
FOCUS ON SKIN HEALTH

Published for the patients and friends of Dr. Richard Asarch, Dr. Laura Thomason & Dr. Chuck Phillips

Welcome, Dr. Chuck Phillips!!

Dr. Chuck Phillips will be joining our medical staff at the end of July. After many months of looking for the best physician for our practice, we are very excited and feel very fortunate to have a physician of Dr. Phillips' caliber join us here in Denver.

Dr. Phillips' medical degree was earned at the University of Texas Health Sciences Center in San Antonio where he graduated in the top 10% of his class. He spent three years in Chapel Hill, North Carolina training in Internal Medicine. After a few years in practice, he went back to complete his specialty training in Dermatology at the University of Alabama at Birmingham. He is board certified in both Internal Medicine and Dermatology and has spent the last five years on the faculty at East Carolina University School of Medicine where he is currently an Associate Professor of Dermatology.

Chuck brings with him to the Denver area a young family. Ann,

his wife, is a Registered Dietitian and received her Master's Degree in Public Nutrition at the University of North Carolina School of Public Health before taking the opportunity to be a stay-at-home Mom. Their four children are John Isaac, age 11, Charles, age 9; and twins Michael and Sarah, ages 5.

Chuck's hobbies of late have centered around his children. He is a leader in the Cub Scout organization, coach of his children's soccer, basketball, and Odyssey of the Mind teams, assistant youth leader at his church, PTA committee chair, and volunteer at his children's school. He enjoys playing the guitar, singing in the church choir, reading, and getting outdoors (sunscreen on, of course). Most recently, he has served as chairman of his church's Stewardship committee and President of the local Toastmasters Club in Greenville.

We welcome Dr. Phillips to our practice and to Denver!

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Dr. Chuck Phillips

**Asarch Center for
Dermatology and Laser**

What Works and What Doesn't

**Update on Skin Care
(The Diamond Peel)**

Did You Know?

Laser Hair Removal

**Services Offered at
Our Office**



OUR NEW NAME: ASARCH CENTER FOR DERMATOLOGY & LASER

Two years ago, we opened the Aesthetic Laser and Dermatologic Surgery Center which has allowed us to improve the care we have been able to give to our patients. Soon, two events will allow us to combine our two offices into one entity. The first is the addition of Dr. Charles Phillips and the second is consolidating the two offices into one suite when the new Clarkson Medical Building is completed. This building will be located just south of our current location. Focus groups were held which led us to our new name: Asarch Center for Dermatology and Laser. Until the move occurs, Mohs'

Micrographic Surgery for skin cancer, cosmetic laser procedures (skin rejuvenation, hair removal, removal of blood vessels, age spots, etc.), Diamond Peels, and Botox injections, will be performed in Suite 100. Regular dermatology appointments will still be seen in Suite 520.

In the near future, when our staff answers with, "Asarch Center for Dermatology and Laser," you will be directed to the appropriate person to answer your questions, or to set up an appointment or consultation. The office staff will inform you if you are to be seen in Suite 100 or in Suite 520.

Update on Skin Care

“**The Diamond Peel**” has become an important adjunct in the treatment of aging, sun damaged skin, skin pigmentation marks, and even fine lines or wrinkles. It provides a gentle, yet effective, mechanical peeling of the skin called microdermabrasion, using “micro” diamond shaped crystals to remove dead skin cells. Micro-dermabrasion is the option for modern skin care, complementing other health programs without interference.

In the mid 1980’s microdermabrasion using aluminum oxide crystals was introduced in Italy. Major advantages reported included: (1) the treatment is painless, (2) there is no need for any type of anesthesia, (3) it can be repeated easily at short term intervals, and (4) the treatment does not interfere with normal activities.

Microdermabrasion skin treatments can be individualized, allowing more control over the level and area of abrasion. The system delivers a controlled, powerful stream of fine crystals to the skin, leaving it smooth and fresh. Treatment of the facial area averages about 30 minutes in length. This treatment can also be done on the neck, hands or chest area.

Patients find the treatments to be very relaxing, comparing them to a facial massage. Using 3rd generation technology, the “Diamond Peel” system has a more modernized, cleaner, and gentler approach. Cosmetics

can usually be applied within an hour after a treatment. Our office has found more immediate results than those seen with superficial or glycolic chemical peels. Integrating micro-dermabrasion with a regular regimen of proven skin repairing products, such as Retin-A or Renova, and topical anti-oxidants has shown very promising results. Initially a series of 6 treatments is best. Thereafter, regular maintenance will enhance the effects. If the skin has more significant damage or changes, laser rejuvenation using either the erbium or carbon dioxide lasers may be necessary.

We are happy to welcome **Susan Amos** to our staff. She comes from San Antonio, Texas and has had extensive experience with the Diamond Peel procedure. Because of her expertise, she was recruited to travel and provide inservice training to physician’s offices. With her years of experience as a technician and aesthetician, she has helped many people achieve healthy, glowing skin. She is looking forward to the opportunity to help patients renew their skin.

Susan joins **Jackie Ascarateil, RN** who has been providing Diamond Peels, as well as, pre and postoperative education and instruction to our laser patients. Jackie’s enthusiasm and skills have been a true asset to our practice.

For more information or to schedule Diamond Peels, call the office at 303-761-6325.

DID YOU KNOW?

- Your skin is your body’s largest organ.
 - If you skin was removed, it would weigh between 7 and 9 pounds and stretch out to about 20 square feet.
 - One square inch of skin is packed with 100 oil glands, 15 feet of blood vessels and two kinds of sweat glands.
 - It takes about an ounce of sunscreen to protect exposed skin from the sun. An ounce of sunscreen is enough to fill up a shot glass.
 - Smoking robs your skin of life giving oxygen. Nicotine narrows blood vessels and prevents oxygen carrying blood from circulating through the tiny capillaries in the top layers of the skin.
 - You should apply your sunscreen at least 20 minutes before going into the sun.
 - Skin has a memory. It keeps track of all of the sun damage that’s accumulated over the years. Even normal, everyday sun exposure can cause lines and wrinkles.
 - You need a sunscreen that protects the skin from both wave lengths of light—UVA and UVB. Both can produce skin cancer but UVA rays are deep penetrating, longer rays which remain relatively constant year round. These seem to be the rays most implicated in causing premature skin aging. UVB are shorter waves which don’t penetrate very deeply, but are more likely to cause sun burns. They tend to be more intense in the summer.
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What Works and What Doesn't

Most people who are interested in restoring their skin to a more healthy and youthful condition ask two basic questions: (1) is it really possible to achieve noticeable results without huge expenses and/or invasive procedures? (2) If topical agents do work, how can one make sense out of the myriad of products and claims made by commercial skin care advertisements and product promotions. In short, what really works and how do you use it?

The **good news** is that some early signs of sun damaged and skin aging can be safely reversed to a reasonable degree. First, however, don't forget that there are simple, no cost techniques to prevent wrinkles and minimize aging of the skin.

- (1) **Beware of the sun.** The majority of sunscreens do not protect against some of the aging effects of the sun. One needs to be certain that the sunscreen they are using protects against both UVB and UVA light. When shopping for a sunscreen, make certain it has at least an SPF 15 and that it offers protection against both UVA and UVB.
- (2) **Don't smoke.** Besides the other harmful effects of smoking, smoking damages skin almost as much as sunlight. Smoking leads to the production of a large quantity of "free radicals" in the skin, damaging the supporting structures.
- (3) **Sleep on your back.** Gravity pulls on your skin during the day. You can give your skin a little break when you sleep. When one side of your face is pressed against a pillow, in time, sleep lines will develop.
- (4) **Don't over wash your skin with tap water.** Washing strips your skin of oil which can lead to dryness. Be certain to use effective moisturizers after cleansing your skin.

Many skin care products contain ingredients which may make the product more cosmetically elegant, but have little effect on reversing aging skin. Agents or ingredients which have scientifically shown to be effective include:

- (1) **Tretinoin** (Retin-A, Renova or Avita) These are a form of retinoic acid, a substance related to vitamin A. Topical tretinoin has been extensively studied and has been found to reduce fine wrinkles and skin roughness, increase the thickness of the epidermis (the top layer of the skin) and stimulate the deposition of collagen in the dermis. Improvement may continue for up to a year with continual use. The most common side-effect is skin irritation and a slight increase in sun sensitivity.

This can be minimized by the type of product used and its application only in the evening. Tretinoin does require a physician's prescription.

- (2) **Vitamin C** (ascorbic acid) is essential for you body to produce collagen, the supporting substance for your skin. Supplying extra vitamin C can accelerate collagen synthesis. Vitamin C is useful for rebuilding your skin's collagen and reducing wrinkles but in order for it be effective, it must be the correct concentration, stable, a certain form chemically, and at a certain pH or acidity. If any of these characteristics are missing, its effectiveness is greatly reduced. There are very few companies who have been able to produce products meeting these specifications.
- (3) **Alpha Hydroxy Acids** have been widely used over the past several years. If used in high strength peels (35-70%) there has been improvement of mild photo aged skin. Other studies have shown a positive effect on skin thickness and perhaps an increase in the density of collagen in the dermis. However, the benefits from using over-the-counter products with a concentration of alpha hydroxy acids of 5-12%, is much less clear.

Products which are widely available have a more controversial effectiveness on reversing aging skin. (1) **Retinol** (not to be confused with Retin-A) (2) **Creams with collagen and elastin** are ineffective because these substances are large proteins and cannot penetrate in the skin deep enough to have any lasting effect, and (3) **Vitamin E** which has benefits when taken orally, but topical application is of questionable benefit.

Thank You

The Women's Health Seminar held on April 15th was a great success, raising over \$2,500 for Camp Discovery (a camp sponsored by the American Academy of Dermatology for children with severe skin diseases). This amount will allow at least 2 full scholarships for children in need.

Thank you for your support and generosity.

WEB SITE

We are in the process of developing our web site at www.asarchcenter.com

Please visit and let us know if you have any suggestions or requests.

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Effective Removal of Unwanted Hair with the Light Sheer™ Diode Laser

New to our practice is the Light Sheer™ Diode Laser for hair removal. As many of you know we have been waiting for the best technology before offering laser hair removal in our practice. This remarkable laser was specifically engineered to effectively remove excess, unwanted hair—much faster, more reliably and more comfortably than standard methods like electrolysis and electrothermolysis. A major advantage is that this laser is able to safely and effectively treat excess, unwanted dark hair on any skin tone or type. This is a giant step forward in hair removal technology.

The Light Sheer's laser beam targets the pigment (color) located in hair follicles. The laser pulses (emits its light) for only a fraction of a second, just long enough to vaporize the pigment, thus destroying or significantly impeding the hair's ability to regrow, but not long enough to affect the surrounding skin. A unique, patented sapphire-tipped handpiece cools on contact, protecting the skin while directing the laser energy to the hair follicle.

We are now making appointments for this procedure. All procedures are performed in our office. Recovery is rapid, and patients return to normal activities immediately. If you or someone you know would like to learn more about Light Sheer hair removal or related procedures, please call our office.

Services Now Available at our Office

- Botox Injections - reduce facial lines.
- Collagen Injections - fill in depression or scars.
- Diamond Peels - skin smoothing and improvement.
- Laser Blepharoplasty - remove excess skin or protruding fat around eyes.
- Laser Rejuvenation - remove facial lines and sun damage.
- Light Sheer Laser Hair Removal - hair removal.
- Mohs Micrographic Surgery - controlled excision of skin cancer.
- Neodymium YAG Laser - remove facial blood vessels or brown spots.
- Sclerotherapy - remove small veins on legs.
- Soft Form Implants - fill in deep depressions on face.