

Specialty Skin Care

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Debra Yates, Editor

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SOCIETY OF PLASTIC SURGICAL SKIN CARE SPECIALISTS

From the Editor's Desk

Debra Yates



I hope everyone had a wonderful holiday and celebration of the New Year. I'm sure you have all made your New Year's resolutions and hopefully haven't broken them yet!

One of my resolutions for 2008 is to find new ways to promote and increase retail sales by offering promotions and monthly discounts on products that aren't moving. Take advantage of holiday specials. Valentine's Day is just around the corner, so consider the possibility of bundling services and products together. We need to think of innovative ways to retain our existing clientele returning and encourage word-of-mouth promotion to their friends, colleagues and neighbors. Internal marketing is key!

I would love to hear from our readers about your creative marketing ideas and what you have done to increase your sales. Share your success stories so we can publish them in our next issue and post them on the website. You can email me at: DYates7870@aol.com.

Don't forget to get in your early registration for our annual meeting in beautiful San Diego, "Catch the New Wave in Skin Care." Mark it on your calendar and plan to join us on April 30-May 3, 2008. ▲



THE SCIENCE OF TREATING ACNE—PART ONE "Wholistic vs. Traditional"

Julia Tatum Hunter, M.D.

Acne is one of THE most frustrating problems practitioners, patients and parents have to cope with. The patients are psychologically impacted by their and other's response to the ongoing pustules and scars. The parents are psychologically impacted by their children's suffering and financially impacted by the cost of attempting to find the cure. Practitioners committed to attempting to deliver a cure are rarely rewarded in attaining their goal therefore either don't treat acne patients or dislike treating them as a result of negative reinforcement. Additionally, patients are unhappy with having acne, unhappy with dry, flaking skin which inevitably results, at least on occasion from practitioners' ardent attempts to clear the acne, and chronically unhappy with their perception of our abilities as practitioners, because we can't make acne disappear immediately and magically. I, who daily, desperately seek to solve the acne scourge, am more desperate to find the magic wand. I share my acne etiology and treatment knowledge and insights, in hopes that one of you will send me the still missing magic wand.

Acne is a multi-billion dollar a year medical problem. There are many treatment modalities yet few, in my experience treat all the precipitating causes. Its etiology is multi-

factorial which is why my approach is "wholistic," i.e. you have to be aware of and treat all the contributing and exacerbating factors in order to most likely be successful. Skin pathology is overall the end manifestation of internal organ pathology—both of which increase inflammation, the cause of all disease and aging. The organs of the body are an orchestra and all the instruments must function harmoniously otherwise every organ is more challenged in its level of functioning. The "wholistic" treatment approach attempts, as much as possible, to re-establish homeostasis of physiological functioning in all organs contributing to pathology. Medically, this will keep inflammation and disease more in check. Our goal is always cure, not just treating symptoms. So what causes acne, and can we cure it?

The primary cause of all acne, teen and adult is androgens—DHEA from the adrenal cortex, testosterone from the gonads, and their metabolites. The enzyme, 5 alpha reductase, metabolizes DHEA, testosterone and cortisol in the peripheral tissues to their also active metabolites, 5 alpha DHT and Androsterone. DHEA stimulates the cells lining the hair follicle to energetically proliferate, follicular hyperkeratosis. Testosterone and 5 alpha DHT do the same to the sebocytes, which cause

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SPSSCS Mission

The Society of Plastic Surgical Skin Care Specialists is a voluntary, non-profit organization dedicated to the promotion of education, enhancement of clinical skills and the delivery of safe, quality skin care provided to patients within the office of a Plastic Surgeon certified by the American Board of Plastic Surgery or the Royal College of Physicians and Surgeons of Canada.

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THE SCIENCE OF TREATING ACNE—PART ONE

CONTINUED FROM COVER

enlarged sebaceous glands and copious amounts of oil production. Androsterone energetically stimulates hair production. There are a genetically predetermined number of androgen receptors and their sensitivity is genetically predetermined by the amount of 5 alpha reductase enzyme present. Virtually always in acne patients there is a normal level of androgens but an increased number and sensitivity of androgen receptors in the pilosebaceous units, which are most numerous in the face, neck, back and chest. This results in thicker skin due to epidermal DNA synthesis thus epidermal hyperplasia, more oil production due to sebaceous hyperplasia, more, and more robust hair with the hair follicle lumen narrowed due to hyperkeratinization. Bacteria, viruses and fungus come in contact with our skin 24/7 and feast on oil, the hair wicks the microbes down into the narrowed, thickened follicle resulting in comedones to cystic acne. Inflammation, which is present chronically from pollution, sun, diet, stress, chemical and electromagnetic exposure everyday, personifies exponentially.

Why are there 2 times as many females as males with adult acne? Birth control chemicals. Birth control chemicals are synthetic progestins, which chemical structure the body reads as androgenic, and synthetic estrogens, which are also often read chemically as androgenic and increase sex hormone binding globulin (SHBG), which lowers free and active testosterone and DHEA, until the birth control is discontinued. Then the brakes are off and the body races to return androgen levels to normal plus androgens are becoming free and active from previously being bound to the increased SHBG. The androgen sensitive patient becomes a mass of recalcitrant to treatment acne, beginning about 6 months after discontinuing birth control and continuing for a period of time exceeding what is the normal 12-18 months, to re-establish hormone homeostasis—if the adrenals, thyroid, liver, pituitary, hypothalamus and sex organs are functioning ideally, rare in today's toxic and stressful environment. Chemical birth control methods contain and deliver higher amounts of synthetic hormones than synthetic hormone replacement medications. Some studies show that once patients have been exposed to synthetic progestin and estrogen birth control chemicals, the amount of sex hormone binding globulin is increased in perpetuity, therefore the body upregulates androgen production over time, further challenging the androgen hypersensitive acne patient.

I have outlined the science of the "how and why" of acne. In the spring issue, I will delineate the myriad of treatment strategies to attempt to cure acne—"wholistically" vs. traditionally—what works—utilizing all the pieces of the body's puzzle! Food for thought and a puzzle for you to solve for the HAPPY HOLIDAYS!

Julia Tatum Hunter, M.D., the founder of Skin Fitness Plus located in Beverly Hills, CA creates healthy bodies and healthy, beautiful skin in a "wholistic", anatomically and physiologically correct method, addressing the skin from the inside and out. She combines an individually prescribed plan of essential "what does your body need, want and not want" supplementation, nutrition, exercise, and bio-identical hormones, with therapeutic, anti-inflammatory, non-toxic products, peels, laser and tightening procedures. Dr. Hunter works with men, women and teens, providing pragmatic, double solutions to treat acne, aging, skin diseases and promote skin restoration and prevention. She is a noted speaker on ingredients in foods, skin, supplements and nutritional products and the imperative of treating all the pieces of the body's puzzle. Dr. Hunter developed the scientifically correct, yet simple formula for science vs. commerce and how to live life and be young at any age. She can be reached by calling 310-247-8744 or via e-mail at info@skinfitnessplus.com ▲

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