

The Art of Aging

Gracefully



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by: Jill Haynes, Aesthetician

Hi Everyone

I am so excited to share with you new information, products and tips that can help with signs of aging and many different problems that our skin may encounter. In this newsletter, I'm going to address an issue that may effect you or the ones you love; Acne. This skin disease can be very difficult to cope with whether you are an adult or teenager. Acne is as much about how you feel as how you look. Here at UC Davis Medical Center, we are passionate about our patients and want to help them with any skin problems that may arise. We look forward to seeing you and helping you look and feel your best. I hope these tips will be helpful to you. Again, if there is a topic you are interested in, please let us know.

Jill Haynes

Acne

Acne is the most common skin disease in the United States. Because it most commonly affects the face and can lead to permanent scarring, acne can have profound and long-lasting psychological effects. Normally, oil is produced in the oil glands in the skin: the oil travels up to the hair follicles and flows out onto the surface of the skin. When oil glands within the hair follicles are stimulated and begin to enlarge (usually as a result of hormonal change), they produce more oil. Acne bacteria inside the follicles multiply and produce fatty acids, which irritate the lining of the pores, which tend to clump together, narrowing and clogging the pore openings with a backup of oil, skin cells and debris inside the pores.

As the pressure builds within these clogged pores, the constant production of oil together with irritation from bacterial action ruptures the pore walls. While there are many factors behind the inflammatory changes in acne, one of the most important is the different levels of microflora (bacteria) found on the skin. While acne is not a bacterial infection, it is believed that inflammation results from the by products released by the bacterium *Propionibacterium acnes* (*P.acnes*), found deep in the sebaceous follicle.



Acne (cont.):

Emotional stress, hormones, oily cosmetics, and certain drugs such as birth control pills and anti-depressants can cause acne to worsen in some people. Some birth control pills will help clear up your skin. A birth control pill higher in progesterone and lower in amounts of estrogen may worsen an acne condition while an estrogen-dominant pill will improve acne. If you are on birth control and have acne, make sure you discuss this with your doctor. Acne is hereditary, and the tendency to develop it runs in families.

There are a lot of opinions on diet and acne. As there are many people that don't eat healthy and do not develop acne, I do believe you can greatly improve your skin and your health with diet and exercise. Green leafy vegetables, fruits filled with antioxidants, lean meats free from antibiotics and hormones will keep your blood sugar and insulin levels in check. Exercise flushes wastes out of the cells and rejuvenates the skin and entire body. It also helps to decrease stress. A lot of



nutritionists believe that dairy products are a big culprit because the milk contains progesterone and other hormones that are known precursors to DHT, the primary acne-producing hormone in humans. A study was done by Dr. Jerome K. Fisher where he hypothesized that milk sugar and butterfat could trigger acne. It has also been found that milk can contain iodine, a well known pore irritator and aggravator of acne. Other causes are pollution, car exhaust, pesticides, oily food particles, hats, a football chin strap, a phone or your hands pressing on your face. Also be sure to change your pillow case often and don't sleep on your face.

Treatments:

There are excellent types of therapy for all kinds of acne. Effective ingredient solutions include: sulfur, salicylic acid, benzoyl peroxide, vitamin A, zinc, kaolin, glycolic acid, enzymes, antioxidants and aloe vera gel. Without a doubt, most people will benefit from a regimen that combines peeling of the skin, destroying bacteria and applying solutions that will cut back on oil.

Treatments (cont.):

A fabulous treatment for acne is the *Silk Peel* with clarifying solution. This treatment exfoliates the dead skin cells while infusing it with salicylic acid. Your skin feels clean, fresh, smooth and well hydrated. Another great peel for acne is the *J-Peel* (Jessner peel); this is a well-known combination of lactic, salicylic & resorcinol acids. This peel absorbs oil and makes the skin feel super clean. The *Herbal Green-Peel* is a medically developed skin rejuvenation peel that is great for acne and acne scarring. It contains only pure natural plant ingredients. It increases blood circulation of the skin and causes the upper layers of the skin to peel. Repairs sagging facial contours, wrinkled and sun-damaged skin, acne scarring, oily skin and enlarged pores. Doing these treatments on a regular basis will greatly improve your skin and over all well being.

Retin-A or Tretinoin is an effective treatment for all kinds of acne. My favorite for acne is Retin-A Micro, which we carry in our office. Not only does it dry up the oil and shrink the pores but it also smoothes the outer layer and strengthens the pore walls. It also gets rid of wrinkles which is an added benefit. Accutane (Isotretinoin) is a prescription medication that is for more severe acne. It works great, but it must be closely supervised by a physician and monthly blood work is mandatory. This is usually the last resort after trying all other modalities.



Products you might like to try:

- *OBAGI Clenziderm Cleanser, Pore Therapy, Serum Gel
- *Salicylic, Glyco BP, or BP Face & Body Wash
- *Acne Spot Treatment
- *Micro-Buff Crème
- *Papaya Mint Scrub
- *10% Glycolic Gel
- *Dual Action Toner
- *5% BP Lotion
- *Pumpkin Clarifying Mask
- *Clear Skin Daily Vitamins
- *Clarisonic Facial Brush
- *Botanical Oil Absorber
- *AHA Fade Lotion
- *Oil-Free Lotion
- *Oil-Free Solar Defense
- *Glo Professional Mineral Make-up

Call our office to ask us more about these great products for Acne-prone skin!!

Summer Specials (expires September 15, 2008)

Clenziderm M.D. Skin Care System

The only prescription-strength, physician dispensed acne system with a patent-pending 5% liquified benzoyl peroxide. System includes:

Daily Care Foaming Cleanser-Removes dirt and excess oil with 2% salicylic acid, leaving skin clean and refreshed.

Pore Therapy- Unclogs pores and clears dead skin cells while preparing skin to deeply absorb a liquified serum that targets acne at its source.

Serum Gel- Potent gel turns to liquid serum on contact. Delivers liquified benzoyl peroxide deep within your pores where acne starts. Quickly clears acne and prevents new breakouts from occurring.

Before



After



Clenziderm M.D. Skin Care System:

Regular Price: \$118

Special Price: \$105

* coupon not valid with Clenziderm Purchase

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Spend \$50.00 or more and get a
\$10.00 off discount.

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