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PHYSICIANS AND SURGEONS

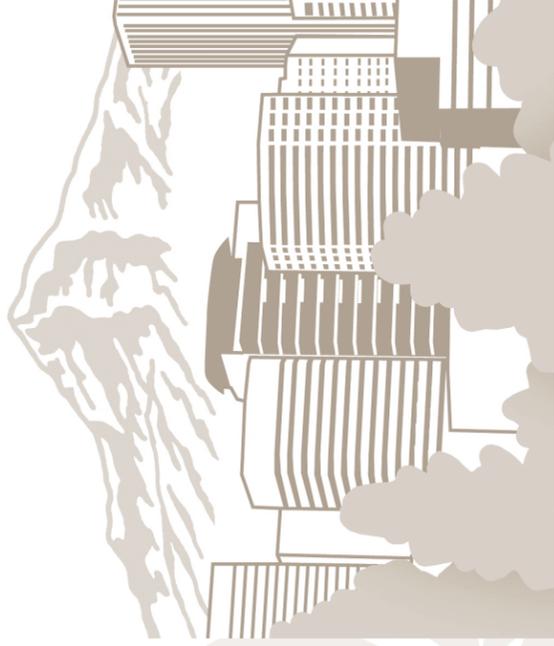
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CRYOTHERAPY OF ACNE AND RELATED DISORDERS
ELECTIVE PROCEDURES:
- BOTOX & RESTYLANE INJECTIONS
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 - SKIN CARE CONSULTING
 - SKIN CARE PRODUCTS AS PROVIDED BY THE M.D. FORTE' & SKIN MEDICA



Skin Health

REPORT

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A DELICATE BALANCE: SKIN CARE TIPS FOR THE NEW MOTHER AND BABY

When you become a mother, everything is exciting about your new baby—their tiny fingers and toes, their ever-changing eye color, and their tiny coos and cries throughout the day and night. But what do you do if your child suddenly develops what looks like a case of teenage acne or a rash on her scalp? And while you're worried about your child's skin, nagging at the back of your mind is your own skin and the changes it experienced during and after pregnancy. For a lifetime of healthier skin, a dermatologist—a doctor

ter pregnancy, the most common skin conditions of infants and how to protect a newborn's skin as the seasons change.

“Psychosocial stressors, such as hormonal changes, sleep deprivation, dietary changes and the new responsibility of caring for a baby, can have a significant effect on a mother's skin,” said Dr. Cambio. “Hormones pass from the mother to child that also can affect the baby's skin, leading to several common conditions that can be resolved by consulting a dermatologist.”

Mother's Skin Changes

Many women experience the “glow” of pregnancy—a time when their skin takes on a rosy complexion due to the increased volume of circulating blood and they notice fewer fine lines and wrinkles in part from increased water retention and weight gain which can plump out the face. However, the joy of this benefit may be short-lived as they also may begin to experience some unique changes to their skin.

Dark patches on the face could be melasma, also known as the “mask of pregnancy.” This benign condition is attributed to an overproduction of melanin, a natural substance in the body that gives color to the hair, skin, and eyes. Covering up melasma can be the most

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AMERICAN ACADEMY OF DERMATOLOGY RESPONDS TO FDA DECISION ON ECZEMA MEDICATIONS

The American Academy of Dermatology (Academy) today issued a statement in response to the U.S. Food and Drug Administration's (FDA) announcement that a black box warning will be added to the labeling and a medication guide will be distributed for the topical calcineurin inhibitors (TCIs), pimecrolimus and tacrolimus. These topical medications effectively reduce the inflammation and other symptoms associated with the skin disease eczema. “The American Academy of Dermatology disagrees with this action taken by the FDA. We believe that the data does not

prove that the proper topical use of pimecrolimus and tacrolimus is dangerous,” said dermatologist Clay J. Cockerell, M.D., president of the American Academy of Dermatology. “Because these medications are applied to the skin, virtually none of it gets inside the body. It's not the same as taking a pill. These are valuable medications, and if used properly, they allow millions of our patients with eczema to live normal lives. “This past summer, the Academy held a conference to discuss the scientific, regulatory, clinical, and public concerns raised by

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challenging aspect of this condition. “Cosmetics that camouflage, such as yellow and white—based concealers, which can be worn under makeup, can give the skin a more natural and even tone,” stated Dr. Cambio. Treatment options available from a dermatologist include topical prescriptions for hydroquinone, retinoids, azelaic acid or hydroxyacids. A combination of these products may be used to enhance efficacy. No treatment of melasma is complete without the daily, year-round use of a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 15 or higher to prevent the further darkening of the skin, recommends Dr. Cambio.

One of the most pressing skin concerns for women during and after pregnancy is how to treat stretch marks. These red or purple bands on the abdomen and sometimes on the breasts and thighs develop in more than 90 percent of women during the sixth and seventh months of pregnancy resulting from the pulling and stretching forces in the underlying layers of skin. With time, the redness fades and the bands become lighter than the surrounding skin. However, many women still find the appearance of stretch marks to be distressing.

“Unfortunately, there are no over-the-counter treatments to ‘cure’ stretch marks, but a moisturizer of any type may help improve their appearance and control itching, which is very common,” remarked Dr. Cambio. “Women also may use a sunless tanning product which can help hide stretch marks. If a woman would like to do more than cover or fade the marks, there are many successful treatment options available from a dermatologist, such as a prescription tretinoin cream or laser treatments.”

Another skin condition faced by pregnant women is itchy, red skin especially on the palms of the hands and soles of the feet. The best solution for this condition is to avoid long, hot showers and switch to a fragrance-free non-soap cleanser. An over-the-counter mentholated or oatmeal-based moisturizer stored in the refrigerator can provide added relief.

Many women report a healthy, thick head of hair during pregnancy that then begins to fall out fol-

lowing childbirth. Called telogen effluvium, there is no treatment for this temporary “shedding” of the hair. During pregnancy, along with the hair on their head, many women also report excessive hair growth on the face or chest. Dr. Cambio recommends that to remove this hair, women try tweezing, waxing, threading or shaving. Dermatologists also can offer laser hair removal, which provides long-lasting results and is safe and effective for both pregnant and nursing mothers.

Infant Skin Conditions

An infant’s skin is sensitive and can experience numerous changes and conditions in the first few weeks of life. Parents may be concerned by their “bundle-of-joy’s” less than perfect skin, but a dermatologist can evaluate and determine which conditions will resolve themselves and which may need additional treatment.

Recurrent diaper rash is the most common skin condition for which new parents seek a dermatologist’s advice. This condition is caused by persistent wet, soiled diapers and the use of unnecessary baby products, such as powders, creams, lotions and oils. “When a baby has diaper rash, parents should remember to change diapers frequently, use a warm, wet washcloth instead of pre-moistened baby wipes on the bottom, and apply a barrier cream with zinc oxide to the affected area,” stated Dr. Cambio. “Also, keeping the area open to the air as long as possible before putting a clean diaper on can help prevent the condition.”

Atopic dermatitis or eczema, also is a common condition found in newborns and young children. This itchy, oozing, crusting rash occurs mainly on the face and scalp, but patches can appear anywhere. “This condition also can be confused with cradle cap, a common, red, scaly rash most commonly seen on the scalp, sides of the nose, eyebrows, eyelids, and the skin behind the ears,” said Dr. Cambio. “Eczema treatment can include the use of an over-the-counter or prescription topical, steroid-free antihistamine, while cradle cap usually clears without treatment by eight to 12 months.”

Baby acne, which can have the appearance of pimples and whiteheads along the nose and cheeks, is quite common in newborns as the hormones from the mother increase oil production in an infant’s

skin and the immature oil glands get clogged. This condition usually clears within three weeks without treatment.

The appearance of a birthmark on a newborn’s body can be stressful for parents, but there are many treatments available to fade and even remove these skin conditions especially from the face. The two most common types of birthmarks are hemangiomas and port-wine stains. Both types can grow as a child grows, but port-wine stains are present at birth, while hemangiomas may not immediately appear. Oral corticosteroids can be prescribed or a pulsed-dye laser can be used to significantly improve the appearance of these birthmarks.

Winter Skin Care for Baby

The change of season can be challenging for the delicate skin of an infant and Dr. Cambio recommends the following tips to prevent seasonal skin conditions:

- Purchase only fragrance-free baby soaps and lotions.
- Apply generous amounts of moisturizing creams and ointments to areas of baby’s skin that appear dry.
- Use a humidifier to boost moisture and ease your child’s breathing overnight.

AMERICAN ACADEMY *Continued from front page*

this potential FDA action. The dermatologists, patients, pharmacists and immunologists participating in the conference reviewed the current literature and safety data for these medications. It was determined that the addition of a black box warning and medication guide was warranted and could limit access to TCIs, or limit treatment options if qualified patients decide not to use these medications based on fear of a malignancy risk. “The health, safety and welfare of our patients being treated with these topical medications are of paramount importance to dermatologists,” said Dr. Cockerell. “We are concerned that this warning will confuse and unnecessarily worry our patients. We urge patients to get the facts on

• Don’t bundle children up too tightly—Heavy layers can make children sweat, leading to skin irritation, while under-dressing can expose your child’s skin to the elements. Dress children in lightweight layers that can easily be removed or added as the temperature changes.

“For many new mothers, caring for their own skin after pregnancy is not at the top of their list, while caring for their newborn’s skin becomes the priority, but a visit to the dermatologist can put a mother at ease about her child’s skin condition and find solutions to her own skin concerns,” said Dr. Cambio.

Headquartered in Schaumburg, Ill., the American Academy of Dermatology (Academy), founded in 1938, is the largest, most influential, and most representative of all dermatologic associations. With a membership of more than 14,000 physicians worldwide, the Academy is committed to: advancing the diagnosis and medical, surgical and cosmetic treatment of the skin, hair and nails; advocating high standards in clinical practice, education, and research in dermatology; and supporting and enhancing patient care for a lifetime of healthier skin, hair and nails. For more information, please contact your dermatologist. ■PDC

how to appropriately manage their eczema from their dermatologist. “The American Academy of Dermatology (Academy), founded in 1938, is the largest, most influential, and most representative of all dermatologic associations. With a membership of more than 14,000 physicians worldwide, the Academy is committed to: advancing the diagnosis and medical, surgical and cosmetic treatment of the skin, hair and nails; advocating high standards in clinical practice, education, and research in dermatology; and supporting and enhancing patient care for a lifetime of healthier skin, hair and nails. For more information, please contact your dermatologist. ■PDC