

Common Skin Ailments in Kids and Teens

Although there tends to be a lot of focus on adult dermatological conditions, children from birth through their teenage years face their own unique set of skin care ailments. The doctors and Physician Assistants at AMCD treat all age groups. Here are some common medical skin conditions that are found in our younger population.

Infants and Toddlers

“Rash” is a vague word which can apply to numerous, problematic conditions. **Diaper rash** is common in babies and can sometimes be prevented by avoiding restricting plastic diapers that trap moisture. It’s also important to change soiled diapers frequently.

The cause of **cradle cap**, a crusty yellowish rash on an infant’s scalp or in skin folds, is unknown. Although harmless, cradle cap can normally be remedied with regular shampooing and mineral oil massages. Further treatments can involve selenium shampoo, shampoos containing pyrithione zinc such as **Head and Shoulders** or corticosteroid creams.


A red, scaly, itchy and dry rash that comes and goes in patches where arm and leg joints bend could be atopic dermatitis, or **eczema**. This common condition can start in infants as young as two to six months. Eczema is not an allergy in itself, but allergies can trigger it along with other factors. Corticosteroid creams or anti-itch drugs may need to be prescribed. Short nails can help keep young children from itching. Gentle skin care and avoidance of soaps and laundry detergents containing fragrances and colors, as well as avoidance of dryer sheets, can help reduce flare ups.

Some parents are surprised to find out that the traditional fun bubble bath can actually make rashes worse. “Parents should skip the bubbles, which tend to dry the skin, and substitute fun toys in the bath,” says Dr. Boucher (who has two children, ages 4½ and 3). “A mild soap and cool, tepid

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Cosmeceuticals:

*Where Cosmetics and Pharmaceuticals
Meet to Create Beautiful
Healthy Skin*



What do you get when you combine a cosmetic product with pharmaceutical ingredients? A cosmeceutical: the latest buzzword and the fastest growing segment in the personal care industry.

Like cosmetics, cosmeceuticals are topically applied, but they contain ingredients that influence the biological function of the skin. Cosmeceuticals improve appearance, but they do so by delivering ingredients that may improve the health of skin.

Cosmeceuticals are not subject to review by the Food and Drug Administration (FDA) which means that they do not have to undergo rigorous clinical studies to prove any claim of effectiveness (although they are tested for safety like any other cosmetic product). That does not mean that manufacturers are trying to push products that

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Beyond the Face: *Cosmetic Treatments for your Body*

The desire to look younger and improve the texture and tone of your skin does not have to stop with your face. Many patients undergo anti-aging cosmetic treatments on their faces, leaving their hands, neck, chest and other parts of their bodies to tell a different story.

Skin is skin, and it undergoes change throughout our entire body as we age. We experience sagging and thinning of the skin on our stomachs, thighs and arms, and any part of the body that has been sun exposed over time can develop age spots and other discolorations.

The physicians at AMCD have been seeing very promising results treating non-facial areas of the body with both the Fraxel laser as well as Refirme. Here is a recap of their findings.

Fraxel Treatments for Hands, Chest and Neck

The Fraxel laser has a proven track record in fractional resurfacing of photodamaged facial skin, but lately it has been garnering attention in the media for its use in full-body resurfacing treatment.

Reliant Technologies, Inc., the pioneer of Fraxel laser, reported that dermatologists across the country are validating the clinical versatility of the laser's unique mechanism of action – pixel by pixel, spot by spot – to treat aging and sun damage on non-facial skin. And because the Fraxel laser is specially designed to resurface a fraction of skin at a time, it reduces downtime and increases patient safety.

"In the past, there were not many options available to safely and effectively treat crepe-like texture and discoloration of the neck, chest and hands," said Dr. Hostetler. "With the Fraxel laser, we are seeing very good results on all these areas." It is recommended that patients have 3 to 5 courses of treatment, spaced 4 to 6 weeks apart for optimal results.

ReFirme for your Neck, Stomach and Thighs

Many women complain about the loss of skin elasticity and firmness on their stomachs, upper thighs and necks. This natural byproduct of aging can make tendons and veins appear more prominent – especially in your neck and hands – and create loose, lumpy skin especially on your stomach and thighs. This effect can become even more prominent for women who have given birth.

"Many women have loose, baggy skin around their belly button that resulted from pregnancy," explains Dr. Scheiner. "Refirme can be very effective in tightening the skin on the abdomen, and we've seen good results around the knees and the top of the thighs as well. It's not a replacement for surgical interventions like liposuction or a tummy tuck, but you would be pleasantly surprised to see how these areas can be improved just by treating them with Refirme."

Refirme works on the principle that light and radio frequency energy can be used to heat deeper layers of the skin while protecting the surface of the skin. This heating activates fibroblasts, signaling new collagen to form and existing collagen to tighten over time. Results can last from six to 12 months, or longer in some patients.

If you would like to consider treating a non-facial area of your body with either Refirme or the Fraxel laser, take advantage of the special "Skin Savvy" coupon shown below and enjoy a 10% discount off your first treatment! 📄

"Skin Savvy" Newsletter Special

**10% off your first
Refirme or Fraxel Laser treatment**

for a non-facial area
(i.e., neck, abdomen, arms, knees, thighs, etc.)

Valid through November 30, 2008



Non-Facial Uses of Cosmetic Treatment



Before Fraxel

After Fraxel



Before Refirme

After Refirme

Welcome Erin Doherty, AMCD's Newest Physician Assistant

The newest member of the AMCD team, Physician Assistant Erin Doherty, joined us this summer. A native of Montgomery County, Erin attended the University of Medicine and Dentistry in New Jersey (UMDNJ) and Loyola College in Maryland – and is thrilled to be back close to home.

Erin began her career as a Physician Assistant several years ago and has worked in both emergency and critical care. She was drawn to the medical field after spending a summer during college working in a hospital where her mother was a nurse. "It was there that I learned about the role of the Physician Assistant. I was intrigued by how they worked with the medical team and the responsibilities they had," says Erin. Shortly after that summer, Erin began researching the PA position as a possible career, and eventually decided to pursue it.

The choice to enter the dermatology field was a decision driven by her visits to her own dermatologist as a teenager. "I will always remember how she helped me with own concerns – as well as my self confidence," she explains. "It's great to have the opportunity to pass along that same feeling to my patients as a part of the AMCD team." 📷



Need a Quicker Cosmetic Appointment?

Schedule your procedure with one of our highly trained Physician Assistants or Aestheticians

Looking to schedule an appointment for a cosmetic procedure within the next week or two? Consider scheduling it with one of our highly trained Physician Assistants (PAs) or Aestheticians.

Some patients don't realize that PAs can provide approximately 80 percent of the services typically provided by a doctor. They can perform physical exams, diagnose illnesses, develop and carry out treatment plans, order and interpret lab tests, suture wounds, perform minor surgical procedures, provide preventive health care counseling, and in 39 states, including Pennsylvania, can write prescriptions. The PAs at AMCD are also extensively trained and experienced in a wide range of cosmetic procedures including Botox, dermal

fillers (i.e., Juvederm, Radiesse, etc.), and laser treatments including the Fraxel laser and laser hair removal. Our Aestheticians are the primary providers of macrodermabrasions, facials and chemical peels, and are also trained to do laser hair removal and Refirme.

In fact, there is only one cosmetic procedure that is performed exclusively by one of our board-certified dermatologists: Artefill, the new FDA approved, injectable wrinkle filler that offers permanent results. Since our doctors' schedules fill up very quickly with medical-related dermatology as well as hospital rounds, you can almost always schedule a cosmetic appointment sooner with a PA or Aesthetician. 📷

water is a better option for the skin.” Often children will outgrow eczema before school age. In fact, studies show that more than 50% of children with the condition will be over it by the time they are teens.

Young Children (Ages 2 – 11)

As children grow and start being exposed to different environments and people, other skin-related problems can emerge. While parents can be embarrassed by conditions like **scabies**, it’s important to note that this is not associated with poor hygiene. Scabies affects children of all races and social classes and is commonly seen in daycare or school-age children. The scabies rash, an allergic reaction to microscopic mites and eggs, can take 4-6 weeks to develop and appears as little red bumps, commonly located between children’s fingers, under arms, on elbows, knees and at the waist.

“If scabies is diagnosed, we’ll prescribe a topical lotion. After the scabies is eradicated we may prescribe a steroid cream and/or an anti-itch treatment to soothe the residual inflammation,” says Dr. Hostetler. “Moreover, the entire household will have to be treated, even if other family members aren’t exhibiting any symptoms.”

Ringworm, a mild fungal infection of the skin, typically looks like a red, circular lesion with a scaly border. Despite its name, the infection has nothing to do with “worms.” Ringworm can also affect the nails, making them thicker and discolored. Antifungal creams and in severe cases, oral antifungal medications may be prescribed. Oral antifungal medications are also needed when the infection involves hair follicles.

Bacteria can enter small cuts or scratches and cause **impetigo**, a skin infection causing honey-colored, oozing blisters often located between the upper lip and nose after a cold. Scratching the blisters may spread impetigo to other parts of the body.

Hand, foot and mouth disease (sometimes called “Coxsackie”) is not serious for most children, but is very uncomfortable. It’s caused by a virus and presents as small red spots on the hands and feet that soon blister, as well as sores on the inside of the mouth that become ulcerous. This disorder should not be confused with the similar-sounding “foot and mouth disease” that affects farm animals.

Pre-Teens and Teenagers (ages 12 – 19)

Almost eight out of 10 teens will face the **acne** battle at some point, which can be distressing. Your dermatologist can prescribe topical antibiotic creams to help prevent pimples from forming. As mentioned, **eczema** can follow young children into their teen years, aggravated by trauma or by sporting equipment rubbing on knees or ankles. A condition that could be mistaken for eczema is **psoriasis**, which often starts in the teen years around puberty. Flare-ups are common, and can be caused by stress, cold weather, lack of sunlight and clothes rubbing on the skin. Many treatments are available.

Warts, or verruca vulgaris, are also very common in both children and teens. Since they are caused by a virus, they can be contagious and spread to other children and family members. “A simple examination will help us to discuss the right course of treatment with you and your child,” explains Dr. Scheiner. “Options include freezing the wart with liquid nitrogen, chemical treatments, or removing it surgically.”

Other Common Skin Conditions for Children & Teens

- Fifth Disease (“Slapped cheek”)
- Heat Rash/Prickly Heat
- Hives
- Scarlet Fever
- Roseola Infantum (Sixth Disease)
- Poison Ivy
- Herpes Simplex/Cold Sores



Although “staph” bacteria are found on the skin or in the nose of about one-third of the population, most people are never affected by it. But some staph bacteria, like *Methicillin-resistant Staphylococcus Aureus* or **MRSA**, are resistant to certain antibiotics and must be promptly treated.

Dr. Scheiner says teens should be prudent about not sharing towels at the gym with other children. Showering off immediately after competitive sports or when in close contact with other teens, as in sports like wrestling, is important.

“It’s also a good idea to keep a clean towel or clothing between your skin and surfaces like weight benches or gym mats,” she says.

Clean towels can also help prevent **athlete’s foot**, a condition that causes smelly feet and an itchy, patchy rash with scaling especially between the toes. It’s more common in males and can be caught by walking in bare feet around swimming pools, showers and changing rooms. Avoiding tight shoes and synthetic socks is also recommended.

When In Doubt...

Some skin care conditions are easy to self-diagnose, but many are not. Any unusual rash that doesn’t clear up in a few days should be accurately diagnosed by a dermatologist or Physician Assistant. Early and proper treatment can avoid unnecessary discomfort and embarrassment for your child – one of the many things our kids count on us to do for them. 🏠

don't do what they claim to do (although there are certainly cases of that on the market). FDA approval of a product or ingredient requires years of extensive scientific studies that ultimately contribute to the high cost of a true pharmaceutical product. On the other hand, cosmeceuticals can get to the market faster and at a more reasonable development cost and – particularly those that are manufactured by a reputable company with a strong track record of quality and integrity – can still be highly effective anti-aging treatments that can be done at home.

The “ceutical” Part of the Equation

There are three primary categories of ingredients in cosmeceuticals that have the ability to alter the biologic function of the skin: **Botanicals, Retinoids and Hydroxy Acids**. Each offers its own unique benefits.

Botanical extracts, including teas, soy, pomegranate, date, grape seed, horse chestnut, German chamomile, curcumin, comfrey, allantoin and aloe, are natural, plant-based ingredients that can help create refreshing, aromatic formulas to soothe, hydrate, and balance the skin. Some are designed to calm and soothe irritated or inflamed skin. Botanicals are typically not the primary ingredient of a cosmeceutical but are combined with Retinoids and Hydroxy Acids to create effective skin care products.


Retinoids, which includes Vitamin A and its derivatives, act as antioxidants and assist the skin in its natural processes of exfoliation, circulation, and cellular regeneration. By increasing cell turnover and promoting the manufacture of collagen in

the skin, Retinoids can reverse the signs of aging, reducing fine lines and wrinkles, tightening and smoothing the skin surface and restoring a youthful glow.

Hydroxy Acids are often referred to as “fruit acids” and are classified into two sub-categories according to their molecular structure: alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs). AHAs such as Glycolic acid, Lactic acid, Citric acid, Mandelic acid, Malic acid and Tartaric acid, are the leading anti-aging skin care ingredients today. AHAs affect the skin by normalizing cell turnover in the epidermis (the top layers of the skin), encouraging the formation of normal, healthy skin. They also help reverse sun damage to the dermis (the deeper layers of the skin), resulting in the diminishment of fine lines and wrinkles.

The most commonly used BHA is Salicylic acid, which works well as an exfoliant and is helpful in the treatment of acne and dry skin.

Cosmeceutical Options at AMCD

AMCD offers the **iS Clinical Skin Care** Product line as well as the **Dermatologic Cosmetic Laboratories (DCL)** line which combine Botanicals, Retinoids, and Hydroxy Acids in perfectly balanced formulations to maximize their safety and effectiveness. In addition, we offer **Hyalogy-P Effects** nourishing cream, gel and cleanser which includes Hyaluronic acid in a nano-sized particle for better penetration into the dermis. Visit our website at www.amcdonline.com, and click on “Skin Care Products” to learn more about the full range of products available from both these fine companies. 



Baby boomers around the world have made cosmeceuticals one of the fastest growing segments of personal care market, valued at \$55 billion.

In the News

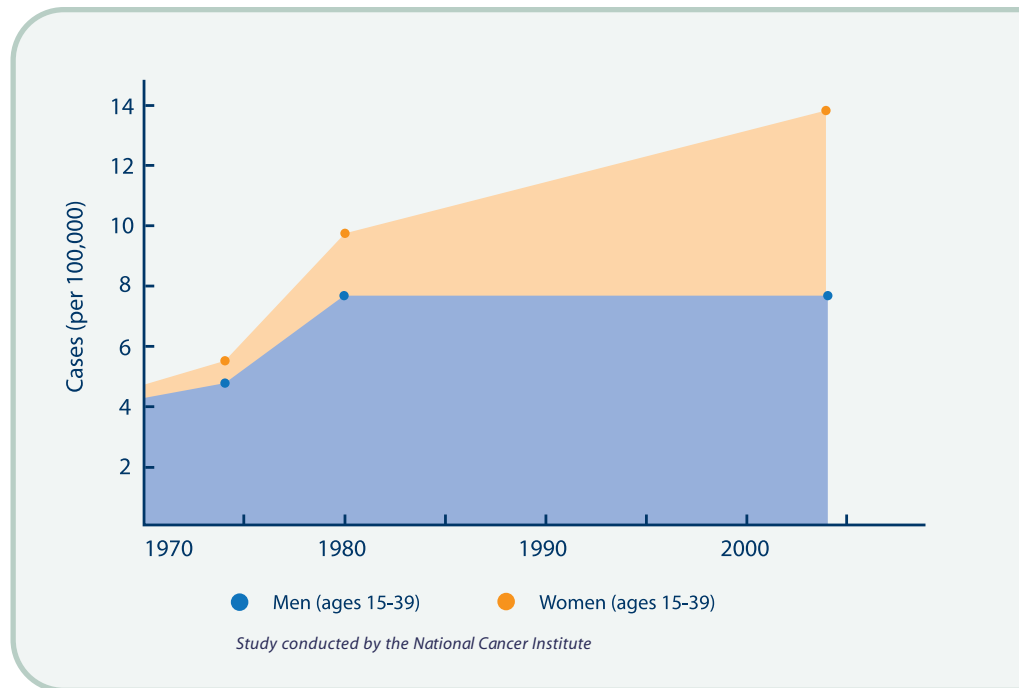
Melanoma Cases are up over 250% in Young Women since 1973

The National Cancer Institute has published yet another distressing report about the impact the tanning salon industry is having on young women. Its most recent study tracked new melanoma cases through the year 2004 and compared it to its last comprehensive study in 1980. The findings, published by the *Journal of Investigative Dermatology*, reveal a disturbing gender gap in this fatal disease. While cases of melanoma have leveled off for young men (ages 15 to 39), the incidence of new cases in women of the same age has risen 50% since 1980 (and are up over 250% since the original study in 1973). The reason is sadly obvious, since young women are the primary customer base of indoor tanning salons and are more likely than guys to make outdoor tanning a regular summer activity.

Even if you have covered the topic already with your daughter, sister or friend, it's worth repeating: tanning as

a hobby – whether indoor or outdoor – is never safe. Avoid tanning salons altogether, and when outdoors, wear an appropriate level of sun protection (SPF 20 or higher) to avoid becoming part of this sad statistic. ☹️

New Melanoma Cases (per 100,000)



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