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**PORTLAND DERMATOLOGY CLINIC**  
LLP  
PHYSICIANS AND SURGEONS

**INSIDE...**

- *Hit the Slopes but Slap on the Sunscreen*
- *What a Skin Care Consultation Can Offer You*
- *New Study Finds Women More Likely Than Men to be Affected by Acne as Adults*
- *Patient Education Event*

PLEASE PROMPTLY DELIVER TO:

**PATIENT EDUCATION EVENT!**

Come to our Patient Education Event November 28th, 2007 at 6pm

- This complimentary event is an opportunity for you, our valued patient, to discover the newer services and treatments now available at the Portland Dermatology Clinic. We now have personal Botox and Filler treatments offered by Dr. Shobha N. Jetmalani. She will present information teaching you about these simple cosmetic procedures and the subtle to dramatic results they can provide. Live demonstrations will be performed.
- We encourage you to attend to not only increase your knowledge of these services but also to understand the benefits of utilizing our experienced staff in a comfortable, competent and familiar environment.
- You'll also hear from Jean, our skin care specialist, and Melissa, our Laser Nurse. Jean will address how a skin care consultation can benefit you. Learn how Jean can help with your current skin care regime, review products you use everyday and provide insight as to what treatments you might find beneficial. Melissa will provide an overview of what conditions the VBeam can treat. Conditions such as Telangiectasias or facial spider veins and Angiomas or small red spots which may be just beneath the surface of the skin.
- Limited seating is available so be sure to contact us in advance to reserve your seat! Call 503-223-3104

PDC

**SUNSCREEN**

*continued from front page*

cancer and sun-induced aging. Be mindful of time spent in the sun, regardless of the season.

Keep track of the time you spend in full sunlight. If you are on the slopes for most of the day, take a few breaks indoors to reapply sunscreen. Drink plenty of water to avoid dehydration from the sun. Always remember, in ice and snow wear a hat, sunscreen and lip balm, and slip on some sunglasses to cut down on the sun's reflection. To find out more about how to protect yourself from the sun this winter and all year-round call 1-800-SKIN-490

PDC



**HIT THE SLOPES BUT SLAP ON THE SUNSCREEN**

If you are one of the 10 million skiers or snowboarders expected to hit the slopes this winter season, remember to pack your sunscreen. It's easy to think that being in a cold environment doesn't put you at risk for sunburn, when in fact ultraviolet (UV) rays can be even more damaging on the slopes than on the beach. Skiers and snowboarders may be unaware of the dangers they face from the sun while on the slopes.



For every 1,000 feet of elevation, ultraviolet exposure increases by about 8-10 percent. So a skier with an average complexion, at 11,000 feet above sea level in Colorado, will burn at noon after 6 minutes of unprotected sun exposure, compared to 14 minutes in Orlando. In addition, snow reflects about 80 percent of the ultraviolet light from the sun,

only compounding the problem and further increasing the risk for skin cancer.

"Statistics show that fewer than 20 percent of Americans wear sunscreen all year-round," said Perry Robins, MD, President of the Skin Cancer Foundation. "That's not enough, considering the sun shines 12 months a year and UV rays are present year-round no matter what season, altitude, temperature or time of day," said Dr. Robins.

To protect yourself this ski season, follow these important sun protection tips:

Use sunscreen whenever you spend time outdoors. Both snow and strong wind can reduce the effectiveness of sunscreen, so remember to:

Use a broad-spectrum sunscreen with an SPF of 15 or higher. Apply sunscreen liberally and evenly to all exposed skin. Be sure to cover often-missed spots: lips, ears, around eyes, neck, scalp and hands. Reapply at least every 90 minutes, and more often after sweating or exposure to wind and snow. Cover up.

Wear long-sleeved shirts and long pants. Tightly woven fabrics and dark colors offer more protection. UV-blocking sunglasses with wrap-around or large frames protect your eyelids and the sensitive skin around your eyes, common sites for skin

*continued back page*

**NEW STUDY FINDS WOMEN MORE LIKELY THAN MEN TO BE AFFECTED BY ACNE AS ADULTS**

SCHAUMBURG, ILL. (October 18, 2007) -- While acne is often-times as much a part of being a teenager as dating and Friday night football games, a new study examining the prevalence of acne in adults age 20 and older confirms that a significant proportion of adults continue to be plagued by acne well beyond the teenage years. In particular, women experience acne at higher rates than their male counterparts across all age groups 20 years and older.

In the study entitled, "The prevalence of acne in adults 20 years and older," published online in the Journal of the American Academy of Dermatology, dermatologist Julie C. Harper, MD, FAAD, associate professor of dermatology at the University of Alabama in Birmingham, Ala., and her colleagues at the University of Alabama at Birmingham School of Medicine, surveyed a random sample of men and women aged 20 and older to determine the prevalence of persistent acne that continued after adolescence or new adult-onset acne.

"Although acne is one of the most common skin diseases, there is a general misconception that it only affects teenagers," explained Dr. Harper. "As dermatologists, we treat acne patients of all ages - from those

*continued page 2*

## NEW STUDY *continued*

who have experienced acne since they were teenagers to others who have developed the condition for the first time as adults. Our study set out to determine just how common acne is among adult men and women." A total of 1,013 men and women aged 20 years and older at the University of Alabama at Birmingham campus and medical complex were asked to complete a one-page questionnaire designed to evaluate the prevalence of acne in adults across various age groups. Survey questions gauged whether the participant had ever had acne or pimples, including during their teens or later in life (in their 20s, 30s, 40s, and 50s or older). The survey also asked participants to judge whether their acne had become better, worse or stayed the same since their teenage years.

When asked whether they had ever had a pimple or acne, the vast majority (73.3 percent) of participants responded that at one time or another they had dealt with acne. The majority also reported that they had experienced acne as teenagers, with the number of men and women affected by the condition nearly identical (68.5 percent of male participants and 66.8 percent of female participants).

Interestingly, the survey found that for every age group following the teenage group, the reported incidence of acne was significantly higher among women than men. Specifically,

- During their 20s, 50.9 percent of women and 42.5 percent of men reported experiencing acne.
- During their 30s, 35.2 percent of women and 20.1 percent of men reported experiencing acne.
- During their 40s, 26.3 percent of women and 12 percent of men reported experiencing acne.
- During their 50s or older, 15.3 percent of women and 7.3 percent of men reported experiencing acne.

A separate section of the survey, which included questions assessing aspects of acne specific to women, asked female participants to note changes in acne around the time of their menstrual period, their pre-menopausal or post-menopausal status, and the effect of any treatments for symptoms of menopause on acne. Of the pre-menopausal women surveyed, 62.2 percent noted that their acne gets worse around the time of menstruation. In addition, of the 86 women who reported using either hormone replacement

therapy or over-the-counter medications for the side effects of menopause, nine women (10.5 percent) reported improvement in their acne with the use of these therapies. However, 75 of the women (87.2 percent) reported no change with these menopausal therapies, and two women (2.3 percent) reported that their acne symptoms worsened.



"Our findings demonstrate that acne is a persistent problem for people of all ages, but clearly women seem to be affected by this medical condition more than men when we examined the 20-plus age groups," said Dr. Harper. "Research examining the role hormones play in the development of acne may hold the key to explaining why more adult women are affected by acne and could lead to future treatments to control this condition."

Dr. Harper added that the majority of study participants reported that the severity of their acne improved after their teenage years, which is consistent with previous studies suggesting that post-adolescent acne is generally mild or moderate. For example, 63 percent of men and 53.3 percent of women stated that their acne improved after their teenage years, while only 3.6 percent of men and 13.3 percent of women reported that their acne worsened post-adolescence.

"Despite the fact that adult acne tends to be generally milder than teenage acne, this common medical condition can have a significant impact on a person's overall quality of life - regardless of when it occurs," explained Dr. Harper. "Involving a dermatologist in the diagnosis and treatment of acne is vital to managing this difficult condition."

*next page* 

The American Academy of Dermatology recommends the following tips for the proper care and treatment of acne:

- To prevent scars, do not pop, squeeze or pick at acne; seek treatment early for acne that does not respond to over-the-counter medications.
- Gently wash affected areas twice a day with mild soap and warm water. Vigorous washing and scrubbing can irritate your skin and make acne worse.
- Use "non-comedogenic" (does not clog pores) cosmetics and toiletries.

- Use oil-free cosmetics and sunscreens.
- Avoid alcohol-based astringents, which strip your skin of natural moisture.
- Shampoo hair often, daily if it is oily, though African-Americans may prefer to wash it weekly.
- Use medication as directed and allow enough time for acne products to take effect.

To learn more about acne, visit [www.skincarephysicians.com/acnet](http://www.skincarephysicians.com/acnet).

The American Academy of Dermatology

## WHAT A SKIN CARE CONSULTATION CAN OFFER YOU!

Are you confused about your skin? With the plethora of products and information out there, it's no wonder. How does one decide which products are appropriate? Are anti-oxidants good? Is it necessary to pay top dollar for the "best" moisturizer? All these questions and more can be answered by your Skin Care Medical Assistant, Jean, at Portland Dermatology Clinic!

We really live in an age of too much information. If you pick up any fashion magazine, listen to Oprah, or check out skin care sites on the internet, you know there are mind-boggling assortment of products available. What should you choose and why? I get this kind of question every day as I consult with people who want to know how to keep their skin looking as young, vibrant, and healthy as possible. I help figure out which products and cosmetic procedures are most likely to work for an individual, and how to combine it with the medical treatments prescribed by the dermatologists at the clinic.

I have been providing consultations about skin care for almost 15 years now. In 1992 I started in the salon/spa setting and moved on to medical skin care in 1998. During those years, I have seen the cosmetic skin care field change dramatically. I am just fascinated by all the options, products and new procedures available since I got my license. We have so many choices now! There are many things one can do to age gracefully, get healthier skin and treat diseases.

We don't have to let nature take its course like our mothers and grandmothers did. Men and women can both benefit from the skin care products that are available now.



At Portland Dermatology Clinic, skin care consultations and some cosmetic procedures are available. I can help you determine if the products you are using are right for you. It helps if you bring in your products, including packaging that lists the ingredients, to your first consultation. My schedule is flexible, and your first consultation with me is always complimentary. We have some excellent products to offer you [without the hype and high price tag] if your current skin regimen is inadequate.

I provide additional treatments like chemical exfoliation through light or medium depth peels, removal of milia, and slush treatments to patients of PDC. I work closely with the doctors and nurses who provide all medical treatments and laser services. Consultations are available only to established patients at the Clinic. Call for your consult today!

by Jean Lindahl

