

skin Savvy

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

Derma! Fillers

What's the Difference?

The results are almost immediate; there is essentially no downtime for the patient; the process is quick and for the most part, painless; and it's much more friendly on the wallet than plastic surgery. It is no wonder that 1.5 million dermal filler treatments take place each year in the United States – with rates of increase over 15% in the last few years.

Dermal fillers are one of the most popular cosmetic dermatology options used today to temporarily soften lines and wrinkles and create fullness in areas of the face that have lost "volume." They can also be used to improve the appearance of "thumbprint" acne scars, some traumatic scars or to temporarily give patients fuller lips, resulting in a more youthful appearance.

However, with the increase of interest from the public, there has been an influx of fillers available as well. It seems that every few months, a new filler is introduced. So with all these choices, how do you decide which one (or combination of several) will work best for you?

Start by Considering the Chemical Composition

The major difference in all dermal fillers is the type of base that is used. Dermal Fillers are either collagen-based (such as Evolence), hyaluronic acid-based (Juvéderm, Perlane, Restylane), calcium-based (such as Radiesse) or synthetic poly-lactic acid (Sculptra). Here is a brief overview of each:

Collagen-Based Fillers

Collagen fillers are comprised of purified collagen (a naturally-occurring substance in the human body). They also contain lidocaine which is a great option for those patients that are uneasy about the possibility of pain during injection. AMCD offers one of the newest collagen fillers, Evolence, which has been proven to last up to 12 months -

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Healthy Nails, Beautiful Nails

We tend to take our finger and toe nails for granted, but spotting visual changes in them can offer vital clues to our well-being

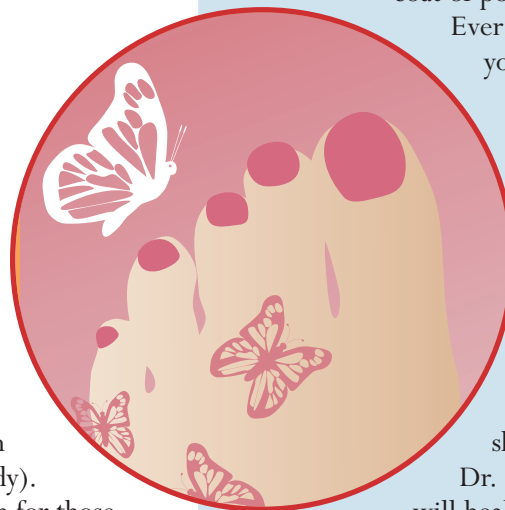
With sandal and sun dress weather right around the corner, you will probably be paying more attention to your nails. Often, it's not until we close a finger in the car door or feel the pain of an ingrown toenail that we realize our nails are meant to do more than look nice under a coat of polish.

Ever wonder why your doctor examines your nails during a seemingly un-related medical visit? While a degree of thickening and yellowing can be common with aging, other changes in your nail in terms of color, pitting, ridges, cracks, flaking or persistent white or black lines could indicate infection or even other health problems.

"The skin under your nails should be a healthy pink in color," says Dr. Hostetler. "Many minor nail ailments will heal on their own as the nail grows out,

but other issues you might assume are simply cosmetic could indicate underlying, more serious health issues that warrant a medical examination."

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Evolence®: Collagen is Back!

It is not surprising to learn that the very first dermal filler introduced in the early 1980's was collagen based. After all, collagen is the main protein found in connective tissue (composing up to 80 percent of the skin) and is the body's "structural scaffold" that helps give skin its strength, structure and support. Since collagen depletes as we age – causing wrinkles, lines and folds to form – it was a logical extension by early dermatological researchers to consider injecting collagen back into the skin to fight the signs of aging.

However, these early collagen fillers sometimes caused allergic reactions, which meant that allergy testing was required before injections. Plus, the results were very temporary – only 3 to 6 months. Once longer-lasting synthetic fillers began to emerge in the mid- to late '90s, collagen started to slip in popularity, even though many patients readily admitted that they felt more comfortable with a naturally-occurring substance than a synthetic one.

Those early fans will be thrilled to learn that collagen is back – and it's better than ever!

Longer Lasting Results, No Allergy Test Required


The introduction of Evolence® has been met with great enthusiasm, not only from patients but from doctors as well. "All of those early drawbacks of collagen fillers have been eliminated with the introduction of Evolence," explains Dr. Boucher. "Many patients are completely happy with their current fillers, and have no adverse side effects from them either. However, for those



patients who prefer the concept of a collagen-based product, this is a real breakthrough and yet another tool in our arsenal to address the unique needs and desires of each individual."

The Benefits of Evolence

By replacing lost collagen with an advanced collagen compound, Evolence dermal filler can help enhance and maintain the structure, volume, and youthful appearance of your skin.

- Results last for 6 – 12 months, so you can minimize the number of repeat treatments over time.
- Its natural collagen formula reduces potential allergic reactions, so no pre-tests are required before treatment.
- Visible, natural-looking results can be seen after one visit, with minimal to no downtime.
- Causes minimal to no swelling or bruising, so you can get right back to daily activities.
- There is minimal to no risk of "migration" (the filler shifting within the skin) since Evolence interacts with our own natural collagen so quickly. 

Evolence Rebate Offer (valid through December 31, 2009)

\$50 off one syringe
\$100 off two syringes
\$150 off three syringes

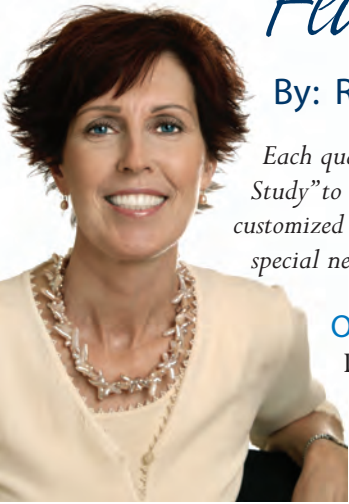
(All syringes must be injected at the same appointment to qualify for rebate; rebate forms and instructions will be provided at your appointment)



Featured Case Study: Marlenna

By: Robin B. Scheiner, MD

Each quarter, we will be presenting a "Featured Case Study" to illustrate how the AMCD doctors can create a customized comprehensive treatment plan based on the special needs of each patient.



Overall Assessment:

Dr. Scheiner: "This is an attractive woman in her mid to late forties, physically fit but with a moderate amount of sun damage; what we call photoaging. The effects of gravity on her face are minimal so I don't

think she needs firming procedures like ReFirm yet. She also has not yet experienced volume loss that some women get as they age so deeper fillers like Radiesse are not yet necessary."

Cosmetic Treatment Recommendations:

"I would begin to improve this woman's appearance by treating the glabellar area (between the eyebrows) and the crow's feet with **Botox**. She doesn't have many if any horizontal forehead lines so I wouldn't treat the forehead with Botox at this stage, although Botox could be used to prevent those lines from forming. I would treat her nasolabial folds (parentheses lines around the mouth) with filler. She has moderate to deep folds there so I'd probably start with something a little firmer and deeper like **Perlane**. Then if she needed more fine wrinkle correction after that, I would layer something a little more

superficially like **Juvéderm** or **Restylane**. She has a lot of fine wrinkling on her neck so I'd suggest at least four **Fraxel** treatments for her neck and possibly consider the same for her face."

Skin Care Recommendations:

"I'd encourage this woman to maintain the results achieved in our office with a good skin care regimen. **MD Forte II or III Cleanser** followed by **Is Clinical Super Serum** in the morning and **Hyalogy P-Effect Nourishing Cream** and sunscreen daily. In the evening, I'd recommend **Is Clinical Active Serum** from April through October and then **Hyalogy P-Effect Nourishing Cream** all year round. She may want to consider periodic **Macrodermabrasion** to continue to keep her skin looking luminous.

Make-up Recommendations:

"By incorporating a light-reflecting makeup foundation primer and a white face powder into her makeup regimen, she can achieve a more youthful appearance since younger complexions appear lighter."

Final Thoughts:

"As I do with all my patients, I would counsel her on lifestyle management like good nutrition, cessation of smoking (if that is an issue) limiting alcohol and stress management. They all can have a huge effect on the skin's appearance. And of course, daily sun protection is a must." 🌞

The Lowdown on D.

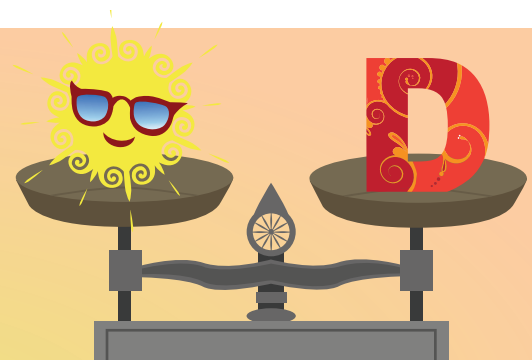
The whirlwind of information flying around lately regarding vitamin D and our apparent lack of it has left us all a bit confused, to say the least. Is too much sunscreen truly to blame? Are there really that many of us at risk for vitamin D deficiency?

Vitamin D Facts

Vitamin D promotes bone growth, maintains bone density and preserves normal functioning of the nervous system. We must have vitamin D to absorb calcium. Our best source of vitamin D is through regular sun exposure (ultraviolet rays). However, you can get some of your D through supplements or by eating oily fish (i.e. salmon or mackerel) and other fortified foods such as milk, bread and orange juice. Sunscreen does reduce the amount of vitamin D we absorb through our skin but does not block it completely.

Who is at risk?

- **People with limited sun exposure**, living at very northern latitudes or those who have limited (perhaps by their occupation) exposure to daylight.



- **Dark-skinned individuals.** The melanin in the skin blocks much of the UV rays needed for vitamin D production.
- **The elderly.** Amounts of vitamin D in the skin decrease with age.
- **Obese people.** Vitamin D is stored in the fat, making it inaccessible.

Do we ditch the sunscreen to get our D?

Much of the hype blaming sunscreen for our lack of D is misleading. You can get all your D with a little bit of sun in the right places. 10 minutes of sun, 3 times a week from spring through fall, is all you need to store enough to get you through the winter. That's just a few errands for the average person. Spending 30 minutes in the sun with sunblock on can have the same effect.

a first for this type of filler. One of the other advantages of Evolence is that it can be administered without having to undergo an allergy test – unlike many early collagen-based products. (See separate story on page 4).

Hyaluronic Acid-Based Fillers

Like collagen, hyaluronic acid is a naturally-occurring substance in the human body, eliminating the need for allergy testing. It is used to create volume and elasticity in the skin by plumping and drawing water molecules into the area.

Juvéderm, Restylane, and Perlane are the three hyaluronic fillers offered by AMCD. Juvéderm has the highest concentration of hyaluronic acid and therefore lasts the longest, up to a year. The others generally last about 6 months (although recent studies seem to indicate that Restylane can last up to nine months or beyond). Restylane and Perlane are made by the same company and are actually quite similar. However, Perlane is comprised of larger gel particles and is therefore better for filling deeper wrinkles and creases. Many times the products will be used together, filling finer lines with Restylane and the larger creases with Perlane.

Calcium-Based Fillers


Radiesse is a filler made of calcium-based microspheres that are suspended in a water-based gel. Radiesse actually stimulates the body to produce new collagen, increasing volume to correct wrinkles and folds, and has lasting effects for up to 2 years.

Synthetic Poly-lactic Acid

Sculptra, a filler comprised of synthetic poly-lactic acid, also stimulates the production of collagen. Three to five treatments of Sculptra may be needed to produce the desired effect, and results will appear gradually as the production of collagen picks up.

We're Here to Help You Decide

Choosing a dermal filler is not an easy task on your own and it is important to consult with your doctor. “When a patient comes in seeking a solution to a problem area, we look at all the options,” says Dr. Boucher. “If we decide that a dermal filler is the way to go, we will discuss the best fillers for their particular problem and find the right fit together.”

Think a dermal filler might help your problem areas? Make an appointment for a consultation and see what options work best for you. 

Dermal Fillers: Understanding the Differences

Product	Base	Lasting Effects	Commonly Treated Areas	Immediate Results?	Allergy Testing Required?
Evolence	Collagen	6 - 12 months	Moderate to deep wrinkles Nasolabial folds (from the nose to either side of the mouth)	Yes	No
Juvéderm	Hyaluronic Acid	Up to 12 months	Moderate to severe facial wrinkles (smile lines, marionette lines) Adds contour and volume (lips)	Yes	No
Restylane	Hyaluronic Acid	6 - 9 months	Moderate to severe facial wrinkles (smile lines, marionette lines) Adds contour and volume (lips)	Yes	No
Perlane	Hyaluronic Acid	6 - 9 months	Moderate to severe facial wrinkles Lips (adding volume)	Yes	No
Radiesse	Calcium	Up to 2 years	Moderate to deep wrinkles Nasolabial folds Marionette lines Cheeks, nose (contouring) Hands	Yes	No
Sculptra	Synthetic Poly-Lactic Acid	Up to 2 years or more	Adds volume to the hollow areas of the temples, cheeks, chin and under the eyes	Results appear gradually over a few months	No

Watch for These Changes

Most common nail disorders will cause the nail to peel, change color or texture or even crack. **Paler nails** can indicate a low red blood cell count associated with anemia.

Yellowish nails (which again, are common with aging) could signify a respiratory condition. **Bluish nails** can mean insufficient oxygen in the bloodstream and point to heart issues or lung disease. Iron deficiencies can cause **thin nail beds** or ones with raised ridges. **Flaking** could mean a thyroid disorder or psoriasis.

Transverse ridges (going side to side) can be the result of a major illness like a heart attack or diabetes and will generally grow out in time (assuming the underlying medical problem is resolved/controlled).

Cracking, weak nails might mean a protein deficiency in your diet, although such deficiencies are exceedingly rare in a middle class American diet. The more common cause of dry, flaky nails is frequent immersion in water and then drying of the nail afterward. (To prevent this, use protective gloves when doing housework or other work which requires your hands to be immersed in water.)

White spots are usually the result of minor trauma.

Nail clubbing (where the nails curve around enlarged finger tips) may result from low oxygen levels in the blood and could signify lung, liver or inflammatory bowel disease. **Spoon nails** (soft nails that look spooned out) might indicate anemia. **Dark spots or streaks** on the nail that aren't the result of a specific injury can indicate melanoma. A **Black nail** (subungual haematoma) from trauma like a jammed finger or toe will usually fall off and then grow back.

"If you do have an injury to a nail and it turns black, we can often help relieve the pain by putting a small hole in it to relieve the pressure," says Dr Hostetler.

Is There Fungus Among Us?

Fungal infections can show up as black, yellow, green or white variations in the nail and may cause the end of your nail to separate from the nail bed. A moist, foul-smelling debris build-up and even pain are other symptoms of infection. These problems are more common in toenails because they're so often confined to warm, moist environments - our shoes. Over the counter products don't often work as well as topical or oral prescriptions from your doctor since they don't penetrate the thick nail plate and under the nail bed. Don't ignore the symptoms – nail fungal infections can eventually spread to the rest of the body if not treated.

Warts can also affect the skin surrounding or underneath the nail. They may be treated by freezing or chemical application. If located under the nail plate itself, dermatological surgery

may be necessary. Don't ignore such warts – they can develop into squamous cell cancer. And dark discoloration involving the cuticle could even indicate melanoma.

Psoriasis, a chronic skin disease characterized by scaly, red patches, can sometimes start in the nails. Most noticeable on the fingernails, psoriasis of the nail can exhibit with discoloration, separation of the nail from the nail bed, crumbling, splitting, swelling and redness of the skin surrounding the nail base. Your doctor or Physician Assistant can treat the nails as part of the overall treatment of the disease.

From color and shape changes to swollen skin, dents, ridges and lines, it's important to notify your dermatologist of nail issues in order to discover the possible underlying issue at hand – and foot! 🦶

Some Healthy Nail Care Tips:

- When going for a manicure/pedicure, make sure your salon sterilizes with either heat sterilization or a germicide/fungicide.
- Avoid pushing back cuticles; they provide an important protective barrier against bacteria.
- Avoid tight shoes that can make toenails curve downward into skin.
- Stick to leather shoes whenever possible to allow your feet to breathe.
- Avoid going barefoot in public places like parks and around swimming pools.
- Trim carefully to avoid ingrown toenails.
- Avoid nail-biting or picking.
- Apply moisturizer to your nails and cuticles every day if possible.
- Avoid nail polish removers that contain acetone which is drying.
- Eat a well-balanced diet. Vitamins with biotin will promote healthy nails.
- Consider cotton-lined rubber gloves when washing dishes.

Keeping your nails clean and dry will help prevent bacteria and other infectious organisms from amassing under the nail. When you trim your nails, follow the shape of your fingers, soak in water first and file the edges smooth. Tough toe nails can be soaked in warm, salt water for about 10 minutes. Cut them straight across and round them slightly. File in one direction with a fine-textured file. Moisturize after cutting.





Customer Appreciation Days



Thursday, April 16th
*Save 20% on Your Favorite
iS Clinical Products*

Receive 20% off all iS Clinical purchases (excluding travel kits), enjoy sampling products with the guidance of our professional staff, and register to win several iS Clinical products during the event. Activities will take place from 1:00 – 6:30 pm.

In addition to our product discounts, any Innovative Facial scheduled on April 16th will receive a 10% discount. This high-powered facial, designed by iS Clinical, will safely and quickly resurface your skin, reducing fine lines and smoothing its surface. This facial incorporates two iS Clinical masks — a therapeutic mask followed by a soothing hydrating mask, leaving you feeling rejuvenated and beautiful.

Thursday, May 7th
*Save 20% on Your Favorite
Hyalogy Products*

Look for similar discounts on your favorite Hyalogy products, on Thursday, May 7th in both our Springfield and West Grove offices from 1:30 – 6:30 pm. All Hyalogy products will be offered at a 20% discount.

Any chemical peel or macrodermabrasion treatment scheduled that day will also receive a 20% discount.

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



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