

## A Lifetime Plan for Skin Care

### This issue:

A Lifetime Plan for Skin Care

Upcoming Seminars

Acne Rosacea

What's New

Procedures

Antioxidants: Your Ally in the War on Your Skin

Physician News

Melanoma

During our Dermatology residencies, the major emphasis was on the understanding and treatment of skin disorders. Over the past several years, research of the skin—our body's largest organ—has resulted in an even greater understanding of how the skin functions and what can be done to prevent damage, as well as treat disease. Studies have shown what harmful effects sun and ultraviolet light exposure can have on the skin. Those findings led to the development of sunscreens and ways to protect your skin from sun damage. Recent scientific documentation has demonstrated the advantages of topical preparations and medications containing alpha and beta hydroxy acids, tretinoin, vitamins and antioxidants. Today, procedures ranging from microdermabrasion to laser treatments provide incredible advancements in repairing and restoring damaged skin.

But with so much new information available and so many products competing for your attention, sorting it out can be overwhelming for the average person. Which treatments actually work? Which ones are right for your skin's needs?

The Asarch Center serves as the source of your skin education. We act as a clearing house, sorting through the vast amounts of information available. Patients can count on us for the latest

information, products, and treatments to keep their skin as healthy as possible. We provide a lifetime plan for skin care keeping your skin healthy and young looking, and treating any skin disorder that may occur. *If a skin disease or problem should occur, our highly trained medical staff has the experience necessary to care for your particular condition.* Just as you have learned to eat healthy and exercise to keep your body fit, you need to give your skin constant care and nutrition.

We will expand our medical treatment and skin health services when we move to our new location. Please call the office if you have any immediate concerns or questions regarding your skin, and watch for the next newsletter which will outline the menu of services available in our new facility.

### Seminars

#### Possibilities for Beautiful Skin

Tuesday, March 28th

at 6:30 PM at the Asarch Center

#### A Lifetime Plan for Skin Care

Tuesday, April 11th

at 6:30 PM at the Asarch Center

Call 303-761-7797 for Reservations

### Acne Rosacea

Acne rosacea is a common form of adult acne that most likely occurs in fair skinned individuals of Celtic or Scandinavian descent who are over 30 years of age. The condition often begins with intermittent erythema (redness) in the central portion of the face, with the redness gradually becoming more and more persistent. "Broken" or dilated blood vessels known as telangiectasia appear as well as small red acne like papules and pustules.

Unfortunately, no one is exactly certain what causes rosacea. It is important to try and avoid the factors that trigger the flushing response in

your skin. Among the most common food triggers are alcohol, spicy foods, hot beverages, cheese, vanilla, and chocolate.

The inflammatory component (the papules and pustules) usually respond to antibiotics, either oral, topical or a combination of the two. The most commonly used antibiotics; are the tetracycline class (tetracycline, doxycycline, or minocycline). Topical therapy can also be very successful using metronidazole or sulfa based antibiotics. Occasionally stronger treatment may be required utilizing Accutane (isotretinoin).

*continued on back*

## What's New

“Salt Macrodermabrasion” is here! Our practice is the first in Colorado to offer this advanced procedure. It is gentler and less irritating than microdermabrasion and can be used in all skin types. It helps reduce fine lines and wrinkles, uneven skin tones and improve sun damaged skin. A soothing oxygenation spray with electrolytes and vitamins completes the treatment.

**Paula Dorf Cosmetics:** Due to requests by our patients, we have searched for an excellent cosmetic line that can be used in patients with normal or problem skin. A complete line of Paula Dorf make up and brushes is now offered at our office. For more information call and ask to speak with Teresa, our make up artist.

## Procedures

Many patients often have questions as to what products and services our office provides besides the care of general dermatology problems. The following procedures are performed in the office. If you have any unanswered questions, please call the office at any time.

### Services:

**Peels:** The application of solutions or masks which remove the top layers of skin. The depth of the peel depends on the agent used.

- Glycolic (alpha hydroxy acid peel)
- Beta Lift (beta hydroxy acid peel)
- AccuPeel (Trichloroacetic acid peels)

**Collagen Injection:** Material is injected to fill in depressions or scars.

**Soft Form Implants:** The placement of a permanent filling material. Especially useful in the folds joining the cheeks and mouth area.

**Botox Injections:** The injection of material, most often around the eyes and forehead, to soften the lines present on expression.

**Neodymium YAG Laser:** A laser which is used to treat facial blood vessels and to remove brown “age” spots.

**Sclerotherapy for ‘Spider Veins:’** The injection

of a salt solution into small veins on the legs.

**Laser Rejuvenation:** A procedure used to remove sun damaged skin which is then replaced with “new” younger appearing skin. The depth depends on the laser which is used: Erbium or Carbon Dioxide.

**Laser Blepharoplasty:** Using lasers to remove the excess skin present on the upper eyelids. Using lasers to remove the excess fat tissue causing a baggy tired look to lower eyelids.

**Laser Hair Removal:** The Light Sheer SC laser is extremely effective in the permanent reduction of unwanted hair. Usually three treatments lead to a 90% reduction.

**Micro and Macrodermabrasion:** A gentle, yet effective, mechanical peeling of the skin to remove dead skin cells and improve aging, sun damaged skin, skin pigmentation marks, and even fine lines or wrinkles.

**Mohs’ Micrographic Surgery:** A meticulous procedure utilized for the removal of skin cancers especially on the face where conserving skin is most important. This is an office procedure where “frozen sections” of specimens are prepared and examined while the patient is waiting. This technique has over a 95% success rate.

## Antioxidants: Your Ally in the War on Your Skin

We’ve identified the enemy of your skin: free radicals. You encounter free radicals every day, through cigarette smoke, car exhaust, irradiation, pollution, chemicals in our water and air, drinking alcohol and exposure to the sun. Believe it or not, we continuously produce free radicals in our body as we convert food to energy and as a natural function of respiration and metabolism. Free radicals damage capillary and nerve endings, damage proteins that may create cataracts, and damage elastin and collagen that are associated with aging and wrinkles.

But there is an ally in this constant war on your skin.

Antioxidants help neutralize the damage free radicals do to your body. Antioxidants are molecules that impart tiny particles called electrons that prevent your cells from being ripped apart. This process may destroy your antioxidant, but it protects something infinitely more important—your cells.

## Antioxidants help neutralize the damage free radicals do to your body.

Besides, you can always take more antioxidants.

One recently released study shows that a topical treatment with an antioxidant containing cream (Vitamin E and C, and a patented Vitamin E derivative)

is effective in controlling the premature aging process. This study documented the benefits of antioxidants—maintaining skin thickness and elasticity, and protection against the development of lines and wrinkles. The antioxidants control the premature aging process by interfering with the first step of

the pathway, the generation of free radicals. The study showed that the body’s defense mechanism produces its own antioxidants to help control damage induced during the day

*continued on back*

## Physician News

*Dr. Richard Asarch was selected as one of the top dermatologists in the United States in the current 1999 publication, Guide to Top Doctors.*

*Dr. Charles Phillips presented an educational seminar for the Family Practice physicians at Porter Hospital in January.*

*Dr. Richard Asarch was asked to present his experience in laser surgery and postoperative care at the Twelfth Annual Aspen Winter Surgery Seminar next April.*

## Melanoma

Melanoma, the most serious skin cancer, is becoming more common. The incidence of invasive melanoma has increased 80 percent in the last 20 years. The incidence of Melanoma-in-situ (when the melanoma is extremely thin in depth) has increased 900 percent! As frightening as this figure sounds, it may actually be 10-20 percent too low since it reflects only those melanomas treated in a hospital setting.

Melanoma is named for the cells from which it originates. Melanocytes (found in the bottom layer of the epidermis) are the cells in the skin that produce pigment, creating skin color. Melanoma is easily treated when it is detected early, but once it has reached a significant thickness in the skin, the likelihood that it has already spread to the lymph nodes or other organs increases dramatically. If melanoma advances to this stage, it is often resistant to many forms of chemotherapy. Most treatment successes have come through efforts to boost the immune system to help "reject" the tumors. Interferon has been used extensively and research to find a vaccine is ongoing. Early detection is virtually the cornerstone of successful treatment.

Who is more likely to have a melanoma? If you have light skin, sunburn easily, blue or green eyes, light hair, many moles and have suffered memorable sunburns in your childhood or adolescence, you are at a greater risk to develop melanoma. Those who tan easily, rarely burn, have darker hair, skin and eyes are less likely to have it. Your chances increase if anyone in your immediate family has had a melanoma. Many

You are the most able to check for moles with regular self-exams. Spouses and family members can see areas easily that you can't—your back for instance. Make it a routine to check each other. If a mole has changed, see a dermatologist immediately. If your insurance requires that you see your primary care physician, don't hesitate to ask for a referral unless your primary care physician has extensive training in dermatology. If a dermatologist shares your concern, a portion of the mole will be biopsied or removed completely so that the cells can be checked under the microscope. It is not uncommon to find atypical cells that have not yet progressed to melanoma. In this case, we recommend that the entire mole be removed making certain the margins are clear. These atypical moles are more likely to become melanoma than those found to be entirely normal.

We recommend a complete skin exam at least annually, especially if you have had atypical moles or if any member of your family has had a melanoma. It is also possible that you might be advised to be checked more often depending on the number of moles that you have. People often ask why it is important to check the entire body, why not just the areas that have been exposed to the sun? Melanoma can occur anywhere, even in areas that seldom or are never exposed to the sun. It is thought that something, a severe sunburn for instance, triggers a response in the brain, thus releasing MSH (melanocyte stimulating hormone) which can then stimulate any pigmented lesion on the body to change.

How can we improve our chances of avoiding melanomas? Sunscreens are essential. Since most of the skin's damage comes from the sun—85% by age 20—many baby boomers need to begin regular checks now. Keeping sun exposure moderate, use of sunscreens and protective clothing are the best ways to prevent melanoma in our children and grandchildren. We live by example, so that if we are prudent ourselves, we are more likely to help future generations prevent melanoma.

Since most of the skin's damage comes from the sun—85% by age 20—many baby boomers need to begin regular checks now.

come to our office to be checked only after a friend or family member has been diagnosed with melanoma. We suggest annual skin check ups, especially if you have an increased risk.

Watch for changes in moles—in color, borders, or size, especially if a mole becomes asymmetric (when divided in half, both sides are different no matter which way the direction of the division). Also, if the size of the mole increases to over 7mm (the size of a pencil eraser), it should be checked.

Richard G. Asarch, M.D.  
Laura M. Thomason, M.D.  
Charles M. Phillips, M.D.

#### Web Site

We are in the process of developing our web site at: [www.asarchcenter.com](http://www.asarchcenter.com)  
Please visit and let us know if you have any suggestions or requests.

#### Antioxidants: Your Ally in the War on Your Skin *continued*

by Ultraviolet Light exposure. However, with the use of the antioxidant cream, the need for these cells having to defend themselves is reduced. Loss of skin thickness was reduced 60 percent by the antioxidant treatment. The antioxidant treatment was also associated with significant protection against loss of elasticity. During the 18-month-long study, facial lines and wrinkles increased 13 percent in the group not using the antioxidant cream, but were reduced six percent in the women using the antioxidant cream.

Antioxidants reduce free radicals that promote an inflammatory response. By blocking their release, inflammation is controlled and consequently, free radical production is reduced. You can expect to see more and more antioxidants added to facial skin preparations in the future. The anti-aging regimens presently recommended by the Asarch Center incorporate antioxidants to help promote and maintain healthy skin.

#### Acne Rosacea *continued*

Many people turn to topical steroids to help manage the disease. These products should only be used for a short period of time (7 - 10 days) because prolonged use can actually aggravate the problem. With continued use, the skin becomes tolerant to the medicine and even depends on it to keep the blood vessels smaller. If the topical steroid is abruptly stopped, the blood vessels will dilate often leading to more active papules and pustules.

If the "broken" blood vessels are a problem cosmetically, the Nd:YAG laser in our office is extremely effective in removing the blood vessels.

Rosacea is a chronic skin disease and the underlying cause is unknown. There is no cure but with the right treatment and careful lifestyle habits, acne rosacea can be brought under control.