

June 2017

NEWSLETTER

Other than a little snow to remind us where we live, we have had quite a spectacular Spring so far. We are all anxious to get outside and clean up the yard, plant our gardens, hike, and set out on vacation. Remember, though, that most of your skin has not seen the sun for months and is in it's most vulnerable state - most of the sunburns we see in the clinic occur in the Spring.

Sunburns range from mild painless redness to painful redness with swelling and blistering. Once the skin has been burned there is little you can do to reverse the damage done or block the progression of the burn. However, there are some interventions you can take to ease the discomfort.

If you do happen to get burned (it's happened to all of us) here's what the American Academy of Dermatology (AAD) recommends.

- Take frequent cool baths or showers
- Use a moisturizer containing aloe or soy - best to apply right after bathing
- Apply hydrocortisone 1% cream (over-the-counter) to particularly sore areas
- Consider taking aspirin or ibuprofen - these will at least improve the discomfort and may help alleviate swelling and redness
- Drink extra water
- If your skin blisters, do not pop them because this could leave to infection
- Avoid products with lidocaine or benzocaine as these have significant risk of allergic reaction

Exploring the link between isotretinoin (Accutane) & depression

Acne is the most common skin condition affecting adolescents. It is an extremely frustrating condition for many and a cause of increased stress and depression. Standard topical and antibiotic regimens are sometimes ineffective or inadequate, which leads us to consider using isotretinoin (commonly referred to as Accutane). The most common concern I hear from parents and patients is that they have heard isotretinoin causes depression. While initial reports in the 1980s and 1990s suggested this could be true, later studies failed to demonstrate a relationship. A recent meta-analysis looking at all of the current data collected from multiple studies has found no evidence linking isotretinoin to depression, especially at doses used in treating acne. We can now more confidently educate our patients that acne is clearly associated with depressive symptoms while isotretinoin is not. This is great news for our patients since isotretinoin is unmatched in its ability to provide a cure for acne.



Botox - the Cure for Winter Blues?

If you've experienced the "Winter blues" maybe it's time to consider Botox... no, really. The Journal of Psychiatric Research summarized data showing up to 61% response rate of depression to Botox treatment of the glabellar frown lines. To understand how this works, we must appreciate the effect of facial muscle action on our mood - what researchers call "emotional proprioception". We all are aware of how our mood creates facial expression. New evidence suggests the reverse is true also - our facial expressions can signal the brain to feel a particular mood. If you force yourself to smile, studies show you actually feel happier - the "fake it till you make it" phenomenon. If you avoid frowning (or have help with Botox to do so), you could likely improve your mood.



[Click here to read Cosmetic Surgery Times "Faces 'Feel' happier with Botox"](#)

"Prejuvenation" Trend

At what age is it socially acceptable to consider Botox? 40? 50? Surprisingly, we are seeing more people in their 20's coming in for treatment of the earliest lines of facial expression and aging. While many think this is unnecessary and maybe even psychologically unhealthy, it is a growing trend in young people who want to stay ahead of the aging curve. It is so common that it has become a buzzword in the beauty world - "prejuvenation"

Most common treatments for women in their 20's and 30's who are new to aesthetic treatments are botulinum toxin (Botox, Dysport) and filler (Restylane, Juvederm, Sculptra). Botulinum toxin can reduce the repetitive folding of the skin, thereby reducing formation of etched-in lines. Filler can address early loss of volume in the under-eye areas often described as "dark-circles". The result is a natural, more relaxed appearance with minimal intervention. Other treatments in the prejuvenation scheme include regular microneedling sessions, intense pulsed light (IPL, BBL), and non-ablative fractional laser. These can delay the formation of lines, pigment, and texture changes associated with aging and sun exposure.

Read the article..."Exploring the Prejuvenation Trend: Why Women are Getting Botox Earlier than Ever" - [link here](#).

28 year old female before & after Restylane hyaluronic acid filler for dark circles under the eyes



BBL - "Forever Young" photorejuvenation



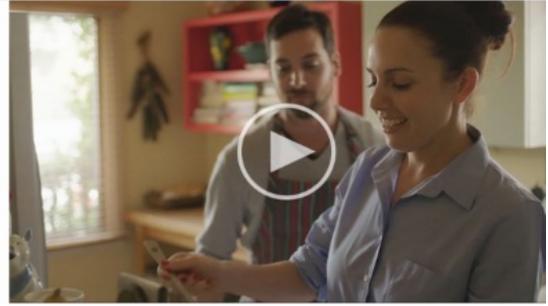
BBL is an intense pulsed light photorejuvenation procedure. With regular treatments every 6-12 months the "forever young" protocol is shown to slow down the...

Eliana, 31 years old, Botox Testimonial

REAL STORIES FROM PEOPLE LIKE YOU

Eliana, 32

"I'm going to be a bridesmaid for the first time in my friend's wedding. There's going to be a lot of photos taken and I wanted my crow's feet and my frown lines to be less noticeable."



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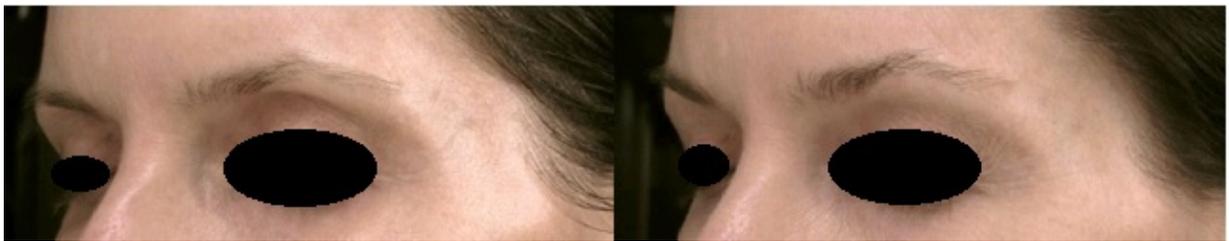
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