

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.

# THE SKIN BULLETIN

SUMMER/FALL 2008

## Welcome Dr. Peter Heald !

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It is my great pleasure to announce that Dr. Peter Heald has joined our practice. Dr. Heald comes to us with over 20 years experience in dermatology. He has been on the faculty of the Yale University School of Medicine since 1986 and is currently Emeritus Professor of Dermatology at Yale. His special interests include psoriasis, cutaneous lymphoma, immunologic dermatology, rare skin diseases and hospital-based consultative dermatology.



Dr. Heald is a renowned expert in the field of dermatology and he has lectured all over the United States and around the world on psoriasis, lymphoma, immune-mediated skin diseases, skin cancer and many other topics. His board certifications include dermatology, immunodermatology and internal medicine.

Dr. Heald is seeing patients in our Danbury and New Milford offices. He is available for consultations on any dermatologic problem and often sees the most rare, chronic and severe skin disorders.

I am confident our patients will benefit from his expert, thoughtful, skilled and compassionate care.

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### OFFICE LOCATIONS

73 Sand Pit Rd., Suite 207  
Danbury, CT 06810  
(203) 792-4151

120 Park Lane Rd.,  
Suite A203  
New Milford, CT 06776  
(860) 350-4152

10 South Street  
Ridgefield, CT 06877  
(203) 438-1101  
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<p>WELCOME TO OUR NEWEST EMPLOYEES</p>	<a href="#">Nurse</a>
	Kelly Wright
	<a href="#">Operators</a>
	Laura Cerbone
	<a href="#">Front Desk Staff</a>
	Valerie Rodriguez

### PATIENT APPRECIATION DAY

One night only, October 24th from 5-8 PM in our Danbury office. \$100 off Botox or Juvederm, or \$250 off both. Bring a friend and receive an additional \$50 off. Product samples and refreshments. Call Mari at 792-4151 ext .105 to make your appointment. Space is limited so call today.



Dr. Alicia Zalka with a few of the 175 AARP members that attended her lecture last fall. Dr. Zalka spoke to the group about skin cancer and the importance of regular skin cancer screenings.

## Proven Tricks for Beating Ticks: How To Keep You and Your Family Safe From Lyme Disease

By Jeffrey D. Knispel, M.D.

Here in Connecticut, you don't have to hike deep into the woods to come into contact with ticks, especially in April to September which is peak tick season. Decks, swings, sandboxes, pools, parks, sports fields, the beach and tennis courts are all prime locations to encounter them. Unfortunately, some of those ticks harbor diseases including Lyme disease.

Lyme disease was first recognized in the U.S. in 1975 in Lyme, Connecticut. It's caused by bacteria which is spread through the bite of infected deer ticks. The ticks crawl onto people as they brush against them; they can not jump or fly. In general, ticks need to be attached for 36 to 48 hours before they can transmit the bacteria.



Lyme disease usually starts with flu-like symptoms such as headache, chills, stiff neck,



fever, muscle aches or fatigue. About 60% of people notice a red circular patch at the site of the bite called erythema migrans which develops within 3 days to one month after the bite. Sometimes several patches appear which vary in shape and size. The center of the rash may clear as it enlarges, resulting in a bull's eye appearance like the picture to the left. The rash is often warm but not painful; it can disappear on its own and is thus sometimes not noticed. Some signs and symptoms of Lyme disease may not appear until weeks, months or years after a bite. Lyme can lead to arthritis which causes bouts of pain and swelling in one or more large joints, especially the knees. Nervous system symptoms can include numbness, pain, nerve paralysis, problems with memory and sleep disturbances. Rarely, irregular heart rhythm and vision changes can occur.

There is currently a two-stage testing process to measure the body's production of antibodies to the Lyme disease bacterium. However, because it takes 2-4 weeks after a tick bite for the body to produce measurable antibodies, these tests may be falsely negative in the early stages of the disease. Several antibiotics are effective in treating Lyme disease. The most common is doxycycline which is usually given for 3-4 weeks. Most people respond well to antibiotics although some people have persistent or recurrent symptoms and may require a second course of antibiotics. In some severe cases, IV antibiotics are given.

So how can you and your family stay safe this fall?

### 1. Avoid Areas with Lots of Ticks

Stay away from wooded and bushy areas with high grass and leaf litter.

### 2. Keep Ticks Off Your Skin

When outdoors, use an insect repellent with at least 20-30% DEET on clothes and exposed skin, including on children. Clothes can be treated with permethrin which can also be used on tents and camping gear. Try to wear long pants and long sleeves. Tuck your shirt into your pants and your pants into your socks. Wearing light colors will help you to spot ticks more easily.

### 3. Perform Tick Checks

Early tick removal may reduce the risk of getting some tick-borne diseases. Always check your body and your children's bodies for ticks after being outdoors. If you see a tick, grasp it firmly with tweezers as close to the skin as possible and pull the tick's body away from the skin without crushing it. Do not use petroleum jelly, a hot match, nail polish or other products.

Remember: Lyme disease is largely preventable if you and your family take the proper precautions to prevent tick bites! If you do get bitten, remove the tick immediately and see your provider if a rash develops.

For more information about Lyme disease, visit [www.cdc.gov/lyme](http://www.cdc.gov/lyme).

## WHAT'S NEW IN OUR PRODUCT LINE



EltAMD formulas feature Z-Cote, a microfine transparent zinc oxide that leaves no **white residue on the skin's surface. All EltAMD sunscreens are non-comedogenic** and fragrance-free.



### Available Products:

**EltAMD UV Shield SPF 45:** an oil-free formula with broad-spectrum protection, perfect for oily or acne prone skin.

**NEW EltAMD UV Daily SPF 40:** a sheer, light moisturizing formula designed for everyday use on the face or body which utilizes hyaluronic acid to increase skin softness and decrease wrinkles.

**EltAMD UV Sport SPF 50:** a super water-resistant formula perfect for athletes and all outdoor activities

**NEW EltAMD UV Physical SPF 41:** an oil-free formula with micronized zinc and titanium, which is water resistant, paraben-free and great for sensitive skin and for children.

### Facts You Should Know:

1. Skin cancer is the Number 1 cancer in America.
2. One in five Americans will get skin cancer.
3. More than 90% of all skin cancers are a direct result of sun exposure.
4. Skin cancer kills more women under the age of 30 than any other cancer, including breast and ovarian cancer.
5. Fewer than 33% of individuals apply sunscreen.
6. There are 1.3 million diagnosed skin cancers per year.



## Reintroducing Vivite From the makers of



VIVITE® Revitalizing Eye Cream is specially formulated to help reduce the appearance of fine lines and wrinkles in the sensitive areas around the eye, as well as minimize the appearance of dark circles. Contains 10% glycolic compound.



### Vivite Revitalizing Eye Cream contains:

**Olive leaf extract:** a powerful antioxidant to protect against environmental stressors

**Interference pearls:** to minimize the visibility of wrinkles and fine lines

**Caffeine:** to reduce puffiness and thin subcutaneous fat

## Laser/ Light Treatments at DAWC

Beth Buscher, M.D.

At Dermatology Associates of Western CT, we offer state of the art laser treatments for vascular (blood vessel) lesions, hair removal, brown pigment and tattoo removal, as well as light treatments for photorejuvenation.

Our pulsed-dye laser is called the V-Beam and is used for the treatment of blood vessels of the face and body, vascular birthmarks, small spider veins of the legs, and warts. For many small vascular lesions, only one laser treatment may be required. For vascular birthmarks, larger vascular lesions, leg veins and warts multiple treatments may be necessary.

Hair removal is performed using an alexandrite laser called the Gentlelase. Multiple treatments are necessary for permanent hair reduction. Since the laser targets the pigment in the hair follicle, only light brown, brown and black hairs can be removed. The best candidates for the hair removal laser have light skin and dark hair, although darker skin types can be effectively treated as well. Both the V-Beam and Gentlelase are located in our Danbury office and are available daily for treatments.

We also offer an intense pulsed light (IPL). Unlike lasers that have a single wavelength, an intense pulsed light has multiple wavelengths. Multiple wavelengths allow treatment of multiple targets. IPL is used to treat changes associated with sun damage (brown discoloration, dilated blood vessels, change in skin texture) and is called photorejuvenation. Multiple treatments are necessary to "blend" away these problems. Our IPL is located in our New Milford office.

We use a Q-switched Nd:Yag laser for the removal of brown spots (sun spots) and tattoos. Brown spots on the face and hands can often be treated effectively with one laser treatment. Tattoo removal requires multiple treatments depending on the colors and size of the tattoo.

If you are interested in more information on any of these treatments, please call the office for a consultation.