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**PORTLAND
DERMATOLOGY
CLINIC**
L.L.P.
PHYSICIANS AND SURGEONS

INSIDE...

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PLEASE PROMPTLY DELIVER TO:

PORTLAND DERMATOLOGY CLINIC SERVICES:

DIAGNOSIS AND TREATMENT OF:

- ALL DERMATOLOGICAL DISEASES AND CONDITIONS
- HAIR AND NAIL DISORDERS
- PIGMENTED LESIONS

OFFICE SURGERY FOR BENIGN AND MALIGNANT SKIN GROWTHS

RADIATION AND LIGHT THERAPY:

- SUPERFICIAL GRENZ RAY THERAPY FOR SKIN DISEASES
- ULTRAVIOLET LIGHT THERAPY (UVB/NB AND PUVA) FOR PSORIASIS AND OTHER SKIN DISEASES

ALLERGY TESTING FOR SKIN PROBLEMS

CRYOTHERAPY OF ACNE AND RELATED DISORDERS

ELECTIVE PROCEDURES:

- BOTOX & RESTYLANE INJECTIONS
- CHEMICALS PEELS
- SCLEROTHERAPY OF SPIDER VEINS
- SKIN CARE CONSULTING
- SKIN CARE PRODUCTS AS PROVIDED BY THE M.D. FORTE' & SKIN MEDICA



Skin Health

REPORT

PORTLAND DERMATOLOGY CLINIC NEWS • FALL 2006 • VOLUME 3, ISSUE 1

THE MANY FACES OF ACNE

As in most dermatology offices, we see many patients with acne. Not surprisingly there is much confusion about this common condition and questions abound. What causes acne? What makes it worse? Why haven't I outgrown my acne? And often floating beneath the surface of these questions is the biggest one of all: Why me?!

Acne vulgaris is an exceedingly common skin condition involving hair follicles and oil glands in the skin of the face, back and chest.



It can range in severity from a few blackheads on the forehead to widespread scarring cystic lesions. Acne is most common during adolescence but can occur as early as infancy and as late as middle age. For many people, acne will improve and even go away as they

reach their 20s. However, for others, most often women, acne will continue to play a role in their lives well into adulthood.

The sebaceous follicle, which is the structure affected by acne, includes a hair shaft and an associated oil gland called a sebaceous gland. These follicles are influenced by hormones, levels of which start to rise as children enter puberty. Dead skin cells are sloughed off into the follicle where in some people they form a sticky plug. This is the first step in acne and forms what is commonly called a blackhead or a whitehead. The sebaceous glands continue to produce oil which backs up behind the plug. There are also bacteria in the follicle which are a normal part of our skin, but inside these oil-clogged follicles they increase in numbers, start to break down the sebaceous material and in the process cause considerable inflammation which we see as redness, swelling and pus bumps. Occasionally the follicles swell so much that they rupture and the inflammation extends beneath the skin causing nodules and cysts which often scar.

The following article about wound healing appeared in the New York Times on August 1, 2006.

THE CLAIM: WOUNDS HEAL BETTER WHEN EXPOSED TO AIR

Really?

THE FACTS Most parents and school nurses have a time-honored approach to treating a small wound: clean it up, stop the bleeding and then let it get some air.

The point of this approach, as described in medical texts, is to lower the odds of infection and to speed the healing process. But over the years, researchers have found that what many people know about treating small cuts and scrapes is wrong.

Exposing a wound to the air so it can breathe is a terrible mistake, experts say, because it creates a dry environment that promotes cell death.

A handful of studies have found that when wounds are kept moist and covered, blood vessels regenerate faster and the number of cells that cause inflammation drop more rapidly than they do

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THE MANY FACES OF ACNE *continued from front page*

Acne is a multifactorial disorder, but there are some things that we know do not play a role in its development. Acne is not caused by dirt or oil on the face and as such, vigorous cleansing of the face is not necessary and may in fact make acne worse. Washing the face once to twice a day with a gentle cleanser such as Dove bar soap or Cetaphil cleanser is sufficient. There is no need to squeeze the contents out of acne bumps and again, this can often cause worse problems including scarring. Chocolate, pizza and greasy foods do not cause or worsen acne. While many people think that particular foods make their acne worse, there has been no scientific data to support this claim, and if your acne is being properly treated there is no need to restrict your diet.

We have many very effective treatments for acne ranging from creams which unplug the follicles to topical antibiotics and benzoyl peroxide which help to calm the inflammation. For more severe acne we often use oral antibiotics which work primarily through their ability to lessen the deep redness and swelling. And for the most severe acne we use isotretinoin, a very effective oral medication which requires close medical supervision. With so many effective tools at our disposal, chances are good that your dermatologist can come up with a regimen to make your acne more manageable.

For more information, go to <http://www.skin-carephysicians.com/acnetnet/>. **PDC**

WHAT'S NEW AT PORTLAND DERMATOLOGY CLINIC?

Question & Answer Patient Event Oct. 5, 2006

Curious about Botox and Injectable Fillers? Dr. Shobha N. Jetmalani and Portland Dermatology are hosting a patient education event to address your questions about these non surgical treatments. Don't miss this special and informative event! Thursday, October 5th, 5:30-7:30 pm. Spaces are limited, please RSVP by calling 503-223-3104 and ask for Marjorie.

Skin Care Consulting Services

To enhance services offered to you, we would like to introduce Jean, our Skin Care Medical Assistant! Jean will conduct a 30 minute complimentary skin consultation to review your skin care concerns and goals. Jean will be available Monday through Friday to assist with customizing your skin care regimen and answer any questions you have regarding skin care products.

Coded Genetic Research Opting Out

As of July 1st, 2006, the State of Oregon imple-

mented laws to protect the genetic privacy of individuals. These laws give you the right to decline to have your health information or biological samples used in anonymous or coded genetic research. A biological sample may include a blood sample, urine sample, or other materials collected from your body. You can decide whether to allow your health information or biological samples to be available for genetic research. Your decision will not affect your care you receive from your health care provider.

Research is important because it gives us valuable information on how to improve health, such as ways to prevent or improve treatment for heart disease, diabetes and cancer. Under Oregon law, a special team reviews all genetic research before it begins. This team makes sure that the benefits of the research are greater than any risks to the participants.

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THE CLAIM *continued from front page*

in wounds allowed to air out. It is best to keep a wound moist and covered for at least five days.

Another common mistake is applying antibiotic ointments, said Dr. Mark D. P. Davis, a professor of dermatology at the Mayo Clinic in Rochester, Minn. These ointments may keep the wound moist, he said, but they can also lead to swelling and an allergic reaction called contact dermatitis. Plain and simple Vaseline, applied twice a day, works fine.

And as awful as removing scabs may sound, it may actually be a good idea, Dr. Davis said.

Dr. Larsen makes the following comments on the article:

Leave a wound open to air so it will heal more quickly ---that was the mantra when I first went into practice. For the past many years, many studies have shown that it is better to leave a wound covered resulting in faster healing and less scarring. Bandages absorb the wounds fluid and maintain natural moisture balance, which allows skin cells to move more easily across the wound to generate new skin.

Simple application of Vaseline or petrolatum is sufficient for most wounds. However, if the wound is infected or there is a good possibility that it could be infected, an application of an antibiotic cream such as mupirocin can be used. Mupirocin is the generic term for either Bactroban or Centany. This antibiotic requires a prescription, but eventually it should become over the counter. Neosporin or triple antibiotic cream should not be used because it contains neomycin and bacitracin which are chemicals which frequently cause allergic contact dermatitis. We stopped using the Neosporin-type antibiotic in this office many years ago because of its allergy causing potential.

Many years ago, tincture of iodine, mercurochrome, or merthiolate were used, but these

agents can be irritating and do not help healing.

In general most simple wounds can be cleaned with mild soap and water followed by a dressing. In contrast medical care should be sought if the wounds are deep puncture wounds or contain foreign materials such as dirt, glass, or metal, as well as any bites from animals or humans.

In a small percentage of wounds, a keloid will develop. A keloid is a thick red scar that can cause itching and discomfort. In many cases, the keloid will disappear with time. However, if it doesn't resolve, a low dose injection of a cortisone preparation can be injected into the keloid to hasten its flattening. In general, scabs should not be picked off, but removed by use of warm compresses. **PDC**



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If you have questions about how this law impacts you, or you would like to have your biological samples excluded from such research, please call the office and ask to speak to our Triage Nurse at 503-223-3104.

Patient Accounts

The physicians and staff of Portland Dermatology Clinic are pleased to announce the addition of in-house billing staff. Previously, patients billing matters were handled by a third party billing company. Starting December 1st, our new billing team Melissa, Jo and Sarah will be available to assist you with all of your billing needs. **PDC**