

JULY • AUGUST • SEPTEMBER 2007

# Heritage



Outdoor Living At Its Best • Gotta Get Away? • 4 Common Design Mistakes • School's Out ... Now What?  
Summer Safety • Preparing For Your Financial Future • Celebrating Summer In Style • Out & About  
Back To The Dinner Table • The Skinny On Mortgages • Women's Health • Essential Places To Visit In NC

**THE PREMIER LIFESTYLE MAGAZINE OF WAKE FOREST, NORTH RALEIGH, AND NORTHERN WAKE COUNTY**



By Eileen M. Slutsky, RN, BSN

## HEALTHY SKIN

What Are Your  
Options For Correction of  
Sun/Photo Damage?

**S**un damage/photo damage refers to how the sun's UVA/UVB rays cause the look and feel of the skin to change. UVA, the age rays, are the major source of early aging and skin cancer. UVB, the burn rays, cause sunburns. Now that the damage is done, what can you do to correct and prevent further damage?

To start preventing further damage, sunscreen plays an important role, but only blocks 55% of free radicals. Your daily sunscreen needs to be a broad spectrum, covering UVA/UVB rays. Antioxidants play an equally important role in protecting your skin. Adding a product like SkinCeutical's C E Ferulic topical antioxidant daily provides eight times the skin's natural protection against environmental stressors, reduces sunburn cells up to 96%, and prevents DNA mutations that are directly associated with skin cancer. At the same time, it provides cell mending while lowering the appearance of wrinkles, skin discolorations, and enhancing skin's vivacity. Prevege MD is a new powerful antioxidant. It is made up of 1% Idebenone antioxidant, an anti-aging compound. Using Prevege MD daily in conjunction with sunscreen can provide extra protection from UV light and ozone disruption.

A clinically-based skincare system can correct, protect, and reverse sun/photo damage. Two products that are effective include the Obagi Nu-Derm system and SkinCeutical's Skin Brightening System. The Obagi system uses a combination of hydroquinone, AHAs, and Tretinoin Cream. This system consists of three phases of change: out with

the old, in with the new, and a healthy new glow. In order to use the Obagi system, your physician will prescribe the correct duration of each phase to ensure the best regimen for your skin. SkinCeutical's skin brightening system uses C E Ferulic, Retinol, and Phyto plus (kojic acid) to prevent, protect, and correct existing damage. Each system needs to be used daily over a period of time for optimal results. These are just a few of the products among the many available in the market.

Laser treatments, in combination with clinical skin care regimens, are proven to be more effective for moderate to severe sun damage. Signs of damage include uneven skin color, brown discoloration (dyschromic/melasma), Actinic Keratosis (chronic UV light damage), premature aging, skin texture changes (fine line and wrinkles), facial redness, facial veins (telangiectas), and age spots (solar lentigines). Laser treatments can safely and effectively erase damage when diagnosed properly.

Intense pulse light (IPL) therapy treatments address age spots and diffuse facial and neck redness, usually diminishing them with a series of three to five treatments. Common areas for IPL include the face, neck, chest, hands, and individual spots on the legs. It is recommended that a full body mole check be done by your dermatologist or an experienced practitioner to identify the difference between non-cancerous, pre-cancerous, and cancerous lesions. IPL should never be used over cancerous lesions.

Addressing deeper dermal pigment with melasma, facial dullness, and fine and moderate lines, the Fraxel Laser has been proven to be effective in three to five treatments. The amazing results of this new technology include a smooth, even skin tone, and glowing and youthful-looking skin. In addition to treating sun and photo damage, it can improve acne scars, enlarged pores, and stretch marks. Fraxel is the only laser that can treat melasma for all skin types. A skin care bleaching program and daily sunscreen, in conjunction with the Fraxel, can address the mottled brown skin tones that result from melasma.

A 1064 YAG Laser effectively treats facial veins that have been caused by repeated sun/photo exposure. A topical vitamin K cream helps to stabilize the small vessels that are zapped with a 1064 YAG laser, which in turn will have them reabsorb and vanish from the surface of the skin.

It is exciting that there are three different lasers available to address most of the concerns caused by sun/photo damage. Only an experienced healthcare provider can educate and guide you to the appropriate treatment plan for your individual concerns. ■

*Eileen M. Slutsky RN, BSN is an Aesthetic Specialist / National Laser Trainer with Davis Plastic Surgery located in Raleigh. She may be reached at 785-1220 or visit their website [www.glenndavismd.com](http://www.glenndavismd.com).*

**ORiEntspiration**  
tea shop, gifts & studio art

Where Your ORiEnt Journey Begins...

Come experience the area's premier place where you can discover exquisite Oriental teas to unique, Asian-inspired art and decor to that perfect, one-of-a-kind gift.

ORiEntspiration ...  
bringing the culture of  
the Orient to you.

[www.orientspiration.com](http://www.orientspiration.com)



Falls River Town Center | 10940 Raven Ridge Road | Suite 122 | North Raleigh | 919.846.0910