Are You Getting Your Beauty Sleep?

YAWN…Your Skin Can Tell

Moms throughout time have told their daughters to make sure they get their “beauty sleep.” It turns out mom was quite right.

Sleep deprivation and/or interrupted sleep patterns have been linked to memory problems, cognitive performance, diabetes, problems with the immune system and even cancer. But we don’t often think about how critical that good night’s sleep is to our skin.

How Does Sleep Help our Skin?

Puffy, bloodshot eyes and/or dark under-eye circles are common indications of a bad night’s sleep, but the effect of a lack of z-z-z-z’s goes further.

“When we sleep, we give our skin, the body’s largest organ, a chance to repair itself. Collagen, an important component in our bodies that provides skin flexibility and elasticity, is also produced while we sleep,” explains Dr. Boucher. “During the deepest state of sleep, known as Delta or REM sleep, growth hormones peak to initiate cell and tissue repair.”

Even restless sleep can damage this natural restorative process. Also, the result of a lot of tossing and turning can mean increased stress, which can cause the skin to look dull.

In a recent study of 60 pre-menopausal women at University Hospitals (UH) Case Medical Center, scientists discovered that poor sleepers showed more signs of skin aging, including reduced skin elasticity, uneven pigmentation and fine lines. The women who didn’t sleep well also showed decreases in their skin’s ability to recover after sun exposure.

“The bottom line is that all of us need to get adequate sleep for so many reasons, including healthy skin,” adds Dr. Hostetler.

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Chemical Peels

Not Just for Your Face!

A chemical peel is one of the least invasive methods that can be used to improve your skin’s appearance. Also known as derma peeling, this cosmetic dermatology process uses special chemical solutions to gently remove damaged outer layers of the skin. In doing so, we improve the texture and look of your skin and help promote the natural production of elastin and collagen, structural proteins that keep the skin toned.

Many of us picture the facial area when we think of chemical peels. Yet your face is definitely not the only part of your body where we can use chemical peels to help you feel younger and more attractive.

Glytone Professional by Enerpeel® for Neck and Hands

Brinton Lake Dermatology offers various chemical peel formulas from the Glytone Professional by Enerpeel® product line that have been specifically developed not just for the face, eyes and lips but also the neck, décolleté (upper chest) and hands. The end result enhances appearance, helps restore unevenly pigmented, sun-damaged or blemished skin and helps improve your self-confidence. With Glytone’s special neck and hand chemical peels, you can also expect a skin lightening effect and improved appearance of fine lines and small scars, as well as a lessening of coarse wrinkles on the hands.

See our “Ten Tips for Better Sleep” feature on page 3
Glytone has worked hand-in-hand with dermatologists for 30 years to develop these formulas. “We recommend Glytone skin rejuvenation products because they deliver more glycolic acid, the key ingredient for visible, long-lasting results,” says medical aesthetician Lisa Bucci. “When the skin heals, new cells and collagen are stimulated to produce smoother, younger-looking skin that’s more even-toned.”

The Process

While everyone is different, most people will require at least twenty minutes for their hand or neck peel. For best results, these peels are usually administered in a series of at least 3-4 sessions, scheduled for every two weeks or so. While hand and neck peels are highly effective, some people, like Afro-Caribbeans, Asians, or patients with red hair and pale, freckled skin, may not be good candidates. Your medical aesthetician can advise you accordingly.

Before scheduling a procedure, talk to your medical aesthetician or dermatologist about any current products you might be using or medication you might be taking that might have to be temporarily discontinued, like certain topical or oral retinoids and other irritating exfoliating agents.

After Your Procedure

Charlotte Gallagher, Brinton Lake Dermatology’s other medical aesthetician, reminds patients that “after care” is extremely important.

“Your skin will be more sensitive to sunlight after the peel, so you must avoid sun exposure altogether for the first one or two weeks. Once you are back in the sun, you need to make sure you apply your broad-spectrum sunscreen liberally.”

Meet Brinton Lake Dermatology’s Newest Team Members

Introducing our two new and highly qualified medical professionals who work in tandem with our doctors to help diagnose and treat skin ailments and conditions.

**Danielle “Dani” Goldberg, BSN, CRNP**

**Born and Raised:** Rockville, Maryland

**Education:** BS, Public Health, University of Maryland

BSN, John Hopkins University

CRNP, John Hopkins University

**Loves Dermatology Because:** “I’m intrigued by chronic skin diseases and want to help frustrated patients find new options that fit their lifestyles. Also, it’s really in my genes. My dad is a physician. My mom worked in a dermatology office and is a nurse. And my oldest sister is currently a dermatology resident!”

**In Her Free Time:** Dani loves to travel and is currently enjoying exploring the Philadelphia vicinity and especially, “its wonderful restaurants.”

**Kathleen “Katie” Venesky, PA-C**

**Born and Raised:** Clarks Summit, PA

**Education:** BS, Bloomsburg University

PA-C, Marywood University

**Loves Dermatology Because:** “I hate to admit it but I am a former teen sun-worshipper. Now, with my medical knowledge, I’m eager to warn others, especially those my age, of the perils of the sun and of tanning salons. There are simply too many instances of melanoma in women these days. The statistics are alarming.”

**In Her Free Time:** Katie enjoys running 3-4 times a week and participating in occasional Philly half-marathons like Broad Street and Rock ‘n Roll. She also loves spending time with her husband, Shawn, whom she married last October.
As if battling cancer isn’t enough of a challenge, chemotherapy and radiation patients often have to face many unfortunate side effects during treatment. Hair-loss, stomach distress, loss of appetite and severe fatigue are common complaints. Many patients also experience dry skin and other skin irritations, conditions that are not just irksome and uncomfortable but can contribute to even more self-consciousness.

Buying gentle, fragrance-free soaps and laundry detergent can help keep your skin in better shape. Avoiding long, hot showers or baths, using moisturizers and shielding your skin from the sun are other ways to keep your skin protected and hydrated.

Harmony Facial by iS Clinical® Cancer Care

In recognition of Breast Cancer Awareness Month in October, Brinton Lake Dermatology is offering another way to ease your stressed-out skin: a soothing facial. The Harmony Facial specifically addresses the unique skincare needs of cancer treatment patients. Part of the iS Clinical® Cancer Care program, the Harmony Facial is a soothing, revitalizing facial that features Innovative Skincare® and iS Clinical® products with powerful antioxidants and essential vitamins. According to iS Clinical®, this restorative facial is designed to “capture the essence of refreshing and therapeutic bio-nutrients and bring forth vibrant energy and circulation to fatigued skin.”

“We really like the Harmony Facial because it not only helps to restore the skin; it also helps replenish the soul,” notes Brinton Lake Dermatology medical aesthetician Charlotte Gallagher.

“iS Clinical® products combine ingredients like Vitamin B5 and green tea to strengthen cellular health and increase micro circulation,” adds medical aesthetician Lisa Bucci.

In her free time, Lisa volunteers for the American Cancer Society’s “Look Good, Feel Better” program. The program teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of chemotherapy, radiation and other forms of treatment. “Fighting cancer is such a huge battle in itself,” she says, “let alone dealing with the devastating side-effects that treatments like chemotherapy can have on the body.”

If you or a loved one are undergoing cancer treatments, or have just finished a series of treatments, why not speak to Charlotte or Lisa to see if the Harmony Facial might be “just what the doctor ordered”?

10 Tips for Better Sleep

Sleep is a biological necessity. Many of us take this regular process for granted and yet it has such a profound impact on our lives. The dermatologists at Brinton Lake Dermatology offer the following tips for sounder nighttime slumber:

• Stick to a regular bedtime
• Practice relaxing bedtime rituals like reading books
• Avoid caffeine 4 - 6 hours before bedtime
• Exercise regularly
• Wake up at the same time every day
• Take naps if helpful, but for no more than 30 minutes
• Turn off TVs and computers
• Sleep in a dark, cool room
• Avoid big meals and alcohol within two hours of bedtime
• Quit smoking: Nicotine isn’t just bad for you—it’s a stimulant

One extra tip from Dr. Scheiner who suggests we all learn how to meditate.

“A daily meditation practice can help with relaxation and facilitate falling asleep and staying asleep,” she advises. “There are many programs offered in this area, including one given through the University of Pennsylvania School of Medicine.”

You can visit www.pennmedicine.org/stress for more information.
**MARK YOUR CALENDAR**

Hyalogy Customer Appreciation Day

**When:** Thursday, October 24, 2013  
**Where:** Brinton Lake Cosmetic Dermatology Suite 27  
**Time:** Between 2 pm and 6 pm

Stop in and visit. Our Hyalogy representative will be demonstrating techniques and will be happy to answer your product questions.

**Did You Know?**

*Hyalogy’s main ingredient is hyaluronic acid, a naturally occurring substance produced by the body. Hyalogy products act as natural fillers, boosting skin fullness, volume and elasticity and helping nourish the skin and protect against aging.*

**MARK YOUR CALENDAR**

20% Off All Hyalogy Products  
plus a FREE sample of your favorite product!

Conventional hyaluronic acid just sit on the skin’s surface. Hyalogy, with its ultra low “nano-sized” particles, easily passes through the epidermal intercellular space (15-50nm) to retain moisture.