

KDA Newsletter

Volume 3, Issue 3

September 2009

September Days

In Portland, my favorite month of the year is September. I just enjoy the weather and the feeling of getting back on track and organized again.

We've taken our breaks, our summer vacations, and with the fall typically comes time for reflection on what we've done, and time to plan for the future. Summer is fun, though a bit chaotic, and September is often the time we gear ourselves up for what are we going to accomplish in the next year. Taken together, the summer and the rest of the year, I think they provide a nice balance in our lives.

As far as skin care goes, people typically slack off a bit in the summer. Even for those really good about sunscreen, the discolorations and imperfections seem to multiply in the summer. The fall and winter is the best time to work on repairing these minor flaws....ask us how.



Kleins at Stonehenge

The purpose of my newsletter is to update you on recent dermatology news, alert you to some common problems, answer common questions, and remind you of office policies. If I don't feel I have anything important to say, I don't send them.

Since I told everyone in a newsletter last year that I was planning a trip to England, the most common question I have received lately is, "How was your trip to England?" In that spirit, I have included some pictures of our holiday. The boys, now ages 11 and 12, were the perfect age for traveling. They did great! This was my first trip to Europe, and I am definitely hooked. Now, I have to decide where to go next, and to save up those miles.

I added two framed jigsaw puzzles of London to my office collection to commemorate the adventure, so be on the lookout for those your next time in.



Dr. Marla Klein on Conwy Castle Wall in Wales

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Sculptra[™] (poly-L-lactic acid) is an injectable sugar molecule that can stimulate the production of new collagen. In the face, that means, it can help reverse the years, or it can be used to slow down the effects of aging in a preventative way.

This is my favorite treatment to perform (and receive). It doesn't

hurt very much, downtime is practically nothing. The results are gradual and very long-lasting.

I have been using the product since 2004 when it was approved for lipoatrophy. The big news is that in July 2009 the FDA gave the company their cosmetic indication meaning they can start advertising!! :)

Phytophotodermatitis

I have noticed an increased trend in a rash called phytophotodermatitis (PPD). It's a long name, so you may call it the lime juice rash for short if you like. This is a phototoxic skin eruption which results from contact with a light – sensitizing BOTANICAL substance followed by exposure to ultraviolet light. The rash usually begins 24 hours after exposure and peaks at 48-72 hours. The most common culprits are limes and celery.

PPD typically starts as a pink burning rash that may or may not blister. Next, comes the post-inflammatory hyperpigmentation (PIH) aka brown patch stage, which may last months. In some patients, they may not have the redness, but just show up with a strange pattern of the brown patches.



My favorite example is the trip to Mexico, returning with brown “droplet” pattern on the skin, from the lime juice in the Corona beer

served poolside. Other examples include a handprint pattern on a child after exposure to a parent cooking with lime juice or a linear drip pattern on a child's hands and arms after eating real juice ice pops. There is even a commercial airing right now where a woman squirts lime juice in a man's face, while they are sitting on the beach! That spells trouble, and likely a dermatology visit, as far as I'm concerned.

So, be careful, in the summer and on your vacations. Don't apply any moisturizers to your skin that contain lime/citrus; read labels especially if you think you like botanical products. Wash your hands well after cooking; and don't cook with limes or celery outdoors on a sunny day. Have fun.



Maggie, R.N.

With KDA for over a year now, Maggie is a registered nurse and a Portland native. She graduated from University of Oregon, then pursued her nursing degree after that.

Maggie has experience in psychiatric, cosmetic, and dermatologic nursing.

She has been personally trained by Dr. Klein to administer BOTOX[®] as well as performing microdermabrasion, StarLux Intense Pulsed Light treatments, Iridex diolite vascular laser, Accent radiofrequency treatments, hair laser treatments and Vitalize chemical peels.

Sometimes you will see her carrying out standard nursing duties by helping the other providers, or helping in the lab. She is very versatile!

So if you see Maggie in the office, say, “hi” and get acquainted, because we are planning to keep her for a long time.

DON'T SWEAT IT!



The condition of sweating too much is called hyperhidrosis. Statistics say this problem effects 1-2% population, or more. It may effect hands, feet, axillae (underarms) or other areas.

Overactive sweat glands can cause emotional and health issues. Until BOTOX® treatment came

along for it, we didn't discuss it much.

Treatments include topical aluminum chloride preparations, oral medications such as Robi-nul, and BOTOX® or surgery.

BOTOX® became FDA-approved for the indication of axillae hyperhidrosis when anti-

perspirants fail in 2004. BOTOX® is very effective, lasts 6-8 months for most patients, and is relatively low in pain, consisting of just a few injections to each underarm, which aren't particularly sensitive regions. Some insurance companies cover for the procedure, and others do not. We will check for you, if you want.



Dysport® was approved in May 2009 by the FDA for glabellar (frown) lines. It is a botulinum type A toxin, similar to BOTOX® but different in how it is prepared and travels in the tissue.

The company who manufactures Dysport® (previously known as Reloxin) is Medicis. The company was posed to compete head-

to-head with Allergan's BOTOX® .

Most of us were hoping for a similar quality product at a much lower cost; instead we are being offered it at a similar price, at only \$50 less per vial; and with 5 patients per vial, it only comes to a savings for the patient of \$10. I haven't yet found a patient who wants to chance changing over to

save the \$10; let alone the 4 to make opening the vial worthwhile.

I have bought some, and I think its best use will likely be hyperhidrosis, as those patients need one full vial to themselves. In addition to that, the product reportedly spreads/diffuses out more than BOTOX® does, which makes it better suited to that region. Call us at **503-445-2200**.

Summer Holiday to England & Wales



I'm adopted, but I have reasons to believe I am of Welsh heritage; and I love Celtic music and designs. The trip we

took had a slant towards early history, Celtic, and Harry Potter sites of interest. We traveled light, and I bought my

souvenirs here in Portland at the Celtic Corner, **4142 NE Sandy Blvd, Portland, OR 97212 (503) 287-3009**



Cotswolds



Kleins at the Roman Baths



Windsor Legoland –these are legos!



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Treatment plans are personalized, the average number of treatments needed is 3, varies 1-10.

This offer will be good through the end of February 2010. Packages for 3 treatment sessions may be purchased in advance at this price, as long as the appointments are scheduled at the same time.

A consultation with Dr. Klein is required prior to scheduling any Sculptra™ treatment sessions