

Dermatology Associates is dedicated to providing quality dermatologic care. Our work begins and ends with our patients and is measured by how well we serve them.

# Dermatology Associates

of Western Connecticut, P.C.

With offices located in Danbury • New Milford • Ridgefield

## THE SKIN BULLETIN

SUMMER 2007

**SUMMER SUN SAFETY: WHAT YOU NEED TO KNOW**  
BY JEFFREY KNISPEL, M.D.

Alicia D. Zalka, M.D.  
Jeffrey D. Knispel, M.D.  
Beth A. Buscher, M.D.  
Laurence A. Sibrack, M.D.  
Andrea L. Thompson, PA-C

### INSIDE THIS ISSUE:

WHO'S NEW? 2  
THE NEWEST MEMBERS OF OUR STAFF

WHAT'S NEW? 2  
DERMAGLOW MICRO-  
DERMABRASION &  
THE LATEST SKIN CARE PRODUCTS

CLIMATE CHANGES ARE MAKING POISON IVY MORE POTENT 3

As a dermatologist, I am constantly warning my patients: *there is no such thing as a safe tan.* Any tan is evidence of skin damage because the skin has produced extra pigment to protect itself from harmful ultraviolet rays. Even if you tan slowly without burning, the sun's effects on your skin are multiplied over time and that can lead to freckling, wrinkling, dilated blood vessels, pre-cancerous spots, and skin cancer. Because having a so-called "healthy glow" can improve not just your appearance but also your sense of well-being, what can you do to protect yourself?

### Better Understanding of the Sun's Rays

The sun emits two types of ultra-violet rays: UVA and UVB. UVA rays are most responsible for aging, while UVB rays are most responsible for burns. Exposure to either type can result in premature aging and skin cancer. Because ultra-violet rays also pass through clouds you can get burned on overcast days. Surfaces such as water, cement, and grass also reflect rays onto your skin which magnifies your UV exposure. I advise patients to be aware that UVA rays can penetrate clear glass windows, putting people at risk for more sun damage while they're driving or are indoors.

### Learning about the SPF System: Sunscreens and Sunblocks

A product's SPF number (sun protection factor) pertains to the protection it provides from UVB rays. This number tells you how long you can stay out in the sun without getting burned. A product with SPF 15 will allow you to stay in the sun for 10 minutes x 15, or 150 minutes (2 & 1/2 hours). I recommend that my patients use an SPF of at least 15, which blocks 93% of the sun's rays. However, if you have fair, sun-sensitive skin or you plan to be outdoors for an extended period of time, I recommend an SPF of 30, which blocks 97% of the sun's rays. An SPF higher than 30 increases sun protection only minimally. It is important to note that sunblocks reflect and scatter ultraviolet light as opposed to sunscreens which absorb it. Sunblocks generally offer better protection than sunscreens. Sunblocks also do not break down over time and almost never cause irritation or allergic skin reactions. For optimum effectiveness, it is recommended that sunscreen or sunblock be reapplied every two hours while outdoors and more often if you are sweating or in the water. Although some sunscreens claim to be water resistant,

waterproof, or effective all day, every sunscreen/sunblock loses its effectiveness after one to two hours. Regardless of sunscreen use, you should always limit your sun exposure.



### Self-Tanners

Self-tanning lotions, skin dyes and spray-on tans are popular and safe ways to achieve a tanned look. However, they do not protect the skin from ultraviolet injury (unless labeled with UV protection). Even with the use of these products, always protect yourself from the sun.

For additional information on sun safety visit our website at [www.dermwestconn.com](http://www.dermwestconn.com).



**WHO'S NEW?**  
**DR. TAMARA HANDERSON**

The physicians and staff of Dermatology Associates of Western Connecticut are pleased to announce the addition of the consultative services of Dr. Tamara Handerson, Dermatopathologist. Dr. Handerson, a former assistant professor at Yale School of Medicine, brings to the practice many years of experience reading pathology specimens.

**Welcome Dr. Handerson.**

**WELCOME TO OUR NEWEST EMPLOYEES**

**Helena Nicolaisen:** Medical Aesthetician

**Rob Hughes:** Business Manager

**Carol Banasik:** RN

**Jodie Garcia:** Operator

**Brian Oloya:** Operator

**Beth Plotkin:** Front Office

**WHAT'S NEW?**



*Safe and effective*

The DERMAGLOW<sup>®</sup> procedure has been shown to be safe and effective for the cosmetic reduction of:

- Fine lines and wrinkles*
- Sun-damaged skin*
- Acne/acne scars*
- Excess oils*
- Blackheads/Whiteheads*
- Pore size & superficial age spots*



**BEFORE**



**AFTER**

Age, sun, diet and the environment are a few of the factors that lead to skin deterioration on the face and other parts of the body. Now with DERMAGLOW<sup>®</sup> particle skin exfoliation technology there is a safe and gentle way to help rejuvenate, smooth, and repair your skin.

DERMAGLOW<sup>®</sup> delivers a controlled stream of microcrystals over the skin through a special hand piece. By gently polishing the skin and removing dead skin cells, oils and other buildup, it is possible to improve many skin conditions and the imperfections that lead to premature aging for both men and women. **Make an appointment today with Helena for a free skin consultation.**

**CONFERENCES AND COURSE PARTICIPATION**

Cosmetic Dermatology Seminar: Skin Disease and Educational Foundation

Orlando, Florida  
*Dr. Beth Buscher*

Cosmetic Dermatology Seminar Boot Camp

Aspen, Colorado  
*Dr. Allola Zalka*

Summer Meeting: American Academy of Dermatology

New York, New York

*Dr. Jeffrey Knispel, Dr. Laurence Sibrack, Sarah Gentile MA, Jennifer Diggs, MA*

**WHAT'S NEW IN OUR PRODUCT LINE?**

DCL Spot Therapy for Oily/Acne Prone Skin



This spot therapy treatment speeds the healing of individual blemishes.

Kinerase Lotion with SPF 30



Reveal more radiant, visibly tighter skin while defending your skin from the #1 cause of premature skin aging.

**CLIMATE CHANGES ARE MAKING POISON IVY MORE POTENT**

ADAPTED FROM THE WALL STREET JOURNAL: JUNE 26, 2007 - BY TARA PARKER-POPE

Poison ivy, the scourge of summer campers, hikers, and gardeners, is getting worse.

New research shows that the rash-inducing plant appears to be growing faster and producing more potent oil compared with earlier decades. The reason? Rising ambient carbon-dioxide levels create ideal conditions for the plant, producing bigger leaves, faster growth, hardier plants and oil that's even more irritating.

Although the data on poison ivy come from controlled studies, they suggest that the vexing plant is more ubiquitous than ever and the more potent oil produced by the plants may result in itchier rashes. "If it's producing a more virulent form of the oil, then even a small or more casual contact will result in a rash," says Lewis Ziska, a plant physiologist for the U.S. Department of Agriculture in Beltsville, Md.

The latest research follows a Duke University report last year that higher carbon-dioxide levels create a chemical change in poison ivy that results in a more potent form of urushiol, the oil that triggers an itchy rash in about 70% of people exposed to it. This chemical change can cause the poison ivy to be more abundant and allergenic.

Poison ivy is difficult to identify. Hikers have long known the adage "leaves of three, let them be." But poison ivy, usually

found east of the Rocky Mountains, can sometimes have more leaves and look like a shrub or a vine. The leaves can range from one to six inches, and be notched or smooth. Depending on the season, they can be red or green, or a combination of both.

One web site, [www.poison-ivy.org](http://www.poison-ivy.org), offers cards with life-size images to help identify the plant in its various incarnations. Long pants, long sleeve shirts, and socks can help, but clothes need to be removed and washed to avoid contact with urushiol that may have brushed on clothing. The oil can penetrate rubber gloves and boots, so vinyl gloves are recommended if you're trying to remove the plants.

If you *think* you have come into contact with poison ivy, wash immediately. However, if more than 10 minutes have passed, soap and water removes only half

**Poison Ivy through the Seasons**



**Spring**



**Fall**



**Summer**



**Beach**

of the oil. If exposure does occur, over-the-counter topical lotions may provide some relief. Severe cases can also be treated with steroids by your dermatologist.



**Poison ivy**



**Rash**

An example of a rash created by contact with poison ivy.