

ADDISON

THE MAGAZINE OF THE DALLAS CORRIDOR

spring 2013

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BEAUTY/IMAGE

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The Skin You're In

Keep your skin healthy and feeling great



Your skin is with you every minute of every day of your life, so why take it for granted? The leading skin experts in the Corridor offer advice to help remove wrinkles, prevent aging and keep your skin damage free and healthy.

by Sam Nicholson

Continued on page 36

Skin Specialists of Addison

Beautiful skin is healthy skin

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Start the spring season with fresh and smooth skin



THE SKIN YOU'RE IN

Skin. Everybody's got it and all skin functions pretty much the same way. The skin's main purpose is to protect the body from damage and infection and help regulate your body temperature. And while every person's skin contains around 300 million skin cells, nobody else has skin exactly like yours. You spend your entire life wearing your skin, so it's important to take good care of it.


Usually we all have the same questions related to making sure our skin is as healthy as possible. Professionals have many products and secrets to help your skin stay fresh, smooth and healthy. Dayton Mast from

L'Image Salon and Spa explains that he hears the same main questions from his customers.

"People always ask what will the products do for me," Mast says. "Will they revitalize my skin? Can I see results immediately, or will it take some time? How expensive are the products, and how long do they last? How often do I need to get a facial and how long do they take?"


Dr. Fiona Wright from Skin MD and Beyond hears similar questions about how to take care of skin. "Many of my patients come to me with two main concerns," Dr. Wright says. "They want to know what are the best products to slow down the signs of facial aging and what are the best ingredients for sunscreen protection? I tell them that the answer can come in one product - Prevenge MD, available only through your physician. Prevenge MD has an EPF (Environmental Protection Factor) of 95, which is the highest rating to help correct and protect your skin from free radical damage caused by environmental stress and aging. Using Prevenge MD under a zinc oxide sunscreen of SPF 30 is a great one-two punch against the enemy of Father Time!"

Many people are asking the questions and consulting the various skin professionals here in Addison and the North Dallas Corridor, so make sure you are keeping up with your skin care as well. Keeping skin healthy should be at



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the top of everyone's to-do list, although a lot of the time we put it on the back burner. Luckily living in Addison and the North Dallas Corridor, there are many professionals who can help you make sure that your skin stays healthy, strong and beautiful. You wear your skin every day, so make sure you're proud of the skin you're in.

"My mantra in skincare is four basic steps: exfoliate, hydrate, correct and protect. I love products that are medically grounded, and I try to be a guide and lead my patients to the right products for them."

— Dr. Fiona Wright,
Skin MD and Beyond

Skin Facts

Your skin's primary purpose is to help regulate your body temperature and protect your internal organs. What you may not realize is that your skin is actually the largest organ on your body. Not only does it wrap all the way around you, but your skin alone accounts for 12-16 percent of your body weight and the average adult's skin weighs about twice as much as the brain. Every inch of your skin is filled with important nerves and sweat glands that are not visible to the human eye. In fact, a square inch of skin contains an estimated 72 feet of nerve fibers, 200 sweat glands, 20 hairs and over five feet of tiny blood vessels. That's certainly a lot going on for such a small space.

Your body is constantly growing a new layer of skin. In fact, your body produces a new layer of skin every 27 or 28 days. That means in your lifetime you will have more than 1,000 new skins. Now humans of course don't shed skin like snakes, so how does all the skin come off? You actually shed around 600,000 particles

of dead skin cells every hour without feeling a thing. That amounts to about 1.5 lbs. of skin per year! That's a lot of skin. In fact the average 70-year-old person has shed over 105 lbs. of old skin throughout his or her lifetime.

What else does it do for you? Well, on a hot Texas day, your body can sweat up to three gallons trying to cool you. Your sweat glands



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produce sweat so the liquid can evaporate and help cool you down. Also when you're hot, the blood vessels in your skin expand to release heat and cool you. And of course when you're cold your skin has a way to help warm you as well. Your blood vessels narrow down as much as possible to help you lose as little heat as possible. Tiny muscle fibers help the

vessels contract and make the hair on your arms stand up straight. The result is pilomotor reflex, or what we commonly refer to as "goose bumps." Your skin even helps give your body nutrients by converting sun hitting your skin into Vitamin D. So the least you can do is keep it healthy.

Skin Health

We know how much the skin does for our body, so it's important to make sure that your skin stays healthy. Your skin is the first thing that comes in contact with the outside world, so a lot can happen to it. Some of the things you have to help protect your skin from are cuts and scrapes, insect bites, acne, wrinkles, severe dryness and skin cancers. Some of these things are easier than others to keep away from your skin.

People always ask what will the products do for me. Will they revitalize my skin? Can I see results immediately, or will it take some time?"

— Dayton Mast,
L'Image Salon and Spa

"My mantra in skincare is four basic steps: exfoliate, hydrate, correct and protect," says Dr. Wright. "I love products that are medically grounded, and I try to be a guide and lead my patients to the right products for them. Before starting the day a soft exfoliation will remove a layer of dead skin and debris that built up while sleeping. A vitamin A derivative is also important to use at night to stimulate cell renewal. A deep hydrator is also a basic necessity. Just as our body needs eight glasses of water a day, our skin will greatly benefit with an extra layer of hydration to support cell communication. The last step is sunscreen which should be a have both a UVA and UVB protective factor. My recommendation is to also find one that contains a high level of zinc, which has both anti-inflammatory and skin healing properties."

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Did you know that treatment of skin cancers has risen over 77 percent since 1992? Not only that, but today one in five Americans will develop some sort of skin cancer in their lifetime. Keeping your skin safe from the sun's harmful rays is important. Sunscreens, hats and sunglasses can go a long way in keeping your skin safe. There are available supplements you can pick up at your local spa or skin specialist that can help you keep your skin healthy even when you are out in the sun.

"Excessive sun exposure is the fastest way to destroy healthy, smooth skin," says Tama Tran of Lily Med Spa. "Take daily supplements of omega acids, an oil naturally found in foods such as seafood, fish and nuts. Omega is high in antioxidants, which help eliminate harmful free radicals from the body and heal the skin from the inside out."

Skin cancer isn't the only thing we worry about. As your skin ages, you develop wrinkles and this is one thing nobody enjoys and many dread! When you're young, your body creates an abundance of alpha hydroxy acid, or AHA. AHA is responsible for removing dead skin cells and signals your body to make new

"Most patients are surprised to know that I can prescribe one or two great products for their skin. This will allow them to empty their entire bathroom countertop of store bought items."

—Dr. Tanya Rodgers,
Skin Specialists

cells. As you age you don't produce as many skin cells, but AHA is found in most moisturizers and creams. Excess exposure to the sun's rays and smoking can also cause wrinkles. Both of these break down elastin, which is responsible for keeping the elasticity of your skin. Luckily there are ways to battle this aging and

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Tanya Reddick Rodgers, MD, FAAD



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wrinkling process.

Keeping your skin healthy and moisturized is a great way to help battle against wrinkles and aging skin. As Michelle Lentz, lead esthetician at Grand Spa, points out, combating wrinkles is one of people's biggest concerns when it comes to skin care.

"Anti-aging is always a hot topic," Lentz

says. "How do I reduce fine lines, wrinkles and aging in the skin? Take a more pro-active approach to your skin care regimen. For example, use products that contain key ingredients that nourish and rejuvenate the skin such as vitamins A and C. These vitamins are commonly used to improve and regenerate the skin."

While products from pharmacies and over-the-counter topical treatments can help increase your skin health, there are breakthrough products that many skin experts are using right here in the Corridor. Dr. Tanya Rodgers from Skin Specialists in Addison explains how some prescribed treatments can work wonders.


"With exfoliation the skin becomes softer and refreshed looking. It tones the skin to reduce the size of the pores which tightens the skin and removes fine lines."

— Diane McTeigue, Roosters Men's Grooming Center

"Most patients are surprised to know that I can prescribe one or two great products for their skin," Dr. Rodgers explains. "This will allow them to empty their entire bathroom countertop of store bought items or I can recommend a product from Sugoi, my new line of physician grade skincare products, if a prescription is not appropriate."


As Dr. Rodgers continues, advances in technology can help repair your damaged skin, keeping it tight and smooth with minimally invasive procedures.

"Fractionated lasers," Dr. Rodgers explains, "Such as the Fraxel. These are lasers that utilize non-ultraviolet light and heat to smooth and tighten the skin, and even skin tone (i.e. remove brown spots and freckles). These newer devices, unlike their older predecessors, carefully wound only a small percentage of the skin, minimizing downtime and risks of side effects. They can erase acne scars and all the signs that result from having spent



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-Dr. Fiona Wright



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Q: *Is it the dry indoor air? The cooler weather? Somehow my skin looks and feels dry and lifeless – how do I breathe new life into my middle age skin?*

A: As the temperature falls, we spend our time indoors with lower humidity, and it shows on our face. During the winter, our glow is gone, and you see the damage done by the years of the Texas sun. The first step is to hydrate – both by drinking more fluids and using high quality moisturizers and skin care products. That will plump you up a bit, but it's only a start.

The look and texture of your skin are influenced by all of the seasons and environment, and also stress, nutrition and even poor sleep – and it shows first on your face and neck. Each year, you'll notice how they take a bigger toll on the natural glow and elasticity of your skin.

The good news? We have a terrific set of procedures to restore the youthful appearance of your skin, visibly turning back the clock. We match treatments to your own unique set of challenges, based on an in-depth analysis of your skin. We'll discuss the benefits of laser resurfacing, chemical peels, oxygen facials,

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