

Eliminating Brown Spots

Even Out Your Skin Tone with Good Care

Many people develop brown spots on their skin over time, especially if they've had a trauma to their skin or spent much time in the sun. The term for these spots is hyperpigmentation, which describes an excess of pigment in the skin. Often an early sign of aging, they may first appear on the backs of hands. These spots can be faded, but patience for the process is required because repeated treatments will be necessary. It takes regular use of sunscreen to keep hyperpigmentation from returning. (Note that hyperpigmentation is different from hypopigmentation, which appears as lighter spots on the skin).

Hyperpigmentation arises when melanin in the epidermis becomes irritated, so to

FRECKLES/LENTIGENES.

These are the result of an inherited tendency; exposure to the sun will darken their color.

SOLAR LENTIGENES.

These darkened spots on the skin that some call age spots indicate overexposure to the sun that has resulted in ultraviolet light damage.

MELASMA.

Melasma is a response to hormone changes, such as those caused by birth control pills, pregnancy, and menopause, resulting in facial spots.

POSTINFLAMMATORY HYPERPIGMENTATION.

This is the direct result of an injury to

*eyeXcellence:
helps reduce
puffiness, dark
circles and
wrinkles
around the eye
area.*

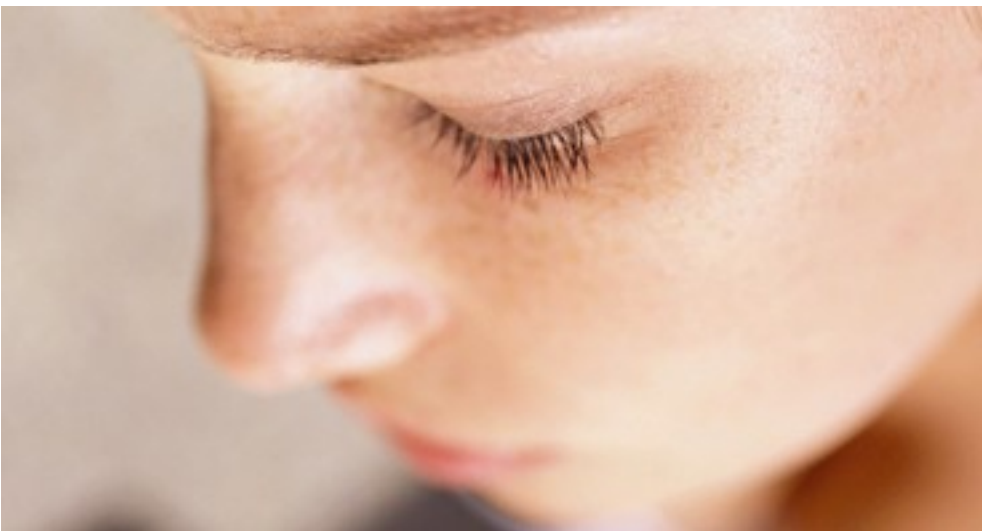
-PCA SKIN

Office Hours and Contact

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Saturday by Appointment**

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Also known as hyperpigmentation, brown spots can be an early sign of aging or skin trauma.

speaking, and increases production, darkening the outer skin and becoming visible at the skin's surface. Regularly scheduled professional treatments, combined with a proper home care regimen, can calm the production of melanin and lighten the skin.

Hyperpigmentation takes different forms. These include:

the skin. The body's response to injury is inflammation. Some think this inflammation reprograms melanocytes to be hyperactive and to produce more melanin. It affects men and women equally. Some common pigmentation-causing injuries include: abrasions, cuts, and wounds; acne lesions and cysts,

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excoriations (picking pimples); aggressive chemical exfoliation (peels); aggressive extraction; ingrown hairs; insect bites; scratching; sunburn; and waxing.

There is another type of hyperpigmentation that is more diffused and appears as an overall darkening of the skin, rather than in patches and spots. This condition should be cared for by a dermatologist, as it may reflect a disease or systemic problem, like Addison's disease or scleroderma.)

Causes

Hyperpigmentation can be caused by certain prescription drugs, like antibiotics, antidepressants, barbiturates (depressants), and chemotherapy drugs. Some over-the-counter laxatives with phenolphthalein and nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen, can cause hyperpigmentation. Be sure to record your use of these drugs on the intake form (or on an updated health history) when you arrive and verbally mention them to your esthetician before beginning a treatment.

Occasionally, people mistake darkness under the eyes for hyperpigmentation, but this condition is a reflection of the blood vessels through the surface of the skin. These circles have a variety of causes and can sometimes be treated with peptides.

While hyperpigmentation generally affects all races, some forms of it appear more often with certain skin colors and tones. For example, melasma and postinflammatory hyperpigmentation are more prevalent in darker skin. Solar lentigenes are more prevalent in lighter skin (ninety percent of white adults older than 60 have age spots); they also are more common in women than men.

Prevention

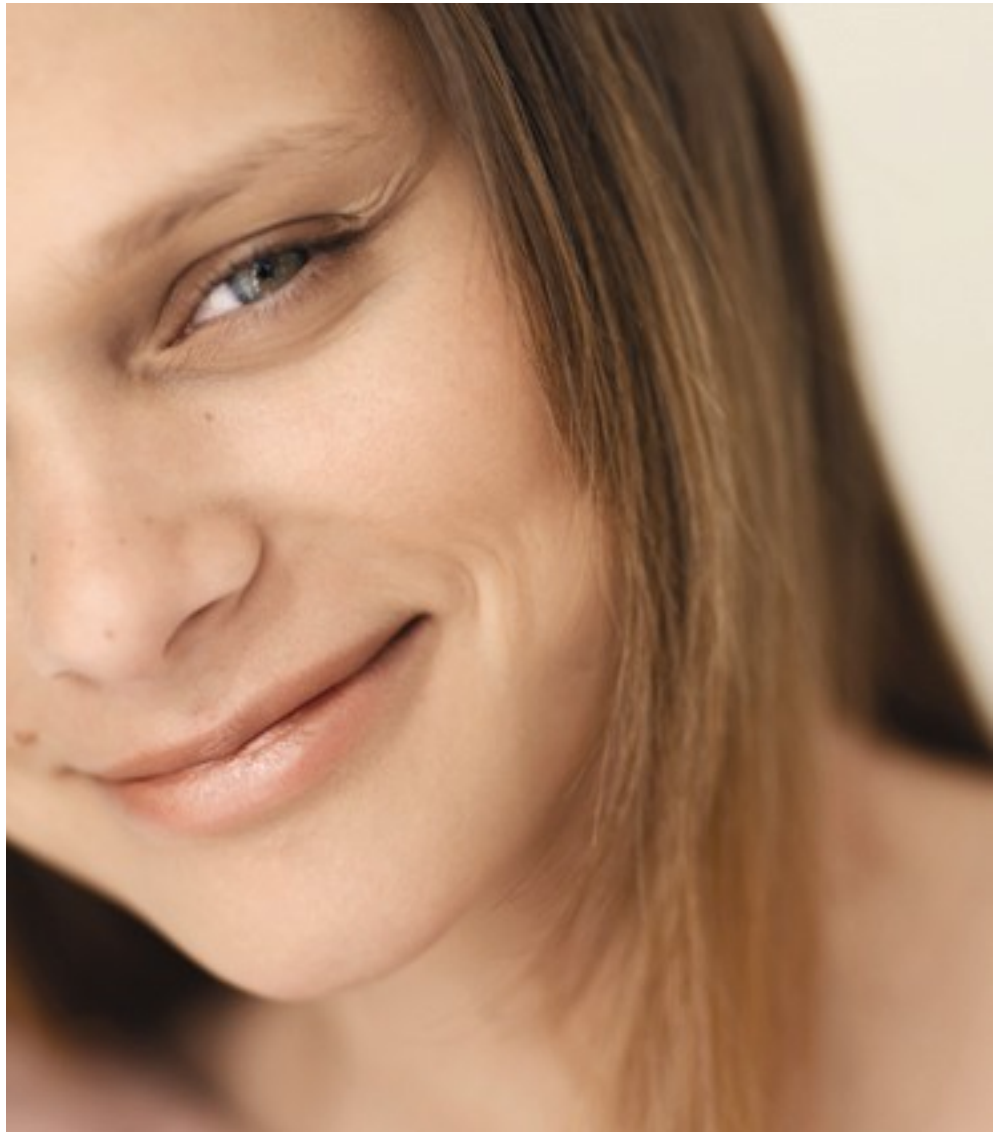
It's very important that you follow the instructions of your skin care professional in preparing for any skin treatments. Your skin care professional will take steps to avoid inducing pigmentation when he or she performs chemical exfoliation, extractions, or waxing. For example, you may be advised to undergo preliminary treatments or to use skin care products, or both, for

several weeks before chemical exfoliation (peels) or microdermabrasion. This preparation will reduce the odds of postinflammatory hyperpigmentation and give you better treatment results when you do receive peels or microdermabrasion.

To prevent sun-induced hyperpigmentation and other skin damage, sunscreen is the most important product to use. Diligent use of sunscreen can prevent further sun damage, but it cannot repair damage already done. Experts strongly recommend using generous amounts of SPF 15 (or higher) sunscreen at all times, reapplying it every few hours. Sunscreens with avobenzone, titanium dioxide, or zinc oxide provide the most complete coverage. Even more importantly, sunscreen reduces ultraviolet light exposure, which reduces the risk of skin cancer.

Treatment

As a member of Associated Skin Care Professionals (ASCP), your esthetician is prepared to help address questions you have about your skin and to work with you to determine the most useful care that meets your needs. The treatment of brown spots can be highly effective, but it takes a bit of time. Professional treatments for hyperpigmentation may include chemical exfoliation or microdermabrasion in combination with topical products. Or, topical treatments may be used alone. Your esthetician can best determine what will bring you the greatest results. Again, following the directions for home care after professional treatments is very important to your success. Make the most of the time and money you've invested in your treatments by following up on your esthetician's instructions.



Your esthetician can provide options for evening out skin tone and eliminating brown spots.

The Wonders of Water

For Skin Health and More

Shelley Burns, N.D.

Creams, nutritional supplements, treatments, lotions, and potions. We are always looking for the next miracle product to keep skin looking healthy and young. However, there is one essential, inexpensive, and often overlooked nutrient right at your fingertips: water.

Just as a car cannot function without oil, our bodies cannot function without water. After oxygen, H₂O is the most important component of the body, responsible for 65-70 percent of its composition. And of this, 80 percent is dedicated to the skin.

Water is the medium for various enzymatic and chemical reactions in the body. It moves nutrients, hormones, antibodies, and oxygen through the blood and lymphatic systems, and it also helps form the matrix of the skin. Devoid of water, the skin becomes dehydrated, resulting in a dry, dull tone.

It's likely that the moment a person feels thirsty, mild dehydration has already set

in. To keep the complexion looking smooth and blemish-free, drink water upon waking and continue drinking it throughout the day at one- to two-hour intervals. At least six 8-oz. glasses of water should be consumed daily and more if you are exercising, perspiring, and/or in hot weather. Ideally, intake should be between ten and twelve 8-oz. glasses of water a day. One note: Don't increase water intake all at once, as the kidneys and digestive system need time to adjust. Add one 8-oz. glass every day or every second day.

What counts toward your daily water intake? Just the basics: water and herbal tea. Caffeinated beverages and alcoholic drinks are diuretics that can contribute to dehydration, requiring even more hydration after drinking.

Not only is water important for skin health, it can also play a key role in the prevention of disease. Drinking eight glasses of water a day can decrease the risk of colon cancer, bladder cancer, and potentially even breast cancer.



Water helps keep the body at optimum health.

Long Live Cells with Vitamin E

Antiaging Inside and Out

A good skin care regimen is comprised of an antioxidant-rich diet and vitamin/mineral supplementation that includes vitamin E -- an essential key to a healthy complexion. Vitamin E is unique in that it's not one vitamin, but a family of eight fat-soluble antioxidants, including four types of tocopherols and four types of tocotrienols -- alpha, beta, gamma, and delta. Alpha-tocopherol is the most common and most potent form of vitamin E.

This important nutrient works to prevent aging by prolonging the useful life of cells in the body. By protecting and strengthening the cell membrane, vitamin E wards off free radical attacks caused by sun exposure and also helps combat disease. This protection is

further intensified when combined with vitamin C. Vitamin E also helps in the formation of red blood cells, protecting them from destructive toxins and cell damage, which also helps prevent skin cancer.

Vitamin E-rich foods include wheat germ; almonds, peanuts, and walnuts; safflower, corn, and soybean oils; and green leafy vegetables. For supplementation, the recommended daily intake of vitamin E is 400 IU. Be aware that high doses of vitamin E (1,200 IU daily or more) can be toxic and cause oxidative damage.

It is imperative that when taking the supplement orally, it is in the natural form, designated with a "d," and not

synthetic, designated as "dl." Mixed tocopherols--meaning a combination of alpha, beta, gamma, and delta--are easily absorbed and a good choice, especially in skin care products.

Topical creams and oils containing vitamin E promote healing, protect cells from free-radical damage, and reduce itchiness--very helpful in treating conditions such as sunburn and eczema.

In addition to contributing to healthy skin, vitamin E has many other beneficial properties, including slowing the progression of Alzheimer's disease, decreasing oxidative stress associated with asthma, alleviating arthritic conditions, decreasing PMS symptoms, and reducing the risk of heart disease.

*C-Strength
15% with %5
Vitamin E:
minimizes fine
lines,
strengthens and
brightens the
skin.*

-PCA SKIN

Mother's Day Special

I thought it would be a good idea to keep a mother's day special going for May! During May purchase a Chemical Peel with PCA SKIN's Peptide Lip Therapy for \$89. Call 602.488.4183 to make an appointment. Saturday appointments only.

Peptide Lip Therapy: Helps improve overall lip health and appearance. Peptides and amino acid ingredients help increase strength & resiliency, while BMX Complex boosts moisture retention for maximum hydration.

Please visit www.danaandersonskincare.com
Cheers to Great Skin in 2010!

Dana Anderson Skin Care

Scottsdale, AZ

MEMBER

