

# LOOKING AND FEELING YOUR BEST

Vol.1, Issue 3

Shoreline Dermatology Laser and Cosmetic Surgery

www.cosmeticlaser.com

Robert Langdon, MD

Dear Valued Patient and Friend,

Welcome to another issue with more tips for looking and feeling good. Thanks for all the nice comments about the newsletter. And don't forget: we will be more than happy to start a free subscription for any of your friends or neighbors who you think would enjoy this information. Just call us at (203) 245-2399.

Okay, let's get started...

## Inside this Issue...

Laser Hair Removal.....	2
What else is news.....	2
Red Facial Blemishes.....	3

## Watch Out for Trans Fats!

Consumers are often warned against consuming too much saturated fat in their diet—fats from animal food sources such as red meat, butter and cream. These fats are known to clog arteries and place individuals at higher risk for heart disease. But another type of fat is also harmful to the body—trans fats. These are artificial fats produced by chemically modifying (hydrogenating) vegetable oils. They are mostly but not fully saturated. They are extremely common in



packaged baked goods like cookies and crackers. In the list of ingredients on a package label they will appear as “partially hydrogenated vegetable oil,” but they are not listed under saturated fat on the nutrition label; thus, consumers cannot easily identify how

much of this type of fat may be included in a product.

## Harmful Fats

Why are these fats harmful? Both saturated and artificially hydrogenated (trans) fats cause elevated blood levels of cholesterol and increase the risk of heart disease and stroke. In fact, the trans fats may be even worse than the traditional saturated fats at raising cholesterol.

## New Labeling of Trans Fats Required by FDA

The U.S. Food and Drug Administration (FDA) has decided to require food manufacturers to list trans fats on nutrition labels. This labeling will help consumers to assess the true content of harmful fats in packaged foods. For example, a cookie package may list the amount of saturated fat per

*continued on page 4*

## Good News about Laser Hair Removal

We are pleased to report that the laser we use for hair removal treatments, the Apogee 40 manufactured by Cynosure, Inc., recently received clearance from the U.S. Food and Drug Administration (FDA) for permanent hair reduction. FDA clearance for a specific application of a medical laser indicates official government recognition of the effectiveness and safety of the laser when used for a specific purpose.

### Long-term Studies

In long-term studies of the Apogee laser, average permanent hair reduction of 76 percent was documented greater than 14 months after the last laser treatment. These results followed 3 to 5 laser treatments.

Two researchers involved in these long-term studies had the following comments:

.....

## What else is news...

### Dr. Langdon and patients appear nationwide on TV

Dr. Langdon recently published an article on liposuction of the neck and jowls (*Dermatologic Surgery*, April 2000). The Yale University Office of Public Affairs publicized Dr. Langdon's article, and a TV news story was produced by MedStar Television of Philadelphia. Dr. Langdon was interviewed as were two of our patients who underwent this procedure. This story has been broadcast throughout the United States, including in Los Angeles, Seattle, Oklahoma City, St. Louis,

Suzanne Kilmer, MD, director of the Laser and Skin Surgery Center in Sacramento, CA said, "Our patients are delighted with the results we get with the Cynosure Apogee laser. The laser provides excellent hair reduction with minimal discomfort. The data from this study allows us to provide encouraging information about long-term results."

Dr. Jenifer Lloyd, director of laser services at Lloyd Dermatology in Youngstown, OH said, "We began using the Cynosure laser in 1997. Our patients are very satisfied with the long-term hair reduction we were able to achieve."

### Our Results

At Shoreline Dermatology Laser and Cosmetic Surgery Center, we have been achieving great results with the Apogee 40 Laser for hair removal. If you are concerned about excessive hair growth in any facial or body area, please give us a call (203-245-2399) to learn more about what these laser treatments can do for you!

Kansas City, Detroit, Tampa and elsewhere. We've been receiving phone calls and e-mail from TV viewers in all of these places. Stop by the office and we'll be happy to show you this video!

### Our office is moving

We're getting ready to move our office to a totally new location in Guilford. A new building is currently being constructed for our office as well as other medical offices. We will have expanded space for cosmetic surgery and aesthetic services. The address of the new office is 5 Durham Road, Guilford, CT 06437. We will probably be moving in October. Watch for an announcement when we make the move!

## Red Facial Blemishes

Most red spots that appear on the skin represent excessive blood vessels. When these spots, which are referred to as “vascular lesions,” occur on the face, they become a cause of concern because of their visibility. Discrete round or spider-shaped spots are usually a type of hemangioma, or benign blood vessel growth. Many of these growths appear in childhood, but they can occur at any age. Linear blood vessels can also become dilated. These are frequently called “broken” blood vessels, but they are actually intact vessels through which red blood cells are actively circulating. These vessels are enlarged (dilated) and are thus more visible than the microscopic capillaries that are normally present everywhere in the skin.

Dilated blood vessels (the medical term is “telangiectasia”) are extremely common. Nearly every adult has visibly enlarged vessels near the base of the nose. Many people who appear to have a rosy complexion, especially in the cheek area, will on close inspection have many small dilated vessels that in the aggregate produce the reddish color.

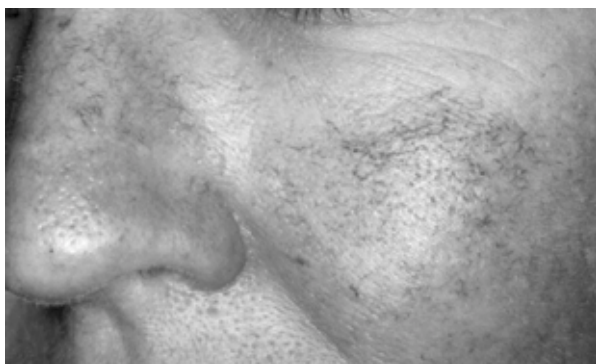
What causes these vessels to dilate? By far the most common causes are 1) sun exposure (“photo aging”) and 2) rosacea (a common skin disorder). Virtually all adults who live on planet Earth have some degree of sun damage on facial skin, and telangiectasia are one of the major manifestations of this damage.

### **Rosacea: A Common Condition**

Rosacea is a medical condition that is defined by one distinct physiologic trait: a tendency for the person to flush (blush) easily. All patients with rosacea are aware of this tendency in themselves and can usually recite the factors that trigger this response. Flushing reactions are usually set off by such factors as drinking alcohol or a hot beverage, taking a hot shower, physical exertion and environmental factors such as exposure to sunlight or wind. One of the first visible skin problems that rosacea patients will notice is (permanently) dilated facial blood vessels. These seem to result from the vessels remaining dilated even after the flushing reactions have subsided.

*continued on page 4*

**A patient with dilated facial blood vessels before and after krypton laser treatment by Dr. Langdon...**



***Watch Out for Trans Fats, from page 1***

serving as 3 grams, and the amount of trans fats as 2 grams—meaning the total of unhealthy fat is actually 5 grams.

**Healthy Monounsaturated Fats**

All fats should be eaten in moderation, but some types of fat are good for you. The most “healthy” of these fats are the monounsaturated ones. Monounsaturated fats actually help reduce cholesterol. Olive oil is particularly rich in monounsaturated fat and significant amounts are also found in canola oil and in nuts such as almonds, cashews and peanuts. We recently “discovered” (at Stop and Shop!) a delicious and healthful vegetable oil spread that is made from equal amounts of olive oil and canola oil. It is called Olivio®; it tastes better than butter and is far less

expensive than spreads such as Benecol® (also capable of lowering cholesterol).

**Healthy Polyunsaturated Fats**

Also considered healthy are polyunsaturated fats, which are prominent in several vegetable oils including corn, safflower, soybean and sunflower oils (as long as they haven’t undergone artificial hydrogenation!). Another source of polyunsaturated fat is the omega-3-oils found in fish (and also in canola and soybean oils).

**Check Ingredients for Trans Fats**

Until the FDA-required labels listing the amounts of trans fats that are present in packaged foods appear, we can only look at the list of ingredients to see if “partially hydrogenated” oils are present. Even foods that appear to be “low fat” may contain significant amounts of these harmful trans fats.

.....

***Red Facial Blemishes, from page 3***

Many rosacea patients will also develop acne-like skin lesions including papules (small bumps), pustules and even large nodules. This condition is referred to as “acne rosacea” and usually responds well to treatment with topical antibiotic lotions such as Metrogel®. More severe cases may require oral antibiotics. Unfortunately, neither the telangiectasia (dilated vessels) or flushing reactions improve from this type of medication.

**The Laser Solution**

The good news about dilated blood vessels and other vascular facial lesions is that they can be

effectively treated and eliminated with modern laser therapy. Dr. Langdon has been using an advanced instrument, the krypton laser, for several years to help hundreds of his patients permanently get rid of these lesions. Krypton laser treatments are non-surgical, require no anesthesia, can be done at any time in the office and require no “downtime” or recovery. The unwanted blood vessels actually disappear immediately. There is usually only a mild pinkness from irritation that goes away within an hour. Depending on how excessive the blood vessels are, most patients will require one to three treatments. Please see the photos on page 3 of one of Dr. Langdon’s patients before and after treatment with the krypton laser.