

KDA Newsletter

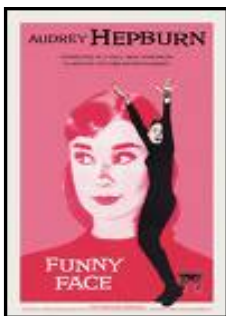
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How to be Lovely ...

Audrey Hepburn is my favorite celebrity role model. Her films are simply a joy to watch. The image she projects is one of beauty and class. The best part is that once you learn more about her she becomes all the more marvelous.

Audrey had the reputation of being a humble, kind and charming person, who lived the philosophy of putting others before herself.



In the film, *Funny Face*, a nerdy librarian becomes a runway model, and she is musically taught "how to be lovely."

These newsletters are intended to keep you abreast of recent developments in dermatology and what we offer at our practice. In this issue, we have a special on Juvederm and Evolence for attractive lips, the latest information on the FDA approved eyelash lengthener, Latisse™ for lovely eyes, and we offer Accent XL treatments for a slim figure.

However, I do understand that with the economy as it is lately, that some of these advancements are too expensive for many people. That is why I wanted to be sure to include some valuable words of advice from Audrey Hepburn:

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Beauty Tips

by Audrey Hepburn



For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Remember if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands; one for helping yourself and the other for helping others.

Annoying Hard White Bumps...

Milia are a common skin complaint in people of all ages. They are small cysts usually found on the face.

Milia form when the surface of the skin does not exfoliate enough, and instead traps oil/sebum underneath.

Unlike an acne lesion, they cannot (and should not) be "squeezed" out. They are not sensitive like an acne pimple either.

Milia are primarily annoying because they feel like a foreign object is present when one washes their face, and can be unsightly.

There are many ways to treat milia. Extraction is a common method, done by nurses or aestheticians, and involves using a small needle to create an opening and pressing them out.

Sometimes using a product that is too heavy can cause them, so evaluation of what is being applied to the skin is necessary, and often the simplest cheapest way of treating them.

Anything that exfoliates the skin is helpful. Exfoliation can be done "mechanically" as with a washcloth, microdermabrasion or rough facial scrubs. People with rosacea should not do mechanical exfoliation, as it may induce small blood vessels on the surface to appear.

The other way to exfoliate is "enzymatically" with peels or alpha/beta hydroxy (sugar) acids. This is good for all skin types. A product called **Vivite Antioxidant Serum** by Allergan is my favorite treatment for milia. It is 15% AHA, and lightweight, so anyone can use it.



Playing detective is important. Are the milia showing up just around the eye area? Maybe an eye cream is being used that is too heavy. Are they showing up all over the face? Perhaps sun damage is a factor, then Retin A can be useful too. If the milia are occasional the serum can be used for just a few days when needed. The serum can also be used daily for anti-aging.



The Surgery-Free Makeover

by Brandith Irwin, M.D.

There is a new book out now that I recommend highly. *The Surgery-Free Makeover* is the second book out by the Seattle dermatologist, Dr. Brandith Irwin. She appeared on the Oprah show for her first book.

She offers practical advice in skin care and information on the

many procedures that are available. It is a state-of-the-art cosmetic dermatology advice book for the layperson.

I am honored to be the only Oregon physician mentioned in the Resources section.

The web site is www.skintour.com.

Netflix is a great service! It's very convenient, and can be a great value. I like to watch movies on the treadmill, and with Netflix movies come in the mail, with a postage paid envelope. There is no time or gas wasted going to the store, and the mail is fast.



Latisse™ Eyelash Lengthener is Here!



The FDA has given approval to a drug that is applied to the eyelids to increase eyelash length, width and darkness. The active ingredient in Latisse is bimatoprost. Allergan, the maker of BOTOX®, has the patent for the drug. It is also a glaucoma prescription ophthalmic solution, Lumigan.

Many of you are already familiar with other products that have a similar effect using the same drug. Most competitors

have stopped distribution due to lawsuits regarding infringement of patent rights by Allergan. There are a few left, but eventually Allergan will be the only distributor, by prescription or in a doctor's office.

We have it available now at the front desk; it is \$120 for a 1-2 month supply. It is applied to the upper eyelash margin like a liquid eyeliner, at bedtime.

The oddest thing about it is if a

person has green eyes, and the medicine is dropped into the eye repeatedly (as in the case of glaucoma) the eye may turn permanently brown. This did not happen in the lash studies, presumably because the eye is getting a more lower dose when applied to the lid.

Alternatives for attractive lashes are eyelash extensions and mascara. Personally, I still think the pink tube of Maybelline mascara is a great value. Latisse.com

Appointment Access

Here at KDA, we have several appointment slots held on Janice/Tim's schedule everyday for dermatology "emergencies". To get one of those appointments, you must go through our triage nurse, Sue, first. The other way to get in "quickly" is to call

first thing in the morning (8:30-9:00), not in the afternoon. The reason for this is that we call to remind patients 2 days in advance. Those that need to cancel will often call the following morning and then the receptionists will start calling people on the cancellation list.

Every KDA patient is a VIP patient;



but the happiest patients are those that learn to plan ahead. Dr. Klein is currently booking 3-4 months

ahead. The change in the economy has made it a shorter time to get in.

Tips to Avoid Perioral Dermatitis this Spring

Perioral dermatitis is a fairly common rash seen on adult and children, and starts with the skin around the mouth. It consists of patches of small red/pink papules and may itch.

It typically will start under the nose, then move to the area circling the mouth. Eventually it spreads up to the eyelids. It is quite distressing for the patient because it mars their appearance. It can mimic, acne, and impetigo.



So far no one has found the specific answer to its origin; but it seems to be related to any facial product that becomes contaminated, whether in the factory or by the patient.

It is precisely for this reason that so many companies have changed their containers from ones that you can put your fingers into, to ones that have a pump-style dispenser. Think about foundations, moisturizers, and sunscreens. The treatment that works best is a 1-2 month long course of antibiotics.

In my opinion, the most common cause is OLD SUNSCREENS. So many people will have various sunscreen bottles, and store them in the back of the cupboard for several years, then take them out and use them. Then one to two weeks later...perioral dermatitis shows up.

Do not use old foundation makeup that you have had for more than one year. **Also, throw out any sunscreen that you have had on hand for more than one year.**





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KDA Newsletter Special:

Buy 1 syringe of Juvederm and get 1 syringe of Evolence for FREE*

Juvederm™ is an injectable hyaluronic acid “filler” that works well for the smile lines and larger folds on the face. It can also go into the lips.

Evolence™ is an injectable porcine collagen and is ideal for the fine lines around the mouth.

Each syringe normally retails for \$500; and each lasts approximately 6-12 months.

Appointments may be scheduled with Dr. Klein or nurse Michelle Walsh between 2/14/09 –5/14/09. Please mention the special when making your appointment.



****This special will only apply while our current supplies of Evolence™ last.***