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

INSIDE . . .

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Meet Jean! PDC's New Skin Care Medical Assistant

PLEASE PROMPTLY DELIVER TO:

MEET JEAN! PDC'S NEW SKIN CARE MEDICAL ASSISTANT

by Jean Lindahl

Jean Lindahl is the new Skin Care Medical Assistant at Portland Dermatology Clinic. Jean has 15 years experience as a Licensed Esthetician, 8 of those years working under physicians in a medical skin clinic. Jean is very experienced at analyzing skin and choosing appropriate treatments for all types of needs. Over the years, she has worked with many different product lines and has performed chemical peels both as a clinical technician and trainer. The procedures performed by Jean are considered superficial epidermal peels but are very effective in treating



Jean Lindahl
Skin Care Medical Assistant

everything from acne, hyperpigmentation, sun damage, excessively oily or dry skin, to sensitive skin and rosacea.

One of Jean's favorite areas in the skin care field is education, both for herself and the patient. She keeps up with the latest information on products and procedures that benefit the skin. She regularly reads medical studies, skin care trade journals and attends classes to continue her professional education. She will be a great resource to help patients understand how to choose products, use their topical prescriptions or decide on a treatment to address their concerns. Her enthusiasm is boundless for her profession and is infectious to patients. Book a complimentary consultation with Jean today. **PDC**

Vascular Laser Treatments available at PDC starting January 2, 2007. Call the office for more information.

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Skin Health REPORT

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HOW LASERS HELP THE SKIN

by Dr. Michael J. Adler

Beginning in 2007, Portland Dermatology Clinic will be offering laser treatment for unwanted blood vessels and some sun (age) spots. While the



physicians and staff here at PDC pride ourselves on addressing medical and surgical skin conditions, we recognize many of our patients

are also looking for safe and effective means of improving their appearance. Treatment with the V-Beam laser may be a good option for these patients.

Sun damage accounts for most of the aged appearance of the skin, and we regularly counsel patients that use of sunblock and physical barriers to the sun (hats and clothing) can minimize further damage. Long-term sun exposure or a medical condition called rosacea may cause facial blood vessels to dilate (telangiectasias or so-called "broken blood vessels"), and this change does not improve significantly with either sunblock or anti-rosacea

topical medicines. By selectively targeting the blood coursing through these dilated vessels, laser treatment reduces redness while sparing the overlying skin. The end product is almost always less redness. How does this work?

Lasers differ from other broad-spectrum light sources (Intense Pulse Light or IPL devices) by emitting a single wavelength of light, therefore allowing the potential for greater target specificity. This concept of selective photothermolysis suggests that the main skin targets (blood, pigment and water) will absorb laser energy optimally at different wavelengths, implying that certain lasers will be able to treat one type of skin problem, e.g. telangiectasias, while minimizing changes in pigment or damage to the surrounding tissue. In fact, there are lasers of different wavelengths used to treat a wide range of skin conditions: telangiectasias, angiomas, leg veins, redness of scars, sun or age spots, unwanted hair, tattoos, and many others.

The V-Beam laser is a pulsed-dye laser whose wavelength is primarily designed to target blood and treat vascular lesions. Patients interested in this therapy should plan on a series

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ARE BEDBUGS BACK?

by Dr. Barbara E. Resnick

Are bedbugs back? Not here in Portland, but in New York City and some cities in Australia and Western Europe they are.

Bedbugs are small wingless insects that like to feed on the blood of warm-blooded animals. Hatchlings are tiny—about the size of the period at the end of this sentence. Adult bedbugs can be as large as ¼ inch. They are secretive creatures that prefer the safety of dark cracks and crevices. For this reason, they often make their homes in the seams and tufts of mattresses and box springs, pleats of curtains, the underside of loose areas of wallpaper, and cracks in baseboard molding. From these hidden retreats, they typically only emerge at night to find food.

Fortunately, the bite of a bedbug does not cause any lasting



harm nor spread any known diseases. It does, however, ITCH. Bedbug bites resemble those of other blood feeding insects like mosquitoes and fleas. The offending insect, therefore, can rarely be identified by the

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HOW LASERS HELP THE SKIN *continued from front page*

of 2-4 treatments since the effect is cumulative. After the patient is appropriately positioned with eye protection in place, the laser energy is delivered in short bursts or pulses. Each pulse is mildly painful, but this discomfort is lessened by cooling the skin. Immediate after-effects include temporary swelling and some diffuse redness, but recent advances in technology have decreased the likelihood of bruising. The injured blood vessels are gradually resorbed over the ensuing weeks. Any post-treatment changes in pigmentation are usually temporary, and scarring is extremely rare. Depending on the extent and size of the vessels treated, the beneficial effects of laser therapy may last for some time, typically between 3-5 years.

While primarily a device for vascular lesions, at certain settings this laser can be used to treat sun or age spots as well. Many patients are interested in treating

larger or darker sun spots. Though they go by a variety of names including "liver" spots, old age or age spots, or large freckles, we dermatologists call them solar lentigos, and they arise from many years of sun exposure. Classically seen on the face, forearms and hands, but potentially present in any area of prolonged sun exposure, these larger brown patches should be distinguished from melanoma, a serious form of skin cancer, before receiving treatment. While certain topical preparations, chemical peels and liquid nitrogen all offer some benefit in the treatment of solar lentigos, laser therapy often yields better results more rapidly, and has less chance of scarring.

While versatile, safe and effective, the V-Beam laser is not used for hair removal or removal of moles (nevi). Please contact the Clinic if you are interested in seeing whether laser treatment may be a good option for you.

PDC

RECOGNIZING ROSACEA: SKIN SIGNS AND TREATMENT

by Dr. Shobha N. Jetmalani

Rosacea is a common, chronic skin condition. It can range from faint redness and easy flushing on the face to prominent nasal skin thickening, pimples and eye symptoms. Many individuals who have rosacea are unaware that they have a treatable condition.

Dermatologists classify rosacea into subtypes. In the first, "Vascular Rosacea," we see flushing (lasting more than 10 minutes at a time) and central facial redness with telangiectasia (visible small blood vessels under the skin). In the second, "Papulopustular Rosacea" there is central facial redness, red acne-like bumps (papules) and pustules. A third subtype is called "Phymatous Rosacea" in which we see thick, knobby, irregular enlargement of the skin most commonly involving the nose (rhinophyma). Lastly, a significant group of people suffer from "Ocular Rosacea". They may feel stinging, a "dry gritty" feeling in the eyes, and redness of the eye and irritation of the lids (blepharitis). Nearly half of those with rosacea experience

"dryness" of their central facial skin. As you can see, individuals experience different symptoms and treatment is directed towards each specific need.

Rosacea is seen mostly on the face but can also affect the ears, scalp, neck, chest and back. It is most common during our 30's and 40's but is also seen in older age groups. The cause of rosacea is not known. Research suggests it may be caused by a combination of genetic and environmental factors. Alcohol does not cause rosacea. However, alcohol may cause flushing of the skin which can worsen rosacea. Other trigger factors for rosacea include sun exposure, emotional stress, hot food, heavy exercise and heated beverages. There is no benchmark lab test to diagnose rosacea. The diagnosis must be made based on a person's skin findings, symptoms and history.

Rosacea is not contagious. Antibiotics acting as anti-inflammatory agents are used in treatment. These

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ARE BEDBUGS BACK

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appearance of the bites. A physician should be consulted to rule out other causes for suspect lesions and to provide symptomatic treatment. Antihistamines and corticosteroid creams can reduce itching and help decrease allergic reactions and inflammation.

Infestation is NOT widespread, but should be suspected if there are repeated complaints of bites that occur during sleep. Sometimes, bedbugs leave characteristic dark brown or reddish fecal spots on bed linens. A peculiar coriander-like odor may be noticeable in heavily infested areas. However, if suspected, it is necessary to find the insects in and around the bed so they can be positively identified in order to eradicate them.

Getting rid of bedbugs is not so easy. Managing them requires a multifaceted approach that often includes cleaning, room modifications to minimize the spaces that are comfortable to bedbugs, and insecticidal treatments. Bedbugs are not effectively eradicated using insect traps. It is suggested that a licensed pest control operator with experience managing bedbug infestations be contacted. Insecticidal dusts, contact agents, and insect growth regulators are often used. Infested furniture does not have to be discarded; it can be cleaned and treated. Discarding infested furniture or putting it on the street for someone else to take is an excellent way to spread bedbugs! Any infested items to be thrown away should be defaced (to make them less attractive to dumpster divers and others who might take them) and labeled to warn of bedbugs. If possible, disposed furniture should be locked within a dumpster or immediately carted away.

What can you do to protect yourself from bedbugs? Mostly, be alert when you travel. If there are signs of bedbugs at your destination, consider the possibility that you may transport bugs or their eggs in your luggage. If you suspect your belongings are contaminated, wash clothes in hot soapy water or have them dry cleaned before bringing them into the house. Inspect suitcases. Vacuuming and scrubbing with a stiff brush can help. Leaving the unopened suitcase in the car

on a hot sunny day can also work to kill bedbugs and their eggs. Other sources of bedbugs, like used furniture, should be inspected thoroughly. Used bed frames and mattresses should be scrutinized. Don't bring them into your house if you suspect an infestation.

Bed bugs are not a problem in and around Portland at this time. However, if you encounter them, remember that they are simply an annoying nuisance! They don't cause disease, and they can be battled safely and successfully with a well-considered strategy. So, night-night and sleep tight! **PDC**

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include oral tetracycline, doxycycline and minocycline. Topical antibiotics used are metronidazole and sulfa medications. There are now nonantibiotic treatments, including azelaic acid which is based on a naturally occurring fruit acid. Broad spectrum sunblocks can be as effective as a prescription medication for individuals with sun sensitive rosacea.

Some people continue to have persistent redness despite medical treatment. In those cases, visible blood vessels in the skin and persistent redness can be effectively treated using lasers and devices called intense pulsed light sources.

Skin care routines should emphasize avoidance of irritants to the skin by using mild soap free cleansers. Avoid astringents, toners and products containing menthols and camphor. If the skin feels dry, oil free facial moisturizers preferably with physical sunblock agents (titanium dioxide and zinc oxide) are best. Cover up can be achieved using a green undertone makeup to camouflage the redness. A natural skin tone foundation is applied as the final layer.

Although we cannot cure rosacea, our treatments are quite effective in calming flares, lightening unwanted visible blood vessels on the face and minimizing the severity of the condition. More information can be reviewed by contacting the National Rosacea Society at www.rosacea.org. **PDC**