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February/March 2006

\$4.95

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# What's Missing from Your Skin Care Program?

Written by Eileen M. Slutsky, R.N., B.S.N., Aesthetic Medispa, LLC

The fountain of youth in a bottle has encompassed a billion plus dollar business in America. Shelves are full of the latest potions to restore youthful skin. It is time for the consumer to be educated in the skin care industry and spend money wisely to promote skin health.

There are some basic facts that need to be applied in order to see visible and underlying changes in the skin. The key to a successful skin care program consists of exfoliating with renewal while we protect, prevent and correct. It is important to implement a year-round program to help stop premature aging of the skin. A skin care program promoting skin health is for all ages.

Environmental and lifestyles factors create oxygen free radicals in the skin. Oxygen free radicals destroy collagen, elastin and can lead to harmful diseases such as skin cancer. The sun's ultraviolet rays are the primary cause of photoaging of the skin. Our first line of defense at any age is a sunblock that is applied adequately and chosen for their ingredients to cover the UVA and UVB spectrum. Zinc oxide is a key ingredient that covers UVB, UVA1 and UVAII. A topical antioxidant can be used as an adjunct to sunscreen to help neutralize free radicals, prevent photo damage and combat the visible signs of aging. These topical antioxidants are vitamin C, vitamin E, ferulic acid, green tea, alpha lipoic acid, DHEA and coenzyme Q10. Clinical studies have shown CE Ferulic provides synergistic photo protection.

It is important to add an exfoliant to a skin care program because it works the outer

layer of the skin. This can be accomplished with mild to medium chemical peels, medical microdermabrasion in office or two to three times a week with a milder version Micro C Scrub in a jar. The exfoliating process will allow your renewal products to penetrate deeper and more effectively.

When choosing a skin care line and program, it is best to consult a skin care specialist, licensed esthetician or physician in a medical office. Many over-the-counter products do not have a high enough concentration of each ingredient to truly give you the best results.

Once the exfoliating process is completed, the renewal stage begins. A product from the vitamin A family such as retinol and retinoic acid has been proven to be very effective. Clinical studies have shown that the vitamin A family stimulates collagen production, induces epidermal thickening and performs other positive skin tone and texture changes. Peptides in some of the newer studies also have shown a promise to promote production of collagen to diminish signs of aging.

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The Visia machine now offers a complexion analysis to help your physician and skin care provider to properly diagnosis and recommend certain products and treatments for your skin type. The Visia will measure pigmentation changes, pore size, wrinkles, uneven tones, bacteria, UV spots and photo damage.

This tool will assess your initial complexion as well as graphing out your improvement over time, while using your individual skin care program and rejuvenation procedures. Visible and not visible improvements measured by the Visia help one to see the effectiveness on their individual skin care program.

At Aesthetic Medispa, Medical Director Glenn M. Davis, M.D., F.A.C.S. offers a complimentary Visia Complexion Analysis to properly suggest the correct skin care protocol and monitor progress. Aesthetic Medispa is located at 2304 Wesvill Court, Suite 360, Raleigh.

*Eileen M. Slutsky, R.N., B.S.N. has extensive and formal training in aesthetic medical cosmetic enhancements procedures as well as being nationally known as a very skilled sclerotherapist including vein injections and laser vein therapy. Dr. Glenn Davis, M.D., has been in private practice in Raleigh for 18 years. He specializes in cosmetic surgery including liposuction, abdominoplasty, breast augmentation, breast lift and facial procedures of the eyes, nose and brow. He recently received a Metro Magazine award and is the only plastic surgeon in Raleigh to be named to the Best Doctors in America list from 1996-2005. For more information, visit Dr. Davis' Web site at [www.drjmdavis.com](http://www.drjmdavis.com) or call (919) 785-1220.*