



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

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PLEASE PROMPTLY DELIVER TO:

IN THE SPOTLIGHT

Adult Acne: A Fact of Life for Many Women

Adult acne can be particularly frustrating. Treatment that worked so well during adolescence often is ineffective. Over-the-counter topical medications tend to irritate the skin, making acne worse. Some women try numerous treatments without success. This lack of effectiveness can make one wonder if it really is acne. After all, do adults in midlife and older get acne?

Types of Adult Acne

The truth is that acne can persist well into one's 30s, 40s, and even 50s. Dermatologists call acne that does not clear by one's mid-20s **persistent acne**. Often causing deep-seated, tender, inflamed pimples and nodules, this type of acne is more common in women. Persistent acne tends to form on the lower face, predominately around the mouth, on the chin, and along the jawline.

Adults also develop **late-onset acne**. Again, women are more susceptible. People who have not had acne for years can suddenly see deep-seated, inflamed pimples and nodules. Even those who have never had acne get late-onset acne. For some

women, acne becomes a problem during menopause. Adult-onset acne generally forms on the chin, jawline, and around the mouth. Lesions can appear on the chest and back

Adult Acne: Effective Treatment Available

While it may seem that nothing will clear a case of adult acne, the fact is that treatment can be effective. Often combination therapy (the use of two or more treatments), a dermatologist's help, and a bit of patience are required. **Acne Can Be Warning Sign:** Acne also may be warning a woman of an **underlying medical condition**. When a woman's acne is accompanied by excessive facial hair, thinning hair or bald patches on the scalp, and irregular periods, it may be a sign of polycystic ovaries (a condition that causes cysts to develop in the ovaries) or adrenal hyperplasia (a group of adrenal gland disorders). It also is possible that the woman has a hormone-secreting tumor located in her adrenal gland or an ovary. It is vital that women experiencing these signs and symptoms see a doctor. Testing can find the cause and allow the doctor to determine the best treatment. The acne will not clear until the medical condition is treated.

AAD



Skin Health REPORT

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ARE SUNSCREENS SAFE?

There are many known risks of excessive sun exposure. Wrinkles, brown spots, loss of elasticity, and skin cancers can result from too much ultraviolet light (UVA and UVB). Increasing numbers of people are taking measures to decrease their UV exposure to minimize these risks. Avoiding sun exposure when it's most intense in the middle of the day, as well as wearing protective clothing, a hat, and lots and lots of sunscreen has become habit for dermatology patients and well-informed people all over the world. Should we worry that the chemicals being used to protect our skin may be harming us in other ways? At this point, the evidence suggests that the benefits of sunscreen far outweigh the risks.



There are two classes of active sunscreen ingredients (sunscreens) in the products on store shelves: inorganic and organic. Inorganic sunscreen components include titanium dioxide and zinc oxide. In general, these work by reflecting or scattering UV. Prior to the 1990s, this type of sunscreen was only available as an opaque, white cream (think lifeguards on the beach with white noses and lips). More recently, improvements in technology have allowed the manufacture of titanium dioxide and zinc oxide in tiny particles. As a result, sunscreens that contain these physical UV blockers are

transparent and more cosmetically acceptable. Organic sunscreen drugs include all the other active compounds listed on sunscreen labels. These work by absorbing light at specific, limited wavelengths within the UV spectra. Sunscreens with organic active compounds often feel nicer and lighter than their inorganic counterparts. However, several organic ingredients must be combined in order to protect the skin against the broad UV range. In addition, some of them are not stable when exposed to the sun, so additional preservatives are usually added.

Titanium dioxide and zinc oxide are inert compounds that do not provoke chemical reactions in the skin. However, by micronizing these compounds and making the particles tiny, their chemical behavior is subtly altered. In vitro tests (done in test tubes and cell cultures, not animals or human beings) showed that these tiny particles become much more reactive, and can affect other cells. Fortunately, further studies using animal subjects and human volunteers demonstrated that even in their micronized form, titanium dioxide and zinc oxide do not penetrate skin. They sit on the surface and do not interfere with the normal chemistry of the body. Since they are not absorbed, they do not pose an internal risk.

The concern about organic sunscreens has been of a different nature. Several of them have very weak hormone-like effects. Estradiol, a hormone made by both women and men, is a million times more potent than any sunscreen ingredient. Nevertheless, in vitro studies can demonstrate estradiol-like effects on cells

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WELCOME JONATHAN S. ALEXANDER, MD.

I am pleased to announce the addition of Jonathan S. Alexander, MD to Portland Dermatology Clinic, LLP. Dr. Alexander will be joining Portland Dermatology Clinic in early 2009. Jonathan graduated from the University of Pennsylvania in 1993 with a bachelor's degree in Biological Basis of Behavior (Neurobiology). In 1999 he completed his Medical Degree at the University of Medicine & Dentistry of New Jersey. He went on to complete his dermatology residency training at the University of Arizona in Tucson, Arizona in 2003. Dr. Alexander is board certified in Dermatology and has five years of practice experience at Kaiser Permanente.

Dr. Alexander has a wide range of interest in medical and surgical dermatology. As clinical assistant professor at Oregon Health & Science University, he participates in weekly morphology conferences and provides lectures and



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**JONATHAN
ALEXANDER, MD.**
continued

presentations. He has been the recipient of the OHSU Dermatology Community Faculty Teaching Award for the past four years. In addition to spending time with his family, Dr. Alexander enjoys many hobbies, including playing piano and drums, skiing, photography, gardening and travel.

The Portland Dermatology Clinic provides medical dermatologic care for residents of the Portland metropolitan area and surrounding counties. The clinic is currently staffed by five physicians and an extensive medical team. We serve all major insurance carriers including the recent expansion of Great West and Aetna (starting in January 2009). The addition of Dr. Alexander as our sixth physician will give patients more accessibility and increased flexibility. The clinic will provide extended hours on Tuesdays.

Portland Dermatology Clinic is delighted about the addition of Dr. Alexander. His extensive knowledge and keen clinical intuition will serve to continue the tradition of high quality dermatologic care patients have come to expect at Portland Dermatology Clinic.

Dr. Jonathan Alexander is now accepting appointments for new patients. Appointments can be scheduled by calling Portland Dermatology Clinic at 503-223-3104.

Kate Othus, MHA Administrator

**MEET YOUR NEW SKIN CARE
MEDICAL ASSISTANT!**



Tonya Johnson, CMA

I would like to introduce myself as the new Skin Care Medical Assistant here at Portland Dermatology Clinic. I joined the team in June of this year and could not ask for a better group of professionals to work with. I have a two year degree in Medical Assisting and 10 years of clinical assisting experience in Head, Neck, Facial Plastics and Reconstructive Surgery. At my previous clinic I was instrumental in developing their skin care practice.

The clinical setting is important to me. In today's market, there are endless choices offered in retail and clinical setting and over the internet. I have experience researching ingredients and prescription topicals for all the different skin types and conditions, which can be so very confusing and costly for any consumer.

You can schedule a complimentary skin care consultation with me as part of your yearly follow up or anytime you have questions about your skin care regime. In addition to skin evaluations, my services include consultation on products, chemical peels and extractions. Most importantly, I can give our patients the highest quality of care with

the knowledge of the physicians at my fingertips.

It is important for me to know your current home routine, so bringing in the products you currently use to your consultation can be most beneficial. It gives me the opportunity to assess the ingredients to make sure you are using the right product for your specific skin type and condition. I specialize in recommending products and services for a variety of skin conditions, including rosacea, oily/combination with acne, normal to dry, sensitive or intolerant, sun damage, aging, hyperpigmentation, and melasma. The product lines that we offer include OBAGI, Skin-Medica, MD Forte, Colorescience, LA Roche Posay, and Pyratine-6.

The most important products that we offer here are sunscreens. The physicians and I carefully select the products sold in our office for their quality and ingredients.

Patients often tell me they do not like to wear sunscreen because it feels too tacky or their makeup will not go on well. We offer some sunscreens that are far superior to others and feel weightless on the skin. One of the best ways to help prevent future aging and protect against skin cancer is to wear your sunscreen daily, rain or shine.

You may want to simplify your home-care or treat yourself to a series of chemical peels. Whatever it may be, I am here to help. So please schedule your complimentary consultation with me anytime and together we will design a program specific to your needs. I am here to answer any questions or concerns you may have. I look forward to meeting you.

Tonya Johnson, CMA

SUNSCREENS *continued*

cultured with organic sunscreen drugs. Similar effects were found when certain sunscreen ingredients were fed in large quantities to immature rats. However, it's difficult to extrapolate risks to humans from these types of experiments. The doses of sunscreen drugs were unrealistically large, and the routes of exposure were inconsistent with human scenarios. There are small, but more relevant, studies in humans that show no effects on reproductive hormones after several days of sunscreen use. More extensive studies will likely be done in the future to clarify this.

At this time, there is no evidence that sunscreens are dangerous, and there is plenty of evidence that sun protection—including the use of sunscreens—is beneficial. At Portland Dermatology Clinic, we are strong proponents of photoprotection. We see too many patients with skin cancer and other problems that could have been avoided. We highly recommend broad spectrum sunscreens, especially those that contain zinc oxide and/or titanium dioxide. Powder sunscreens are an interesting alternative for people

who don't like the feel of creams with inorganic ingredients, but care should be taken not to inhale the powder. Sunscreens with organic active ingredients remain a good option for people who prefer a lighter-feeling product.

Dr. Barbara E. Resnick

A SUBTLE CHANGE?



Experience a subtle change with Botox Cosmetic or a dermal filler. Schedule your consultation (or treatment) with Dr. Jetmalani and see for yourself the difference with the personalized approach of a physician injector. Dr. Jetmalani has an artistic technique and individualizes each patient's experience to give you the subtle new look you've been looking for. Please call the office today to schedule your appointment with Dr. Jetmalani at 503-223-3104.

PDC

INTRODUCING A NEW TREATMENT FOR PSORIASIS!



The physicians at Portland Dermatology Clinic, LLP are pleased to announce the addition of a new laser, the Excimer Laser, used to treat

Psoriasis and other skin conditions. This machine replaces the former treatment method for cases of severe psoriasis, Grenz Ray Therapy. Psoriasis is a chronic condition and currently, there is no cure. More than 4.5 million adults in the United States have been diagnosed with psoriasis and approximately 150,000 new cases are diagnosed each year.

An estimated 20% of these cases have moderate to severe psoriasis. The Excimer laser offers many advantages over topical creams and more conventional therapies. These include:

- *Effectively, safely, and conveniently provides fast clearing and long remission of psoriasis, vitiligo and other skin conditions.*

- *Targets only the involved skin with a high-dose laser, and may be safer than many conventional treatments with fewer side effects.*
- *May effectively control or improve with only two sessions each week for one to two months.*
- *Effective in psoriasis in hard to treat areas such as the scalp, knees and elbows, hands and feet, and has excellent results for stubborn plaques that have not responded to other treatments.*
- *May provide repigmentation in a shorter time than other vitiligo treatments.*
- *Overcomes the problem of low efficacy and daily maintenance of topical creams, or patients who are not compliant with treatments provided by systemic medications, injections or other methods.*
- *Treatments are painless and fast.*
- *Covered by most insurance companies including Medicare, Blue Cross, Aetna, Cigna and United HealthCare.*

Please call the office today and schedule an appointment with your physician to discuss if this treatment is right for you.

Kate Othus, MHA Administrator