

THE SKIN BULLETIN

WINTER/SPRING 2009

Treating Your Leg Veins

By Dr. Beth Buscher

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Did you know that late winter/spring is the best time to have your leg veins treated? Spider veins are small, thin veins that lie close to the surface of the skin. Although these super-fine veins are connected with the larger venous system, they are not an essential part of it.

A number of factors contribute to the development of spider veins, including heredity, pregnancy and other events that cause hormonal shifts. Weight gain, occupations or activities that require prolonged sitting or standing, and the use of certain medications can also cause spider veins.

Varicose veins differ from spider veins in a number of ways. Varicose veins are larger, usually more than a quarter-inch in diameter, darker in color and tend to bulge. Varicose veins are also more likely to cause pain and be related to more serious vein disorders. For some patients, sclerotherapy can be used to treat varicose veins. However, often surgical and laser treatments are necessary for this condition.

Sclerotherapy is a non-surgical procedure used to treat spider veins. It involves using a very fine needle to inject a solution directly into the veins. The solution causes the lining of the vessel to become irritated and swell shut. When the needle is withdrawn, pressure is immediately applied followed by local compression bandages. Each vein may require several injections and most disappear in two weeks to two months.

Although sclerotherapy will remove the noticeable veins for good, it's important to remember that treatment will not prevent new spider veins from emerging in the future. As time passes, you may need touch-ups or full treatments for new veins that surface.

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OFFICE LOCATIONS

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10 South Street
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www.dermwestconn.com

Congratulations to Patricia Baldasty for 20 years of service and to **Patricia Delgado** for 15 years of service. Both women have been members of our billing and operator staff and were given longevity awards at our holiday party last December. Holiday party photos on page 4.

Upcoming Events at DAWC:

Patient Appreciation Week

Keep an eye out for special savings on cosmetic products and procedures to be announced in April.



From left: Eric Huang, M.D., Joshua Fogelman, M.D., Pedro Martinez of the New York Mets, and Jeffrey Knispel, M.D., took part in the Mets skin cancer screening at Shea Stadium on June 25, 2008.

Caring For Your Dry Skin

By Dr. Jeffrey Knispel

Winter typically means more dry skin than usual due to indoor heating and freezing outdoor temperatures.

It occurs because of a loss of oils (lipids) in the skin that serve as a natural moisturizer. Skin conditions such as atopic dermatitis (eczema) can also lead to dry skin.

In order to prevent dry skin, it is important to shower or bathe just once a day in warm (not hot) water just long enough to cleanse yourself. Never scrub your skin with a brush or hard sponge. Pat yourself dry with a soft towel. Apply medications for dry skin or eczema first and then a moisturizer. Dry skin medications and moisturizers are most effective when applied within 1 to 2 minutes after a shower or bath while your skin is still damp but not wet. Also, pay attention to your hands when moisturizing. Try to apply a lotion or cream to your hands each time you wash them. Finally, avoid overheating your home in the winter months.

Moisturizers- Moisturizers work by hydrating the skin and preventing water loss to make the skin soft and pliable.

Continued on next page...



Dermatology Associates
of Western Connecticut, PC

Helena Nicolaisen Medical Aesthetician

Helena joined Dermatology Associates in January of 2007, bringing with her many years of skin care experience. Consulting with clients and working with them to achieve and maintain healthy, glowing, youthful skin is her passion. Her vast experience in the aesthetic field as well as her dedication to continuing education make Helena an excellent resource for patients.

Helena's services include everything from waxing to chemical peels to microdermabrasion treatments and customized facials. She also offers skin treatment packages at discounted rates.

If you are interested in receiving a free consultation to learn more about how Helena can customize a treatment and home skin care regimen specifically for you, call us or stop by our front desk at any time. Helena is available in both the Danbury and New Milford offices with evening and Saturday appointments available.

Microdermabrasion Special for new clients- With your first face treatment you will receive a free neck treatment, normally an additional \$30. This offer is only good for new microdermabrasion clients.

Q

"I have really big pores on my face. What can I do?"

—E.O., HIKONE, JAPAN

A: Keep them clean—oil-clogged pores look larger, says Alicia D. Zalka, M.D., a derm in Danbury, Connecticut. Exfoliating helps to get out gunk and, bonus, it polishes skin, which gives the illusion of more refined pores (think of a buffed wood floor—it's so much smoother looking). Dr. Zalka's a fan of the Clarisonic Skin Care System (\$195, clarisonic.com), a definite investment she describes as "the Bentley of exfoliators"; use it with your usual cleanser. A bargain one we like: St. Ives Elements Warming Scrub (below, \$7, at drugstores). Do either up to five times a week.

The above article was taken from the July 2008 issue of *Glamour*



\$20 Off Any Facial

Present this coupon at the time of your facial and get \$20 off.

Offer Good 4/1/09-4/30/09

Limit one coupon per patient per visit.

Cannot be combined with any other offers.

WHAT'S NEW IN OUR PRODUCT LINE



Introducing LATISSE™



What is LATISSE™ ?

LATISSE™ solution is a prescription treatment used to grow eyelashes, making them longer, thicker and darker.

How does it work?

LATISSE™ is believed to affect the growth (anagen) phase of the eyelash hair cycle in two ways: first, it increases the length of this phase and second, it increases the number of hairs in this growth phase.

How soon will I see results?

LATISSE™ solution works gradually. In clinical trials the majority of LATISSE™ users saw a significant improvement by two months.

How is LATISSE™ different?

LATISSE™ is the only medication which has been approved by the FDA to grow eyelashes. Its safety and effectiveness have been proven in clinical trials.

Your lashes | Real results

Unretouched photos of LATISSE™ users in clinical trial at baseline and week 16.



The onset of effect with LATISSE™ solution is gradual. In clinical trial, the majority of LATISSE™ users saw significant improvement by 2 months. Individual results may vary.

Dry Skin Care continued from page 2

Moisturizers come in three formulations. Lotions are the lightest form, the most water-based, and spread the easiest. They are used for mild dryness. Creams are slightly heavier than lotions and are used for mild to moderate dryness. Ointments are often formulated with such oil-based ingredients as petroleum jelly. They are the thickest kind of moisturizer and are designed to stay on the skin as long as possible. The heavier oils keep water in the skin from evaporating. Most people find ointments too greasy; they are often recommended for extremely scaly, dry skin.

Ingredients in moisturizers

Humectants moisturize by attracting water from the environment into the skin. For example, glycerin, propylene glycol, urea, and alpha hydroxyl acids (glycolic and lactic acid).

Emollients soothe and soften the skin by preventing water loss and helping to replace oils. They can be water-based or oil-based. Examples include butyl stearate, glycerin, lanolin, mineral oil, petrolatum, cocoa butter and shea butter.

Keratolytics soften, loosen and facilitate the exfoliation of skin cells. Examples include salicylic acid and urea.

Fragrances are found in most moisturizers and are meant to add a pleasing odor. They can trigger contact allergies or other forms of skin irritation.

Preservatives are added to moisturizers to keep them from becoming contaminated but these ingredients may cause skin irritation in some people.

Ask your provider to help you choose the right moisturizer for you.

TATTOO REMOVAL

Have a change of heart about your choice of art? Our YAG Laser can remove a tattoo in as little as four visits. Call 203-792-4151 to schedule a consult with our physicians.