It Might be More than Skin-Deep

Anyone who has dealt with severe itching or “pruritus” (pronounced purr-eye-tuss) as it is known in medical terms, has experienced how much this condition can wreak havoc on your life. Our natural response to severe itching is, unfortunately, severe scratching. And scratching only leads to more itching, redness and sometimes, even infection.

Often, the troublesome itching may simply be caused by dry skin and can be eradicated with the right change in skin care. But sometimes generalized itching, especially without any indicating rash or dry skin diagnosis, could be a telltale sign of a very serious health problem.

Sometimes Just Dry Skin

Statistically, the most common cause of generalized itching is just dry skin, a familiar occurrence to some of us, especially during the winter months. The outer layer of our skin contains natural oils which help hold in moisture in the deeper layers of the skin. When this oil becomes depleted, the skin become dry.

Moisturizing creams containing petroleum jelly, mineral oil and glycerin can help trap moisture in the skin, preventing water from evaporating. Creams or lotions should be applied within a few minutes of bathing or showering in cool or lukewarm water (hot water will only worsen itching). Odorless and colorless formulas are suggested for people with sensitive skin, since the additives that provide that nice scent could actually irritate some skin types. We would also recommend switching to milder unscented soaps and laundry detergents.

“Since the skin on your face is more sensitive than that on your body, you should probably seek a different moisturizer for your face, specifically one labeled ‘noncomedogenic’ so it will not clog your pores,” says Dr. Lisa Hostetler.

Scalpel-Free Rejuvenation

Even More Ways to Turn Back the Clock

Today’s men and women have many choices at their disposal to keep their skin youthful and healthy-looking and to help build confidence in both their personal and professional lives. For those patients who want their outer appearance to better reflect their inner youth, Brinton Lake Dermatology is proud to bring you numerous new cosmetic dermatology options:

Belotero Balance® Dermal Filler

This newer dermal filler will safely and effectively treat most wrinkles and folds. Belotero Balance is strong enough to tackle deeper areas like the nasolabial folds (parentheses-like lines around the mouth). Yet it has been specifically formulated for use on delicate, more superficial, fine lines.

Belotero Balance, like some of the other injectable fillers we offer such as Juvederm®, Restylane® and Perlane®, is composed of hyaluronic acid (HA), a natural sugar found in the connective tissue in our bodies that diminishes as we age. By binding to water, HA fills in wrinkles and folds, allowing immediate and smooth correction.

“This newer generation HA formula is great for treating those fine lines closer to the surface of the skin, and for sensitive areas like between the eyes, under the eyes, or just above the lip line where the skin is thinner,” comments Dr. Robin Scheiner.

Results are instantly visible and may last six to 12 months.
More Serious Causes of Pruritus

If your whole-body itching has lasted longer than a few days, or if it comes and goes without an obvious cause and anti-itch products only temporarily relieve the discomfort, it is important to determine the underlying causes. Your dermatologist will want to obtain a detailed history of the itching — how long it has lasted, when it first started, and how it might relate it to daily activities or to a possible medication you are taking.

Sometimes the pruritus, especially when there is no rash present, is actually a symptom of a disease that affects the entire body: what we call a “systemic” disease.

“We have seen patients for whom the itching stemmed from kidney, thyroid and liver disease, blood disorders like leukemia and lymphoma, or solid organ diseases or malignancies,” says Dr. Robin Scheiner. “One patient with unresponsive itching was shown to have lung cancer after we sent her for a chest x-ray.”

“We always take itching seriously,” adds Dr. Kari Boucher. “A patient of ours had already seen two dermatologists and had not been able to resolve her itching. She was told it was because of ‘nerves’ when in fact we did blood work and were able to determine a rare form of leukemia. We immediately referred her to an oncologist.”

“We certainly do not want to frighten our patients,” sums up Dr. Hostetler. “But we want our patients to recognize that up to 50% of people with undiagnosed and/or unresponsive itching will be determined to have an underlying systemic disease. The rule of thumb is to never ignore or underestimate any generalized itching.”

New U.S. Sunscreen Guidelines

What You Need to Know

The Food and Drug Administration’s (FDA) motto is “Protecting and Promoting Your Health.” This U.S. regulatory agency is now applying their maxim to sunscreen labeling in order to alert consumers to the damaging effects of the sun. Look for new safety information when you shop for sunscreen this summer and understand that, as the FDA puts it, “Not all sunscreens are created equal!”

It Must Say “Broad-Spectrum”

Sunburn is primarily caused by UVB (ultraviolet B) radiation. But research shows that both UVB and UVA rays can cause sunburn, skin cancer and premature skin aging. In order to be called “broad-spectrum,” a sunscreen must provide protection against all types of sun-induced skin damage, which is both UVB and UVA radiation. The back of each sunscreen product must explain how broad-spectrum sunscreen can reduce the risk of skin cancer and early skin aging. By contrast, any sunscreen not labeled as “broad-spectrum,” or one that has an SPF (sun protection value) between 2 and 14, will be shown to only help prevent sunburn.

One Sunscreen Recommendation: EltaMD®

“For patients looking for a great sunscreen, we offer several products from our new EltaMD line,” notes licensed aesthetician Charlotte Gallagher. “EltaMD provides safe, broad-spectrum UVA/UVB protection in a natural zinc-based, cosmetically elegant formulation.”

Available only through approved medical practitioners like Brinton Lake Dermatology, the EltaMD line is specifically tailored to offer products for individual skin types, and includes both full-body and facial sunscreen.

Visit us on May 9th to meet with our EltaMD representative and learn more about this dynamic product line!
Radiesse® to “Plump Up” Facial Volume

Many of our cosmetic dermatology patients have already tried the “volumizing,” dermal-based filler Radiesse to fill in loose and wrinkled skin, plump up the deep nasolabial folds and even give hands a more youthful appearance. We are now using the product to reduce sagging facial jowls and provide an overall, more youthful and triangular look to the face.

“By injecting into the lateral zygomatic arch, which are the ‘apples’ of the cheeks, we can ‘lift’ the cheek and restore the flattening appearance in that area that occurs with age,” says Dr. Lisa Hostetler.

Radiesse consists of unique calcium-based microspheres that are suspended in a water-based gel. The formula stimulates the body to produce more collagen, which naturally increases volume in the treatment area. Results can last a year or more.

Introducing Xeomin® - The Botox® Alternative

Xeomin is the latest FDA-approved cosmetic injectable. Like its predecessors, Botox® and Dysport®, Xeomin works by relaxing muscle motion, thereby smoothing the appearance of wrinkles. It is injected into facial muscles via tiny injections and can smooth away forehead lines, the ‘worry lines’ between the eyebrows, and fine lines around the eyes.

“Unlike Botox and Dysport, Xeomin does not contain any protein additives,” explains Dr. Kari Boucher. “The missing proteins prevent the immune system from developing antibodies that could eventually wear down the effects of Botox and Dysport. This means that Xeomin is perfect for those (rare) patients for whom Botox or Dysport treatments have stopped producing desired results.”

Results can last up to six months.

NFL (No Facelift Required!)

Most injectable or filler procedures take less than an hour with virtually no recovery time. Many patients can return to normal activities immediately after treatment. Talk to your doctor to see which of our advanced cosmetic dermatological products might best help you achieve your personal rejuvenation goals. Whether you want to smooth out wrinkles, plump up your cheeks, or even diminish brown spots with one of our laser treatments, Brinton Lake Dermatology has a surgery-free option for you.

Experience Champagne-Like Sparkle With Our New FiSZZ™ Facial

The FiSZZ Facial, the newest “red carpet” facial by Innovative Skincare (iS), is designed to smooth, brighten and purify your skin with immediate and lasting results. Ideal for all skin types, the FiSZZ Facial provides what iS calls a “feast of sensual experience with the best clinical results.”

Step one involves a warming honey cleanser that gently removes debris and dead skin cells. We follow with a therapeutic aromatic citrus and rosemary clarifying mud masque to open the skins’ pores. Next comes the FiSZZ Facial system’s patented, effervescent citric acid masque to exfoliate and smooth with a champagne-like bubbling sensation.

“We finish with a refreshing and firming botanical mist,” says licensed aesthetician Lisa Bucci. “The mist actually contains copper (an important human trace element necessary for collagen synthesis) as well as other key ingredients like herbal components to lessen age-related puffiness.”

Dr. Scheiner recently tried a FiSZZ Facial with Lisa and reports she is a fan. “FiSZZ is fabulous!”

Here Comes the Bride

What busy bride-to-be doesn’t need pampering? How about gifting her with a Brinton Lake Dermatology certificate to help get her skin into tiptop shape for the big day? A soothing facial provides instant relaxation. A refreshing chemical peel may be just what her stressed-out skin needs to leave it softer, brighter and smoother for her big day.

Our knowledgeable aestheticians can help recommend a product or procedure to meet the future bride’s skin rejuvenation goals. When we ask her, “Do you want to schedule that FiSZZ facial now?,” she’ll be quick to respond, “I do!”
PhytoCeuticals Day
Thursday, May 9th
Receive a 20% discount on the entire Phyto-C skin care line!

Have some questions? Consult with our PhytoCeuticals expert between 2 pm and 6 pm.

While visiting us on May 9th, schedule a future refreshing chemical peel or therapeutic macrodermabrasion procedure at a 20% discount.

Enter our drawing for a luxurious Phyto-C giveaway!

Please note: 20% Phyto-C discount will be offered May 7th through May 9th. Also, only those patients visiting on May 9th will be eligible for our drawing.

FDA-Required Sunscreen Labeling Changes

A Quick Summary

• Only “broad-spectrum” products with an SPF of 15 or higher can claim to protect against the risk of skin cancer and early aging. Products with an SPF lower than 15 can only claim to protect against sunburn and will be labeled with a warning to alert consumers accordingly.
• SPF values can no longer be higher than 50. There is not enough evidence to prove that higher SPF values actually provide more protection.
• The terms “waterproof,” “sweatproof” and “sunblock” can no longer be used. While the term “waterproof” is not acceptable, products can still call themselves “water resistant,” but must state when they should be reapplied (40 vs. 80 minutes after swimming or sweating).
• Sunscreens cannot claim protection immediately on application or protection for more than two hours without reapplication unless they submit data for approval from the FDA.

Interested in receiving email reminders about our special events and discounts? Sign up for our email list online at www.brintonlakedermatology.com.