



PiMA DERMATOLOGY

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ADULT & PEDIATRIC DERMATOLOGY ■ DERMATOLOGIC & LASER SURGERY



Spider Vein Treatment

Spider veins are similar to varicose veins, but smaller. They are small red, blue, or purple veins that commonly appear on the surface of the thighs, calves, and ankles. They can look like tree branches or spider webs with their short, jagged lines. It is estimated that at least one third of the female population is troubled with this common problem.

Certain factors contribute to the development of spider veins, including heredity, pregnancy, hormonal factors, weight gain, certain occupations or activities that require prolonged sitting or standing.

The most common technique used to treat spider veins is injection sclerotherapy. Sclerotherapy is a simple technique in which bright light is directed at the vein as the physician or trained provider injects a solution, such as Sotradecol, into the vein with a very thin needle, collapsing the vein. The needle is very tiny and small amounts of solution are slowly infused into the small veins. By collapsing the vein, it will no

longer be visible and the uncomfortable symptoms associated with spider veins will often subside.

Laser treatments are also available as an alternate or secondary method of treatment for vessels too small to treat or vessels that do not respond to sclerotherapy. We utilize four different Laser devices including: Verapulse, V Beam, Gentle:YAG, and Sciton.

At Pima Dermatology, our providers have extensive training and more than 25 years of experience with both Sclerotherapy and laser treatments. We will select the most appropriate treatment for your condition. Please contact our office to schedule a consultation, or for more information visit our website at www.pimaderm.com.



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Rosacea

By Jennifer Allison, MPA-C

Do people often think your face is red because you have had too much sun exposure or wine? Does your skin burn, flake and feel tight, no matter how much moisturizer you apply? Do you have acne and you aren't a teenager anymore?

Rosacea is one of the most common reasons that adults answer yes to one or all of these questions. Rosacea may first present as the tendency to easily blush or for one's face to become very red and warm with stress, exercise, consumption of alcohol and/or spicy foods. Rosacea is primarily due to a genetic predisposition and sun damage. It usually occurs on the forehead, nose, cheeks and chin. Some people can have involvement of the eye area and some men can have enlargement of the nose called Rhinophyma.

Rosacea is caused by hyper responsive blood vessels that inflame the skin and oil glands around them. There is no cure for rosacea, but there are many treatments that will help improve the appearance and reduce symptoms and/or slow down the progression of rosacea.



Before Treatment



After Treatment

Prescription topical treatments that may help improve burning, flaking, redness and acne are antibacterials, anti-inflammatories or azeleic acid.

For the acne type of rosacea, oral antibiotics can be helpful, due to their anti-inflammatory effects on the skin.

Laser treatments and light treatments are extremely successful in improving and/or resolving hyper responsive and static blood vessels, and can also alleviate the symptoms of rosacea.

Treatment for Rhinophyma of the nose is performed with electrosurgery and/or the CO2 Laser.

Tips for rosacea patients: Avoid triggers such as emotional upset, hot drinks, spicy food, and alcoholic beverages that can make your face flushed and red. Practice good sun protection by using a hat to protect your face and 30+ SPF sunblock everyday. Remember to reapply sunblock every two hours, if you are out in the sun. Avoid rubbing, scrubbing, and massaging your face. Avoid cosmetics that contain alcohol or perfumes and only use products for sensitive skin types. Avoid extreme hot and cold temperatures.

For more information please visit our website at www.pimaderm.com. Call today to schedule an appointment.

Honduras Medical Mission



Dr. Goldberg and his wife, Barbara, went on a medical mission trip to Honduras this January, 2010. This was Dr. Goldberg's fourth trip with the volunteer medical group MEDICO (Medical, Eye, Dental, International Care Organization).

MEDICO is a group of physicians, dentists, optometrists and other health care professionals who provide care to indigent, rural villages in Honduras for one week (and one patient) at a time.

More information on MEDICO can be found at www.medico.org.

Psoriasis and Cardiovascular Risk

By Tracy L. Thomas, MD

Psoriasis is a chronic, immune-mediated disease that primarily affects the skin and occasionally the joints. Psoriasis affects 1%-3% of the population. Patients with psoriasis may have irritated, painful, or itchy skin. In addition, psoriasis may be associated with an increased likelihood of a few debilitating and serious diseases. Patients with psoriasis are more likely to develop arthritis, depression, certain types of malignancies, and other chronic inflammatory conditions, most notably cardiovascular disease and metabolic syndrome. Recent studies show that psoriasis is associated with risk factors for metabolic syndrome: type 2 diabetes, hypertension, problems with cholesterol and lipids, and importantly, obesity. Excess fat tissue in overweight patients may contribute to increased cholesterol and an increase in cardiac risk factors.



Smoking may also add to an overproduction of inflammatory factors, which may not only add to cardiovascular and metabolic syndrome risks, but may also worsen psoriasis.

Patients with psoriasis should be followed by their primary care provider on a routine basis to screen for cardiovascular disease and metabolic syndrome.

Therapies for skin involvement of psoriasis include

topical therapies, such as topical steroids, vitamin D analogs, Elidel and Protopic, and systemic therapies, such as methotrexate and cyclosporine, newer systemic biologic therapies such as Enbrel, Humira, and Stelara, as well as narrow band ultra-violet B therapy. These therapies are all available at Pima Dermatology. For more information please call for a consultation or visit our website at www.pimaderm.com.

New Skin Care Products!

Innovative Skincare's Youth Complex is a moisturizing, anti aging treatment that is clinically proven to stimulate the production of collagen and elastin; firming and tightening your skin. This treatment offers immediate, intermediate and long-term results, reducing the appearance of fine lines and wrinkles. In addition to reducing the appearance of fine lines, your skin receives antioxidant protection and hydration.



Innovative Skincare's Youth Eye Complex is a breakthrough formula that utilizes “intelligent proteins” to combat the signs of aging at a deeper cellular level. These proteins are clinically proven to target damaged sites and help regenerate the skin. Collagen and elastin are strengthened, resulting in stronger, more resilient skin. Powerful peptides, key growth factors, and potent antioxidants rapidly reduce wrinkles, puffiness, and dark under eye circles to keep skin hydrated, smooth and protected all day.



Elta MD Clear SPF 46 Sunscreen

Finally a sheer sunscreen that won't clog pores and leave you feeling greasy! Elta MD Clear 46 is a daily use sunscreen that is light weight and oil free. This sunscreen eliminates residue on your skin's surface while calming and protecting sensitive, acne prone skin. Containing 9% micronized zinc oxide, this facial sunscreen is ideal for all skin types.

What is Mohs Surgery?

By Liza S. Byrne, MMS, PA-C

At Pima Dermatology, we offer a specialized skin cancer surgery called Mohs Micrographic Surgery. This is the most advanced and effective treatment for skin cancer available today, offering a cure rate up to 99%. The procedure is performed by specially trained surgeons, who have additional training in this technique. Pima Dermatology is fortunate to have Duane Whitaker, MD, a specially trained and nationally renowned Mohs surgeon, who performs Mohs surgeries for our patients. He has been performing Mohs surgery for more than 25 years, and is the immediate past President of the National Mohs College.

Initially developed by Dr. Frederic E. Mohs, the Mohs technique allows the surgeon to see beyond the visible disease, to precisely identify and remove the entire tumor, layer by layer, while leaving the surrounding healthy tissue intact. As the most exact and precise method of tumor removal, this technique minimizes the chance of re-growth and lessens the potential for scarring or disfigurement.

The Mohs technique is the treatment of choice for cancers of the face and other sensitive areas. It relies on the accuracy of a microscopic surgical procedure to trace the edges of the cancer and ensure complete removal of all tumors down to the roots, during the initial surgery.

Frequently Asked Questions:

Why does my skin cancer need Mohs surgery?

Types of skin cancer most likely to need Mohs surgery:

- Are located in cosmetically sensitive or functionally critical areas around the eyes, nose, lips, scalp, ears, fingers, toes or genitals.
- Are large, aggressive, or growing rapidly.
- Are recurrent.
- Have ill-defined edges.

What is the difference between Mohs surgery and "regular" surgery?

Mohs surgery involves repeated removal of very small skin layers. Instead of performing a surgical closure right after one layer of skin cancer is removed, the patient waits in the office while the tissue is put onto a slide and looked at under the microscope, by the Mohs surgeon. If there are remaining skin cancer cells present, more skin is removed. This process is repeated until there are no more skin cancer cells visible under the microscope. This ensures that all healthy skin is preserved, while removing all of the skin cancer. For more information please visit our website at www.pimaderm.com.

The Mohs Surgery Process



Step 1: The roots of a skin cancer may extend beyond the visible portion of the tumor. If these roots are not removed, the cancer will recur.



Step 2: The visible portion of the tumor is surgically removed.



Step 3: A layer of skin is removed and divided into sections. The ACMS surgeon then color codes each of these sections with dyes and makes reference marks on the skin to show the source of these sections. A map of the surgical site is then drawn.



Step 4: The undersurface and edges of each section are microscopically examined for evidence of remaining cancer.



Step 5: If cancer cells are found under the microscope, the ACMS surgeon marks their location onto the "map" and returns to the patient to remove another layer of skin - but only from precisely where the cancer cells remain.

Step 6: The removal process stops when there is no longer any evidence of cancer remaining in the surgical site. Because Mohs surgery removes only tissue containing cancer, it ensures that the maximum amount of healthy tissue is kept intact.

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Cosmetic Acne Treatments

By Lynne Coulter, Cosmetic Director

Acne is a skin condition that affects many people of all ages. From teen acne to adult acne, many people wonder what can be done to treat this condition. Years ago, treatment options were limited leaving many acne sufferers with acne scarring. Today, many options are available to help treat acne in its early stages. From peels to laser treatments, Pima Dermatology offers a wide variety of procedures to compliment your medical therapy and to assist in skin care for acne patients.

Glycolic Peels exfoliate the skin's dead surface cells; cleansing pores, refreshing the skin's general appearance and facilitating the extraction of congested pores, blackheads, and cysts. This "mechanical cleansing" helps improve the effectiveness of topical and over the counter treatments recommended by your medical provider. It also plays a role in overall acne treatment. Facial peels, such as the Glycolic Peel, help reduce pigmentation that sometimes accompanies acne. In addition to Glycolic Peels, the use of glycolic based products such as the MD Forte line of cleansers, creams, or lotions will expedite the improvement of your skin.

Cyst Injections may typically be performed on a "same day" basis. This method is ideal for those who have 1 or 2 inflamed acne cyst(s) and do not want a full Glycolic Peel. A small amount of steroid is injected into the lesion to quickly resolve the cyst, usually within 24 hours. Cyst injections may also be performed during a Glycolic Peel, if necessary.

Laser treatments are another option for acne management. The Smoothbeam Laser targets enlarged oil glands, thereby diminishing cystic outbreaks. Generally a series of 2-4 Smoothbeam treatments, alternating with a series of Glycolic Peels, produce a very effective result.

The V-Beam Laser targets the reddened, post inflammatory pigmentation that often results from more severe acne. The V-Beam Laser treatment can also be combined with the SmoothBeam Laser treatment in one visit.

Daily skin maintenance regimens are very important in promoting healthy, acne free skin. At Pima Dermatology we offer several anti-acne skin care products that contain medical grade ingredients to help combat acne causing bacteria. There are a variety of skin care products that can be tailored to your exact skin type in order to most accurately aid in reducing acne. Please visit our office at anytime to view our large selection of skin care products. Or, schedule a consultation with our Cosmetic Department staff to choose a program that is best for you.



Extended Hours:

At *Pima Dermatology*, we understand the challenge of balancing family, work and personal time. We are now offering early morning and early evening appointments.

Call us at 520-795-7729 to find a convenient time to schedule your medical or cosmetic skin care appointment.

Acne Scarring

By Gerald N. Goldberg, MD

After completing therapy, many acne patients want to explore what options exist to improve obvious acne scars, or simply to improve their skin texture.

There are a number of excellent treatments available to improve scars from acne or from other causes.

First and foremost, the use of skin care products to improve cell turnover and stimulate collagen remodeling is a basic step. Products such as glycolic based cleansers (i.e. MD Forte cleanser) combined with a sunscreen during the day and a retinoid (i.e. Retin-A or tretinoin) provide a foundation for beneficial, on-going skin care.

Sometimes, the use of "Dermal Fillers" (injectable materials to raise up scars and make them less noticeable) is a good approach. Certain scars that are distensible (go away when the skin is stretched) are amenable to this treatment. Fillers such as Juvederm and Restylane are examples of these treatments. While not permanent, the fillers can be long-lasting and require no downtime. The main risk is temporary bruising. These treatments can be used to refine the results of in-office laser treatments.



In-office laser treatments range from gentle “no downtime” treatments such as Microdermabrasion, Smoothbeam or Gentle:YAG Infrared Lasers , or V-Beam (yellow pulsed dye) Laser treatments.

These treatments have the advantage of being performed in-office with topical anesthesia, minimal discomfort, mild redness and swelling. Afterward, the patient can usually resume normal activities within a few days.

These treatments have the advantage of being well-tolerated, but require a series of 4-6 treatments, over a number of months, to obtain optimal improvement.

Options with minimal downtime include the Starlux Erbium and Quadralase Carbon Dioxide Fractional Lasers. The advantages of these lasers are that they are more aggressive and yield better results with a single treatment. They can be tailored to the patient's timeline for healing. We can adjust the depth and aggressiveness of the treatments to accommodate the patient's schedule. If we use milder settings, healing occurs in 3-5 days, with fewer treatments being needed. These treatments require topical anesthesia and sometimes a mild sedative or local anesthetic, and are ideal for milder scarring and scar revision.

The “gold standard” for significant deeper acne scars is full ablative laser resurfacing. Dr. Goldberg has unique experience with these techniques, having performed dermabrasion since 1984 and laser ablative resurfacing (using a laser to create a controlled abrasion) for more than 15 years. This treatment is usually a onetime, significant procedure done in-office with sedation and local anesthesia. Each treatment is customized for the patient with combinations of the best technologies, using an Erbium and CO₂ laser combined with other techniques to optimize results. Healing time can be 7-10 days or longer, depending on the depth of treatment and techniques used. A patient may have redness for weeks or months following this procedure, but often have the best results.

Please visit our website at www.pimaderm.com for detailed information and before and after photographs of acne scarring, laser skin toning, Fractional and Laser Skin Resurfacing. To schedule a consultation please contact our office at 520-795-7729.



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