones with atypical appearing features should be evaluated by a dermatologist since they may require a biopsy.

It is important to note that the de-pigmented area completely lacks any pigment cells which makes it extremely susceptible to ultraviolet light damage and sun burns. It's essential to apply maximum strength sun block until re-pigmentation occurs.

## UltraShape™ Update

Our office was very excited about a new procedure called UltraShape that uses focused ultrasound for fat removal. As of the writing of this newsletter, this procedure still has not received FDA approval, a requirement before our office would begin using the technology. Due to the interest of our patients in effective and minimally-invasive procedures for fat removal and body sculpturing, we have decided to add a laser fat removal system that does have FDA approval, can be used in different areas of the body, and usually only requires 1 treatment. Called SMARTLipo™, this laser is by far the best liposuction approved for use today. READ related article on Page 3 of this newsletter.

## New Effective Cellulite Treatment at the Asarch Center

The Cellulite procedure by Thermage offers a single treatment with long lasting results. There are no injections, no surgery and little to no downtime allowing you to immediately return to your normal routine. The treatment is the result of almost 2 years of clinical and technology development. The advanced treatment tip rebuilds collagen connective tissues and improves blood flow to the tissue helping to improve the smooth appearance of the skin's surface.





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www.dermaSpa.us

Asarch Center 303.761.7797  
www.asarchcenter.com

## Upcoming In-Office Seminar!

### SMARTLipo (Laser assisted fat removal) & New THERMAGE Treatment for Cellulite

by Richard G. Asarch, M.D.  
Tuesday June 17, 2008  
6:30 p.m.

*Space is limited—Call 303.761.6325 for reservations.*

## New Ratings for SPF?

Technically, SPF refers to Sun Protection Factor which is a product's ability to protect against ultraviolet rays. The ultraviolet spectrum lies between 290 and 400 nanometers, with UVB being 290-320, and UVA 320-400. UVB is about a thousand times more potent in producing a sunburn than the UVA spectrum so it was natural for it to be the main focus of protection. For quite some time we actually thought that UVA was relatively safe. However, recent findings have shown that UVA accounts for as much as 95% of solar radiation, penetrates deeper than UVB, and is involved in both photoaging and skin cancer production.

Over the past decades, there has only been a standardized test for the UVB rays and not the UVA component. As of now, when you read a sunscreen label there is no way to truly know how effective a product is at protecting against the UVA spectrum. The FDA is working on a proposal to rate sunscreen products and their UVA protection. In the near future, you may see labeling reflecting a 4 star rating system (1 star being the lowest protection to 4 stars being the highest).

Until the new regulations and labeling are created, we recommend using a sun block with at least an SPF 30 that states that it does provide protection for both UVA and UVB. Sun blocks that contain zinc or titanium along with chemical blocking agents are also preferable.

Using current FDA regulations, a manufacturer is required to test their products at 2 milligrams per square centimeter of skin for UVB protection. That is roughly 2 ounces of sunscreen to cover your whole body or 1/4 of your standard 8 ounce container every time you protect yourself. Due to the intensity of ultraviolet rays in Colorado, sun blocks need to become part of our daily routine.

## Asarch dermaSpa Is Going Green and Raising the Bar

Some of you have probably noticed that we are making changes to help the environment in our dermaSpa. Instead of bottled water we are serving water in a dispenser with recycled cups. We have also added hot tea flavored with our antioxidant elixirs.

We are replacing our sheets and robes and have switched to natural organic cotton. We are using natural detergents to wash them. We hope that you will enjoy the new changes taking place in our spa that will enhance your experience. From service to aesthetics, to having the best medical treatments for your skin, we hope that our medical spa will continue to set the standard and that your experience will exceed your expectations.

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