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Newsletter

FALL ISSUE/2015

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"UNDERSTANDING THE

Science & Beauty

OF YOUR SKIN"

CONGRATULATIONS...

We Told Skin Cancer to TAKE A HIKE!



We told skin cancer to "Take a Hike!" Dr.

Cohen and his head nurse, Maria, chaired this event for the American Academy of Dermatology. The group hiked to the summit of Mt. Flora, which is over 13,200 feet in elevation and located right along the spine of the Continental Divide. The goal of the hike was to raise money for skin cancer prevention programs, over 65 hikers participated, and the group raised over \$13,000. We were excited to be joined by John Mitchell, an NHL player with the Colorado Avalanche, as well as

ROSACEA

Genetics or Environment

The National Rosacea Society estimates that more than 16 million Americans suffer from the skin disease rosacea.



Click for before/after photos

Rosacea is a skin condition characterized by redness, vessels and sometimes small pimple-like bumps on the face (especially the nose, cheeks & chin). In surveys, more than 9 out of 10 patients have reported that rosacea has negatively affected their self-confidence and self-esteem. New research suggests the cause of rosacea is half environmental and half genetic--so what does this mean?

Sun exposure is the key contributor to the environmental component, and obesity, alcohol intake and heart disease also raise this risk. However, for the first time, we also have strong evidence that there is clearly a genetic contribution to the disease.

People who suffer from significant rosacea should be aware of the environmental side-- specifically decreasing UV exposure, alcohol, and foods that might cause flushing (such as warm beverages, alcohol, spicy and hot foods). You can't change your genetics, but you can change your environment and lifestyle.

Without an actual cure, the goal of treatment is to manage symptoms of facial redness, blood vessels, bumps/pustules, prominent pores and sebaceous skin. Dermatological treatments that can aid in controlling flare-ups include topical prescription medications, daily SPF with zinc, gentle skin-care, and laser & light-based technology treatments like

Hannah Jo Porter, 2012
Miss Colorado.

IN THE MEDIA:

Shape Magazine



Dr. Cohen talks Cellfina
in Shape Magazine
(July/August issue).

Modern Aesthetics



What is Cellfina? Dr.
Cohen explains how it
works and what patients
can expect in Modern
Aesthetics.

US News & World Report



Get the facts on
sunscreen, Dr. Cohen
weighs in with his
expertise in US News &
World Report this
summer.

those done at AboutSkin (Pulse dye laser, MaxG & long pulsed Nd: Yag).

VITAMIN B3

Reducing Future Skin Cancer Risk With A Supplement Pill

A new study may be changing the way doctors treat patients who are at a high risk for skin cancer. It doesn't involve a prescription, but an over-the-counter vitamin supplement that costs less than \$10 a month--Vitamin B3.



Researchers have found that Nicotinamide, a form of vitamin B3, could help reduce the chance of future skin cancer in patients who have had non-melanoma skin cancer in the past. Researchers studied nearly 400 people who had a history of at least two non-melanoma skin cancers. They found patients who took vitamin B3 supplements twice a day cut their chances of developing new skin cancers by 23 percent. (Nicotinamide is different from Niacin, which was not used in the study.)

How does it work you ask? The sunlight's UV rays damage the DNA of your skin cells, increasing the risk for skin cancer. Researchers say vitamin B3 gives skin cells an "energy boost" which turns on the immune system, thus helping them repair the damage. The Skin Cancer Foundation says 1 out of 5 Americans will develop skin cancer in their lifetime. So, start protecting your skin right away with wide-brim hats, sunglasses, and choosing the right sunscreen ingredients. And, if you have specifically had non-melanoma skin cancer in the past, talk to your primary doctor about Vitamin B3 supplementation.

ACNE & PSORIASIS

Start An Effective Regimen For Winter

Studies show symptoms of psoriasis and acne significantly improve during the summer months, and worsen in the winter.



Winter flares of psoriasis may be linked to the season's cold temperature, darkness and low humidity. Dryness, low humidity and forced indoor heating can increase skin permeability, epidermal thickening, and stimulate of inflammatory mediators. Summer improvement may be attributed to even minimal incidental sun-exposure that can have immune suppressive effects. With this in mind, you may consider winter and other seasonal adjustments to your psoriasis treatment plan (similar to what is traditionally done for acne patients)--So schedule an appointment with one of our AboutSkin physicians or providers to prepare your winter skin-care for acne, psoriasis and other conditions.

We offer an array of acne treatment options at AboutSkin including: Acleara light-laser therapy, Red light therapy, Salicylic chemical peels and more. Call today to schedule an appointment with one of our Board-Certified Dermatologists to fine tune your regimen for this coming winter.

EVENING OF **NEW**

Technologies

WHEN: October 7th, 6:30pm Sharp*

WHERE: AboutSkin Dermatology's South Office
Sky Ridge Medical Center-Conifer Bldg.
10099 Ridge Gate Pkwy. Ste. 490
Lone Tree, CO 80124

Enjoy hors d'oeuvres, live demonstrations and goodie bags.
PLUS, look for great promotions on products and services.

Space is limited so **RSVP** is required! 303-756-7546 (SKIN)

*A \$20 reservation fee will be collected to register. This \$20 fee will be applied toward your purchase that evening for those that arrive at 6:30pm and attend the event.

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