



▶ RED FACES
BY DR DAVID MAIN
SPECIAL TREATMENT OFFER

○ THREE | ○ WINTER | ○ 2011



▶ 10 TIPS FOR GLOWING
WINTER SKIN



▶ MORE Q&A
WITH DR TIM ELLIOTT

Skin *focus*

Red Faces

We see a lot of red faces in our Dermatology and Laser practices, although few are from embarrassment! No, mostly we see a variety of medical reasons for this very common problem.

ROSACEA IS ONE OF THE MOST FREQUENT, AND IS BECOMING INCREASINGLY COMMON WITH THE AGEING OF THE BABY BOOMER GENERATION.

The condition is characterised initially by intermittent redness and flushing, which often becomes worse over time. Pimply lumps and nodules can be present in some, whilst others have a mass of fine 'broken' visible capillaries. Patchy redness and itching are sometimes seen. The eyes are often involved, feeling irritated and watery, and persistently bloodshot. The neck and other parts of the body are sometimes affected too.

The causes of rosacea are not clear, although it is known that alcohol and spicy food consumption can make it worse. There is some evidence for a role of bacterial overgrowth in the gut, and possibly mite numbers on the skin surface. Chronic ultraviolet light exposure is also believed to be a causative factor 'Cortisone' or steroid creams used indiscriminately on the face can also contribute, as can heavy makeup.

Treatment of rosacea aims to control the condition. Topical antibiotic gels and vitamin A derived creams are commonly used, as are oral antibiotics. Sun protection is also important.

Laser & intense pulsed light (IPL) treatments are another mainstay and can significantly reduce redness and broken capillaries. Typically 2 to 3 initial treatments are needed with occasional maintenance treatments.

Laser Skin Care offers over ten years expertise in laser and IPL treatments for rosacea, and combined with state-of-the-art equipment, can provide significant improvement to reduce the red faced look.



*SPECIAL OFFER-
Laser Skin Care Australia:*

If you would like to come in for a **free initial assessment** to see if we can help with your Red Face then please call Laser Skin Care on 9368 6888 quote the word **Skin Focus** and you will **receive 20% off your first treatment for Rosacea.**
Offer ends 31st July 2011

Figure 1 Rosacea before IPL treatment



Figure 2 Rosacea after IPL treatment



10 tips to protect your skin in Winter

Promote a healthy glowing skin

Changing temperatures means it's time to change your routine

- Moisturise your skin frequently, it's best to moisturise your entire body immediately after washing, first pat your skin dry. Select moisturisers best suited to relieve dry skin.**
 - Ointments and creams tend to be more effective than lotions. If you don't like the feel of ointments then creams are your next best bet.
 - Products containing lactic acid or urea help to alleviate even severe dryness.
 - Hyaluronic acid which naturally occurs in the skin and diminishes with age, can help the skin hold water. Dimethicone and glycerine help draw water to the skin and keep it there. Lanolin, mineral oil and petroleum jelly effectively trap water in the skin.
 - Drink more water, water is the main source of moisture for the skin. Avoid excess of alcohol and caffeine as they leach water from the body.**
 - Bathe daily- a daily bath or shower can add much needed moisture to the skin.**
 - Keep it short 5 minutes is plenty
 - Use warm, not hot, water – hot water removes natural oils from the skin more quickly
 - Close the bathroom door, this keeps much needed humidity in the room
 - Use a mild cleanser- look for mild, fragrance- free cleanser that moisturises
 - Gently pat the skin dry
 - Apply moisturiser within 3 mins of getting out of the bath or shower.
- GIVE HANDS THE EXTRA ATTENTION THEY DESERVE. HANDS OFTEN SHOW THE EFFECTS OF A DRY ENVIRONMENT MORE THAN ANY OTHER PART OF THE BODY**
- When outdoors wear gloves
 - Apply hand cream after each hand washing
 - If hands are frequently immersed in water, wearing waterproof gloves can protect the hands.
- Avoid bubble baths- soap and other bases in these products are hydrophilic (water loving) in nature, they absorb water from your body quickly.**
 - Turn down the heat- Hot air is drier than cool air, set your thermostat at a comfortable temperature only.**

The most common skin problems that arise in winter are related to a drop in moisture in the atmosphere.

- Dress in layers, wear soft breathable materials against your skin. This allows you to remove clothing as needed to prevent overheating. Avoid rough materials they can irritate dry skin**
- Wear sunscreen even in winter, exposure to the sun's rays speeds up the ageing process.**
- Apply lip balm often -Carrying a tube of lip balm and applying it frequently throughout the day helps heal dry, cracked lips. If lips are extremely dry, dab on petroleum jelly (Vaseline) before bed.**
- Read the ingredients on skin care products- using mild unscented skin care products can help reduce irritation**
- Plug in a humidifier- can add much needed moisture to the air. Spare the blow dryer - This is a tough one ladies.**

More Q and A with Dr Tim Elliott

Q How has the move to providing Moh's surgery downstairs at Southbank Day surgery benefited your patients?

A Primarily it has given these patients an economic benefit, with much less out of pocket costs. The surgery is much the same as it was when performed in our upstairs facility.

Q You recently attended the Australasian College of Dermatologists annual conference in Perth, what caught your interest?

A An excellent session provided solely by our trainees. I had to judge the prize for the best presentation. All of the presentations were excellent, which indicates that the future of Dermatology is in good hands.

Q Do you play computer based games? If so, what game are you currently playing?

A In general the answer is a resounding NO! But of late my sons have got me playing WORDS WITH FRIENDS, and being a SCRABBLE ADDICT I haven't been able to resist.

Q As you will be at the MCG on Grand Final day this year, which teams do you hope will be playing?

A CARLTON VS COLLINGWOOD, with naturally CARLTON triumphing over the old enemy.

We aim to always provide the best possible care and to ensure the needs of our patients come first.

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Please telephone between
8.00am and 5.00pm
Monday to Friday



Feedback –

We are always very interested to hear of your experience with our practice, or you may have a request for future newsletters.

We do listen and act. Feel free to contact Julie Wren Practice Manager 9367 6777 or juliew@perthskincancer.com.au

