

skin Savvy

News, Information
and Education from
the Staff of
Associates in Medical
and Cosmetic Dermatology

Lyme Disease

How One Bite Can Lead to Long-Term Medical Issues

Late spring into early summer in Pennsylvania means the return of idyllic picnics, hikes and barbecues, as well as, unfortunately, the height of tick season. Although most people who are bitten by a “normal” tick won’t get sick, bites from an infected tick can cause Lyme disease, a potentially serious bacterial infection.

What Causes Lyme Disease?

Lyme disease “season” generally starts in April, with most activity in the summer months. The disease is transmitted to humans from a very tiny, blacklegged tick, also known as a “deer” tick since, in its adult form, it often lives on deer. Most human bites occur when the tick is in its nymph stage before adulthood, when it’s not much bigger than a fleck of black pepper and therefore difficult to detect.

According to Pennsylvania government information, approximately 20% of all blacklegged ticks carry the bacteria that cause Lyme disease. These ticks act as “vectors” – organisms that transport infection from one host to another by feeding on an infected animal’s blood. The tick bites an infected bird or small animal and takes the bacteria into its own body. It then feeds again and transmits the disease to its “host” – which can be human.

Background

The disease received its current name in 1975 after 50 cases of pediatric arthritis appeared mysteriously in the town of Lyme, Connecticut. Statistically, the number of cases in Pennsylvania keeps increasing. In fact, Pennsylvania ranks as one of the top states in the U.S for reported cases.

“What’s even more disturbing is that the Centers for Disease Control (CDC) estimates that nine out of every 10 cases is left unreported, which means that we could be talking about 80,000 cases here based on the 8,000 actual reported cases from ‘09,” notes Dr. Hostetler.

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Look Your Best This Spring and Summer

Five (Hot!) Ways of Achieving More Attractive Skin

Beach season means exposing body parts – some that have been literally left in the dark for many months under scratchy wool pants and sweaters. The image you see reflected back in your bathroom mirror might include some new unwanted surprises, like spidery road maps on your legs, bushy hair growth on your arms and fine lines on your face.

AMCD can help you address these cosmetic issues with a variety of safe, effective and painless procedures and products.

1. Banish Spider Veins

Are varicose veins, spider veins and broken capillaries keeping your legs from looking their best? Sclerotherapy is a proven, non-surgical way of treating varicose and spider veins. The procedure has been used since the early 1900’s and offers patients a safe option with virtually no downtime and very little discomfort.

The process involves the injection of a special solution that causes the inside of the veins to become irritated, collapse and fade from view. Up to six treatments may be needed to achieve maximum resolution.

“Each treatment takes 15-45 minutes and is usually suggested once a month until desired results are achieved,” says Dr. Scheiner.

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Peel Away the Years

More Ways of Helping You Achieve a More Attractive Complexion

AMCD is excited to announce the addition of two new skin exfoliation treatments to our chemical peel repertoire. Offered by Rejuva MD, Prestige Peel and Brilliance Peel are designed to effectively improve your skin tone and texture as well as address many skin imperfections.

What are Chemical Peels?

Chemical peels were performed as far back as ancient Egypt. It's believed that Cleopatra attempted to improve her skin by bathing in soured goat's milk. The famous Nile queen couldn't have known that it was the lactic acid in the milk that actually gave her a rejuvenated look.

Fast forward two thousand years and the goal of the chemical peel remains the same, to achieve smoother, more youthful-looking skin. Today's professionally-administered chemical peels vary based on the type of acid-based solutions used and as to how deep they penetrate the skin. A solution is applied in as little as 15 minutes. Over the next 2-14 days, the damaged outer layer of the skin peels off, allowing fresh new, rejuvenated skin to grow in its place.

Addressing a Variety of Issues

Both new peels contain unique blends of amino acids, vitamins and minerals that penetrate damaged skin. The peels can be used for overall tone, texture and revitalization as well as to address a broad spectrum of skin imperfections including acne scarring, fine lines and wrinkles, hyperpigmentation, freckling, age spots and sun damage. Results are cumulative with maximum benefits seen within a series of three or more peels.

Prestige Peel

"Prestige Peel is different from other peels in that it combines the results of two to three regular peels in one single session to achieve dramatic results," explains Charlotte Gallagher, a medical aesthetician at AMCD. "It's what we consider a "medium depth" peel in that it can even stimulate collagen production to create firmer, more youthful looking skin."

Although a series of sessions are recommended for more mature skin, all patients should see significant improvement and achieve a healthy glow to their skin with even just one Prestige Peel treatment.

Brilliance Peel

While Brilliance Peel lets you achieve the glowing skin of a stronger peel, it's gentle enough to be used every two weeks. Brilliance Peel is recommended for younger adults as well as patients who've never had a chemical peel. It's also used for



Which Peel is Right for Me?

Prestige Peel is a stronger "medium-depth" peel recommended for more mature skin. It can even stimulate collagen production.

Brilliance Peel is a more superficial peel that's ideal for young adults with acne, or patients with mild to moderate premature aging of the skin. It offers the glowing results normally achieved by stronger peels.

Your AMCD doctor or aesthetician can suggest which peel might be best for your skin type and age.

"Starting with Brilliance might help bring more sensitive skin to a treatment level that is more intense to create a more prolonged, deeper peeling," says Dr. Hostetler.

FREE Post-Peel Care Kit

Included in the cost of your Prestige and Brilliance Peel. Includes special post-treatment moisturizing cream and cleanser to help you care for your skin throughout the peeling process.

patients looking for rapid results in a shorter period of time since sessions can be repeated at shorter intervals than with the Prestige Peel. One Brilliance Peel will create glowing results that you can extend by using proper skin care and sun protection.

"Although Brilliance Peel is considered one of the more 'superficial' peels it's still strong enough to stimulate regeneration of cells for improved skin texture," says Lisa Bucci, another of AMCD's medical aestheticians.

After Your Treatment

Your skin may look slightly tan or red immediately after either peel. This, according to Gallagher, is a normal sign that the peel is working. Your AMCD doctor or medical aesthetician will provide you with detailed skin care instructions and can answer your questions about specific post-treatment care.

"While normal activities can be resumed right after your peel, you shouldn't get the treated area wet for four hours while it is completing what we call its 'self-neutralizing mission'," says Gallagher. "And you absolutely have to stay out of the sun."



Skin Savvy Coupon

Present coupon and receive **20% off** your first

Prestige or Brilliance Peel

Call us before the end of June 2011 to receive a 20% discount on either one of these peels you schedule. Contact the front desk at either AMCD location for more information.

In The News

Do You Need More Vitamin D? Food, not Sun, is the Answer

Over the last decade the public has been bombarded with conflicting information about vitamin D – some of it causing what may be needless worry. Recent reports from the American Academy of Dermatology and the National Academy of Sciences Institute of Medicine (IOM) now raise a red flag on a history of well-intentioned advice.

Researchers still agree that vitamin D promotes calcium absorption and is needed for bone growth and bone remodeling. Without vitamin D, bones become brittle. Yet more than 1,000 studies and reports now confirm that results are too inconclusive to definitively link a vitamin D deficiency with cancer, diabetes, heart disease and other serious health issues.

Additionally, these new studies corroborate what dermatologists have always maintained in regards to sun exposure. Even though our bodies synthesize vitamin D after exposure to ultraviolet rays from the sun, there is *no scientifically proven, safe threshold of sun exposure that provides maximum vitamin D synthesis into the skin without also increasing the risk of skin cancer.*

“Some researchers were suggesting 5-30 minutes at least twice a week of unprotected sun exposure,” explains Dr. Scheiner. “But UV radiation is a known carcinogen responsible for most of this country’s estimated 1.5 million annual skin cancers.”

How Much Vitamin D Do I Need?

The IOM recognizes that normal sun exposure varies greatly from person to person. They therefore assume a minimal level of sun exposure when establishing the recommended dietary allowance (RDA) of 600 international units (IU) for most adults and as much as 800 IU’s for those over age 71, who may require more of the vitamin. The RDA represents the average daily intake level that’s meant to meet the requirements for most healthy individuals.

Your mother’s prompt to “drink your milk” when you were growing up is probably as good advice today as it was in the early part of the 20th century, when scientists found ways to “fortify” milk and cereals with vitamin D to help fight bone diseases such as rickets. Vitamin D can be obtained from a healthy diet that includes oily fish like salmon, mackerel and tuna and other, fortified foods and drinks like milk, soy milk and orange juice. Once a day supplemental vitamins can also be taken if you’re not convinced you’re getting enough vitamin D.

“UV radiation is a known carcinogen responsible for most of this country’s estimated 1.5 million annual skin cancers.”



Slather on the Sunscreen

“Until reliable research demonstrates to us safe levels of sunlight for the purposes of producing effective vitamin D, we will continue to advise our patients to use sunscreen at all times and to seek these recommended allowances through dietary and supplemental means,” says Dr. Scheiner.

Too much of a good thing can become an issue as well. Vitamin D toxicity is known to raise blood levels of calcium to such a degree that it can lead to damage to the heart and kidneys. You can discuss appropriate levels with your doctor.

“It’s extremely unlikely you would obtain damaging high levels from food, so it’s the dietary supplements that have to be more carefully monitored,” says Dr. Scheiner.



Good Sources of Vitamin D:
Milk, Soy Milk, Orange Juice, Cereals, Oily Fish

AMCD also offers laser treatment to treat spider veins that are too small to inject via sclerotherapy. Sometimes a combination of sclerotherapy and laser treatment is suggested.

2. Reduce Unwanted Hair

Laser hair reduction offers another alternative to the constant shaving, waxing and plucking of unwanted hair. The procedure involves an intense pulsating beam of light that targets the hair follicle and inhibits future growth.

Our Syneron diode laser hair reduction system is considered the “gold standard” in hair reduction. Your total number of treatments needed may be based on many factors like hair color and skin tone. Location on the body is another factor. Bikini and underarm hair, for example, grows slower than leg hair. Periodic maintenance is often required.

3. Protect Your Skin

Vigilant application of sunscreen and staying in the shade are the easiest ways to keep the sun at bay. Keep in mind that hats and umbrellas only reduce ultraviolet exposure by 33%, and that figure drops to a meager 25% if you're near sand or water. A shot glass-sized amount of sunscreen is needed for your body with an additional teaspoon for your face. You need to repeat applications every two hours and after swimming or



sweating. Don't be fooled by cloudy days – 80% of the sun's damaging UV rays can pass right through clouds.

The American Academy of Dermatology recommends a water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30. Remember: sun protection is the PRINCIPAL means of preventing skin cancer, notwithstanding premature aging of your skin. And don't forget your lips!

4. Reduce Fine Lines and Wrinkles

AMCD's Phyto-C Supreme Serum provides extraordinary antioxidant protection against photo damage. The “C” refers to a unique stabilizing of vitamin C in liquid form. It's the perfect product to pair with your favorite sunscreen.

Phyto-C Supreme Serum targets a variety of facial skin issues. It facilitates collagen production, helps even pigmentation, diminishes fine lines and wrinkles and assists in refining skin texture. It can even help reduce the appearance of scar tissue and stretch marks and promote wound healing. The product, easily applied with your fingertips, should be used before your favorite moisturizer and/or sunscreen.

5. Hydrate, Hydrate, Hydrate

Our skin is like any other organ in the body – made up almost entirely of water.

Extra dry skin has less resilience and can accentuate fine lines and wrinkles. While the benefits of drinking enough water are many, those important “eight glasses a day” might not be enough to sufficiently hydrate our skin. This is where smart choices regarding humidifying the air and choosing the right skin care products come in.

You should apply a moisturizer right after you dry off from the shower in order to help seal in moisture. Our DCL Ultra Light Hydrator and Facial Hydrating Creams are just two of the many products AMCD offers to help re-hydrate your skin. These fragrance and oil-free products help keep the skin calm and comfortable.

Take advantage of our 20% discount on the entire Phyto-C skin care line during our PhytoCeuticals Days on May 12th and 13th. See back cover for more information.



“The bulls-eye rash is the easiest indicator that it’s Lyme disease,” explains Dr. Hostetler.

Diagnosis

Ticks must be attached 24-48 hours before they transmit the disease. Early signs of infection appear 1-2 weeks after exposure in approximately 75%- 90% of patients. They’ll exhibit either a circular, reddish “bull’s-eye”-looking lesion that’s ½” up to two feet in diameter, or a solid red blotch. Other symptoms can include fever, headache, fatigue and muscle aches.

“If you spot a tick of any size, use tweezers to gently grab the tick by the head or mouthparts as close as possible to where it’s attached to skin,” advises Dr. Hostetler. “Then disinfect the area and watch the site over the next week or so for signs of rash.”

Treatment

Treatment chiefly consists of a round of oral antibiotics for 3-4 weeks, which usually will provide a full cure if begun within three weeks after exposure. If left untreated, the infection can enter the bloodstream and cause a variety of medical issues months or even years later including memory loss, arthritis and heart problems.

“The bulls-eye rash is the easiest indicator that it’s Lyme disease,” explains Dr. Hostetler. “We find that blood tests may be unreliable and can show false negative results if measured early on after exposure.”

Be Aware of Your Surroundings

Dr. Hostetler advises campers, golfers, or anybody who spends a lot of time outdoors for work or recreation to try to be extra vigilant. She suggests the following anti-tick tactics:

- Stay on paths – avoid high grass or heavily-wooded areas when possible
- Use an insect repellent with DEET
- Avoid sitting directly on the ground or on stone walls where ticks flourish
- Wear light-colored, long-sleeved shirts and tuck long pants into socks



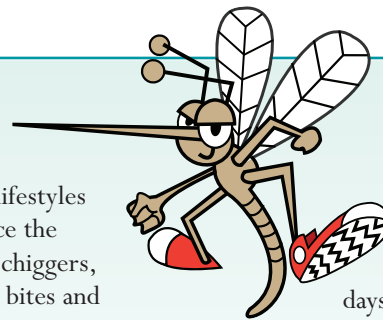
Quit Bugging Me!

Bzzzz – get out the fly swatter! As we shift our lifestyles from inside gatherings to outdoor events, we also face the not-so-wonderful presence of irritating mosquitoes, chiggers, spiders, ticks, bees and the like. Luckily, most of the bites and stings we may receive are more annoying than dangerous. But that’s not always the case (see our cover feature on Lyme disease).

“Avoiding heavy perfumes or scented soaps and staying inside at dawn and dusk (when insects like mosquitoes are most active) can help keep insects at bay,” suggests Dr. Boucher. “In really bad outdoor situations, treating clothing and camping gear with Permethrin also helps, but this product shouldn’t be applied to the skin.”

After the Bite

Wash the bite site with soap and water. Cold compresses and a topical corticosteroid cream can help relieve the itching. Try to avoid scratching or breaking bite blisters which can lead to infection (Parents: keep your children’s fingernails short to decrease risk from scratching, which can lead to infection).



When to Call Your Doctor

Itching and mild swelling from most local bites will normally disappear in a few days. But other symptoms – like shortness of breath, wheezing or swelling of the tongue – can indicate professional help is needed immediately.

Other Symptoms to Monitor Closely Include:

- Soreness, swelling, warmth or pus at site
- Headache, fatigue or fever, joint pain, stiffness or nausea
- Red “angry”-looking skin that’s hot to the touch and painful
- Skin that appears to be turning dark in color
- Expanding skin rash



Mark Your Calendar! We're Repeating Our Popular PhytoCeuticals Customer Appreciation Days

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Thursday, May 12th
Springfield Office

2:00 pm – 5:00 pm
consult with our
PhytoCeuticals
representative

Friday, May 13th
West Grove Office

1:00 pm – 4:00 pm
consult with our
PhytoCeuticals
representative

Attention iS Clinical Skin Care Customers

Be sure to order your products today! A new manufacturer's price increase will be reflected in our product offering as of June 2011. Contact the front desk at either AMCD location for more information.

Interested in receiving email reminders about our special events and discounts? Sign-up for our emailing list online at www.amcdonline.com and we'll keep you informed.



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