

Good-Bye, Summer. Hello, Sun Damage!

Skin Survival Tips for Healthy, Younger-looking Skin.

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After this hot and sunny summer, fall is finally here and, with it, all the sun damage left after hours of sun exposure. You will notice that your skin tone is darker, your moles are probably larger, your sun spots are more noticeable and bigger, your wrinkles are deeper, your blood vessels are thicker, your skin is saggier and now it has a leathery appearance. You are probably noticing new growths, and the existing ones are changing. All these and more things that we cannot even see with the naked eye are consequences of sun exposure.

The fact is sun damage is cumulative and starts when we are babies. With every summer, this damage gets worse. After a certain age, almost everyone exhibits some sun damage - wrinkles, hyperpigmentation, red blotches, loss of elasticity and precancerous lesions. The main concerns are skin cancer and photoaging. Skin cancer has long been associated with sun exposure. Photoaging is produced by damage to the elastic fibers in the skin.

Here are some survival tips to consider: First, don't let fall temperatures, rain and cloudy skies fool you. You still have to wear sun screen year-round. Second, if you see any new growths or if you have old lesions that are starting to change, have your skin checked by your physician. All skin cancer is more controllable and less fatal when treated early. Third, with the temperatures falling and the need for artificial heat, the skin becomes dry. Now you will want to have a humidifier handy. You will want to use a skin moisturizer and drink plenty of water to replenish moisture.

Sun Damage Treatments

There are some alternatives to reduce and reverse sun damage. Laser light therapies can reduce sun damage to a great extent. Non-invasive laser treatments such as *IPL* (Intense Pulse Light) targets and removes brown spots and blood vessels. Microdermabrasion combined with *Genesis*, another laser modality that works in the deeper layers of the skin, creates new collagen and rejuvenates existing collagen, reducing wrinkles and fine lines. Genesis also reduces the appearance of blood vessels and redness. *Titan*, a form of infrared light, creates new collagen and contracts existing fibers to considerably decrease sagginess, giving you a non-surgical facelift. All these laser treatments have no down time. *Microlaser Peel*, done with an erbium laser, is a more invasive but highly effective approach to reduce and remove brown spots, wrinkles and even precancerous lesions. Microlaser peel has two days of down time and that is why is

called the weekend rejuvenation peel. For people with precancerous lesions there is *Photodynamic Therapy* with Levulan®, an FDA-approved treatment that is very effective to treat actinic keratosis and precancerous lesions. It has a few days of down time but is highly effective.

Last but not least, there are some topical creams containing vitamins that can be used to reverse sun damage. A professional consultation can help you determine the

treatment or combination of treatments best suited to your conditions. Take steps to combat sun damage. After all, we have just one skin.



Skin Diagnostics Laser and Rejuvenation offers Medical Grade products and Laser Treatments to Reverse Sun Damage. Call for an appointment at 513-631-0059.

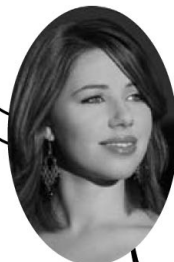
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