

Q & A



DR. FIONA WRIGHT

Join the forum today by emailing our Dr. Wright at drwright@onmagazine.net and express your personal fitness or beauty question. She may answer your question or she may ask a colleague for their expert opinion. Then, read ON Magazine's next issue to discover the *wright* answer to your fitness or beauty question.

If you have questions, we have the *wright* answers. What do you want to know?

I have rosacea and it seems that every summer my face is becoming more red and staying that way. Do you have any Texas Tricks for getting the red out?

Sara H. Rockwall, TX

Rosacea (pronounced roh-ZAY-sha) is a long-standing skin condition where there is excess blood circulation in the superficial facial skin layers. It is a common and potentially life-disruptive disorder. Little is known about this skin condition which affects an estimated 14 million Americans. In fact, rosacea is becoming increasingly widespread as the baby boomer generation enters the most susceptible ages. Unfortunately there is no cure – we can only prevent the worsening of it.

Some of the warning signs are redness on the cheeks, nose, chin, or forehead; small visible blood vessels on the face; bumps or pimples on the face; and watery or irritated eyes. Many stimuli can aggravate rosacea which will create facial flushing. The more common irritants to avoid are smoking, alcohol, stress, anxiety, physical exertion, hot drinks, spicy foods, and sun exposure. So you can see why in Texas it is a difficult problem to treat!

Basic skin care would include using a mild facial soap that is not irritating. The religious use of a strong UVA/UVB SPF 30 sunblock with Zinc is also essential. Your physician may prescribe you topical treatments including Metrogel, Noritate, or Finacea. Oral and topical antibiotics may also be considered. If medical treatments appear to be ineffective, then PhotoFacial/ (IPL) Intense Pulse Light may be a reasonable treatment alternative.

IPL uses wavelengths of light to penetrate to the deeper skin layers; it acts by decreasing redness and flushing from the "inside-out". Flashes of light are administered to the entire face, and the light will disrupt the blood vessels and cause them to collapse. This will decrease the excess circulation on the skin. With the

right protocol of prescription skin care and an IPL treatment series of 3-5 sessions it is not impossible to improve your skin tone, texture, and color – and remain symptom free. For more information you can refer to www.rosacea.org.

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What is the best and safest way to whiten my teeth? How often can I do it?

Robert G. Dallas, TX

The most efficient way to achieve the best results is in-office whitening. Technology has come a long way with whitening teeth. In my office, we use Zoom2, as you may have seen on Extreme Makeover. This process uses a high-powered bleach solution that is applied to your teeth and reacts with an ultra-violet light to whiten your teeth in four 15-minute sessions. We then make custom-fitted take-home trays that you apply bleach to and whiten for 1 hour, approximately 3-4 days after your Zoom2. The combination seems to really make that "wow factor" happen. In order to sustain that intense color you achieve with Zoom2, you would need to maintain using the trays at least 1 time a month. Depending on your habits of what you eat or drink and whether or not you smoke will determine how often Zoom2 is recommended for you.

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I have breast implants, and my sister has been diagnosed with breast cancer. Will the implants affect my mammogram, and what is the best screening test for me?

Christina D. Frisco, TX

The implants will limit our ability to see all of the breast tissue on the mammogram, which will decrease the effectiveness of visualizing a cancer on the mammogram. The type of implant (saline vs silicone), and the position of the implant (underneath or on top of the chest muscle) will influence how much tissue can be seen. (Saline placed under the muscle