

# Skin Smart *Dermatology News & Views*

## *Don't Let Winter Get Under Your Skin!*

### **Keep skin smooth and moist**

Taking care of your skin during winter takes some special effort. The low humidity and harsh temperatures often combine to strip the skin of its natural moisture barrier. "As we move from the blistering cold of the outdoors to centrally heated rooms indoors, the top layer of the skin tends to dry and flake off," says Clinic dermatologist Christine P. Lopez, M.D. "Dry skin is easily irritated, and itchiness can cause a lot of distress."

Prevent the drying effects of winter with these simple skin care tips:

- Take short, warm showers rather than long, hot showers or baths to avoid drying out the skin.
- Use moisturizing bath soaps or mild soaps that are not too fragrant. Avoid antibacterial soaps (unless medically necessary), which tend to be too harsh on the skin.
- Make a habit of applying moisturizer as soon as you step out of the shower, even on damp skin, to seal in as much moisture as possible.



- Apply an extra layer of moisturizer before you step out into the harsh elements.
- Always use broad-spectrum sun protection, and take extra precaution when skiing high in the mountains or on snowy, cloudy days.
- For discrete patches of extremely dry and itchy skin, use a cream or lotion that contains an exfoliant, such as lactic acid, glycolic acid or urea.

Any persistent dryness and severe itching may be signs of an underlying dermatitis and should be brought to your dermatologist's attention.

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*Dermatology Services Now at Beachwood!*  
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## Winter Skin

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### **Kiss chapped lips goodbye**

Give your lips extra care and attention this winter season too. “Lips are more sensitive than the rest of our body, and they are certainly exposed to the same harsh environment,” says Dr. Lopez. Because lips have fewer sebaceous (oil) glands and no melanin pigment, they are more prone to dryness and sun damage. “Dry and chapped lips not only feel irritated, but they also can appear more wrinkled,” she says.

Kiss dry and chapped lips goodbye with these tips:

- Apply lip moisturizer or lip balm daily to keep lips healthy and to maintain their smooth feel and appearance. Look for products that contain petrolatum, dimethicone, aloe vera, cocoa butter, vitamins A and E, and beeswax, which are some examples of moisturizers and skin protectants.
- Add an extra layer of lip protection

Pay special attention to your lips. Unlike skin, lips have fewer oil glands and no melanin pigment, making them more prone to dryness and sun damage.

before exposure to harsh outdoor elements and dry indoor environments.

- Apply a lip balm with an SPF of 15 or higher when going outdoors. Lips will not tan, but they definitely will burn!
- Apply lip balm underneath your lipstick; not only will your lipstick go on more easily and evenly, but it will give you the protection you need.
- For already-chapped lips, apply lip balm that contains alpha hydroxy acid to exfoliate the dry, flaky skin.
- Exfoliate your lips by following this simple routine: Apply lip balm, rub

your lips together and, with a dry toothbrush, brush your lips gently with circular motions until the flakes have dislodged. Wipe your lips dry and apply more lip balm.

- Avoid lip licking (moistening lips with saliva). Despite popular belief, this practice actually dries the lips more than hydrates them.

Any persistent dryness and itchiness of the lips may be a sign of an underlying dermatitis or cheilitis (infection of the lips) and should be brought to your dermatologist’s attention.

For an appointment, call **216/444-5725** or **800/223-2273, ext. 45725**.

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## Dermatology Comes to Beachwood

At the Beachwood Family Health Center, patients have convenient access to routine dermatological, surgical and skin care services. Patients can take advantage of “lunch hour” skin care treatments, such as collagen and Botox injections, laser hair removal and microdermabrasion. For services that are routinely performed at the Clinic’s main campus, such as hair transplants, liposuction and skin cancer surgery, patients may schedule their consultation appointments at the Beachwood facility.



For all your adult and pediatric dermatological needs, consider the convenience of the Beachwood Family Health Center, located at 26900 Cedar Road near Beachwood Place. For appointments, call **216/839-3000**.

# Rejuvenate Your Skin

## *In Less Than An Hour*



Fran Moore, P.A.

For people with skin that is sun-damaged, acne-prone or blotchy, a simple, outpatient procedure can deliver smoother, healthier skin. Because there is no recovery time and generally no side effects, microdermabrasion can be performed almost any time—even on your lunch hour!

### ***Nonsurgical procedure***

Microdermabrasion is a noninvasive procedure that removes the top layer of skin, which mostly is made up of dead and damaged skin cells, explains Fran Moore, P.A., a physician assistant with the Cleveland Clinic's Department of Dermatology.

The physician or assistant uses a special instrument that emits a fine stream of aluminum oxide crystals. By gently moving the instrument across the skin, the old skin cells are removed, revealing the smoother and healthier skin beneath.

### ***Improve irregularities***

The procedure is used to improve irregularities in the skin, such as fine lines and

wrinkles, age spots, small scars, sun damage and uneven pigmentation. "Some acne scars can be treated successfully," says Ms. Moore.

**Microdermabrasion is an outpatient procedure that offers smoother, healthier skin in less than one hour.**

Microdermabrasion can reduce the appearance of large, open pores by unclogging sebum (oil) build-up and eliminating whiteheads and blackheads.

Microdermabrasion is most effective for superficial skin problems. For severe wrinkles and acne scars, a chemical peel or laser treatment may be more effective. In addition, patients with unstable diabetes or autoimmune disorders and those who use Retin-A regularly should not have microdermabrasion.

Generally, treatment time for the face is between 20 and 30 minutes. If the neck and upper chest area are included, the treatment may take up to an hour. "Most people require between four to eight treatments about two weeks apart," says Ms. Moore.

Following the procedure, some patients experience a slight redness that usually disappears after about an hour. There is no recovery time, and patients immediately can return to their activities.

If you're interested in microdermabrasion, schedule an appointment with our dermatology office. One of our dermatologists or skin care specialists will work with you to determine a specific plan based on your skin type, condition and expectations.

For an appointment at the Clinic's main campus, call **216/444-5724** or **800/223-2273, ext. 45724**. For an appointment at the Beachwood Family Health Center, call **216/839-3000**.



## ***Reveal a Healthier, More Vibrant You!***

A positive attitude is often affected by the way we look and feel. While it's true that there is no fountain of youth, a growing number of Americans are discovering new ways of retaining a youthful image. At The Cleveland Clinic, you'll find a number of cosmetic dermatology services that can help you look and feel your best by correcting skin problems and improving body contour.

Learn more by requesting a copy of our [Cosmetic Dermatology Services brochure](#). Call **216/444-5728** or **800/223-2273, ext. 45728**.

**Cleveland Clinic  
main location  
216/444-5725**

*Cleveland Clinic  
Family Health Centers  
offer dermatology services  
close to home.*

**Beachwood  
216/839-3000**

**Chagrin Falls  
440/247-4404**

**Independence  
216/986-4000**

**Solon  
440/519-6800**

**Strongsville  
440/878-2500**

**Westlake  
440/899-5555**

**Willoughby Hills  
440/943-2500**

**Wooster  
330/263-8800**

Visit our Web site at  
[www.clevelandclinic.org/dermatology](http://www.clevelandclinic.org/dermatology)

Winter 2002

*Skin Smart* is published by the Division of Marketing to provide up-to-date information about The Cleveland Clinic Foundation and its programs and services. The information contained in *Skin Smart* is for educational purposes only and should not be relied upon as medical advice. It has not been designed to replace a physician's medical assessment and medical judgment.

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# Questions & Answers



Teri McGillis, M.D.

## **New Hair Replacement Technology Offers Excellent Results in Half the Time**

If hair loss is making you feel self-conscious, hair replacement surgery might be the answer. A new hair transplant device is available at The Cleveland Clinic that makes the process quicker and easier, cutting the actual treatment time nearly in half.

### **Q: How is a hair transplant performed?**

**A:** Hair replacement surgery takes existing hair from “donor” sites on the patient’s head—usually from the back or sides—and transplants it to areas that have gone bald. The technique is called grafting. Traditional grafting was performed by hand. The new transplant device performs the grafting in half the time it would take a professional. Grafting can be combined with more complex hair replacement techniques depending upon the amount of existing hair the patient has, as well as the results the patient wishes to achieve.

### **Q: Will transplanted hair fall out?**

**A:** No. Transplanted hair is resistant to balding and grows normally.

### **Q: Is hair replacement surgery painful?**

**A:** Hair replacement surgery is performed using a local anesthesia with or without sedation. Most patients report minimal pain.

### **Q: How long does it take to achieve satisfactory results?**

**A:** Hair replacement requires a significant amount of time, but the results are permanent. Most patients require three to four sessions in order to achieve satisfactory results, although some patients are satisfied after just one session. Transplant sessions generally are performed eight to twelve weeks apart so new hair growth can be monitored and the scalp can heal.

**For an appointment, call 216/444-5724 or 800/223-2273, ext. 45724**

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