

1: Facial Skin Disorders - CRC Press Book

' Professor Ronald Marks has written a very impressive book on facial skin disorders; an issue on which he is extremely well qualified. [...] it is difficult to imagine any aspect of facial skin disease that is not mentioned in this book.

Many people suffer with broken blood vessels as early as in the 20s and 30s. The condition is harmless, but can cause embarrassment, frustration and just be unsightly. Causes of broken blood vessels Broken blood vessels occur when the walls of the vessels are damaged from tobacco and alcohol use, extreme temperatures, prolonged sun exposure, excessive scrubbing, and especially with the use of harsh chemical and physical exfoliators. Pregnancy, childbirth, oral contraceptives, estrogen replacement therapy and heredity can also lead to broken blood vessels. All of these insults weaken the blood vessel walls causing the vessels to dilate and become visible. People with damaged, thin or sensitive skin or with other skin conditions like Rosacea , are at highest risk for broken blood vessels and facial redness. Rosacea Rosacea is a common inflammatory condition of the skin that can cause flushing, discomfort and distressing facial redness. The hallmark of Rosacea is visible broken blood vessels and diffuse redness on the cheeks, nose, chin, and forehead. Rosacea is typically difficult to treat, but we often use a combination of topical and oral medications, counsel on the importance of strict sun protection, and use our vascular pulse dye laser PDL. Treatment for broken blood vessels The best and gold standard treatment for broken capillaries is laser therapy. Laser treatments are safe, easy, and effective at providing excellent and often long-term results. These lasers work by targeting hemoglobin, a component of red blood cells. The laser energy is absorbed by hemoglobin and heats up. This heat collaterally damages the surrounding blood vessel walls and causes them to shut down and disappear without causing damage to the surrounding skin. Because these lasers target blood vessels specifically, they do not affect other skin structures and do not cause crusting, scabbing or peeling, so there is little to no downtime. Patients can return to their normal activities right away, but it is essential to use sunscreen on the treated areas. Brownish red neck discoloration In addition to broken blood vessels and redness on the face, many patients are bothered by reddish brown discoloration on the neck and chest called poikiloderma. Poikiloderma is caused by chronic sun damage where blood vessels both dilate and even leak blood into the surrounding skin. This blood oxidizes, which changes its color from reddish to brown. Poikiloderma becomes more prominent with chronic sun exposure and is frequently a source of cosmetic frustration to patients. YAG nm laser, which we have combined in a single Duplex device is best for treating this stubborn condition. The PDL laser targets the brighter red blood vessels and the Nd: YAG laser penetrates more deeply and helps lighten the darker brown pigmentation. Again, because these lasers target vessels and brown spots specifically, they do not damage surrounding skin. Typically, because poikiloderma is stubborn, your cosmetic dermatologist will recommend a series of treatments spaced weeks apart for best results. Although usually not necessary, topical numbing cream, ice packs, and cooling gel may be used during your treatment to maximize comfort. Schedule a consultation During your cosmetic dermatology consultation at one of our dermatology offices in Beverly Hills , Encino or Torrance, we will evaluate your skin, and discuss your concerns and goals for treatment. Then we will create a personalized treatment plan to address your needs. We will also recommend the number of laser treatments that will provide you with best elimination of your broken blood vessels, redness, or brownish red discoloration for a refreshed, youthful look.

2: Cosmetic Dermatology Treatments - Skin Care

Learning about proper skin care and treatment for skin disorders can be very important for skin health. Some conditions require the attention of a doctor, while you can address others safely at home.

Facial skin problems and skin problems on other areas of the body can occur because of age, exposure to environmental elements, and a host of other factors. Some common skin flaws are the result of genetics, viruses, and other causes. A cosmetic dermatologist has the advanced training and expertise necessary to effectively treat skin problems.

Acne One of the most common facial skin problems for adolescents is acne, a troubling skin condition that can affect confidence and self-esteem. As sebaceous glands become overactive and produce excess oil, follicles become plugged, resulting in blackheads and whiteheads. These plugged follicles can then become inflamed, causing pimples, nodules and cysts. Although acne is not harmful to health and will usually go away after time, moderate to severe acne can leave scars. There are several acne treatment options available that can effectively treat acne and eliminate or reduce the scarring it causes. Find a qualified cosmetic dermatologist in your area.

Hyperpigmentation Hyperpigmentation refers to brownish patches that appear on the skin as a person ages or as a result of acne. The condition can be worsened either sun damage or genetics. Sometimes known as "liver spots," these benign patches resemble large freckles and usually appear on the face, neck, hands, feet or legs. Although they are not harmful, many people wish to have them removed for cosmetic reasons. A cosmetic dermatologist can effectively remove or reduce the appearance of age spots on the skin.

Large Pores Pores are the tiny openings in the surface of the skin through which moisturizing oils are released. When pores on the face are large enough to be visible, they can cause frustration as well as facial skin problems. To some degree, pore size is hereditary, but pores also appear larger when they contain trapped oil and skin cells. A dermatologist can recommend effective treatments for improving the appearance of large pores.

Rosacea Characterized by facial redness and swelling, rosacea is a facial skin problem that usually afflicts adults with fair skin. It can appear at any age. Rosacea usually develops slowly at first, appearing periodically as a facial flush. The condition worsens over time and rarely resolves on its own. A cosmetic dermatologist can effectively treat rosacea with topical or oral medications, as well as facial skin treatments, such as laser therapy, to provide generally excellent results.

Scars A scar is an area of skin that is a different color or texture from surrounding skin that results after an injury heals. Although most scars fade over time, certain types and those that occur in noticeable areas may remain apparent for a lifetime. Scars are cosmetic skin problems that do not require medical treatment, but their presence can be frustrating. Scar treatments available from a cosmetic dermatologist can help reduce the appearance of scars dramatically.

Undereye Circles Darkened skin beneath the eyes is a common skin problem caused by factors such as heredity, lack of sleep, allergies, diet, and sun exposure. In many cases, the darkened circles can be reversed by resolving the underlying cause, or they can be concealed with cosmetics. A cosmetic dermatologist can provide treatments that can reduce or eliminate the discoloration of persistent and very dark undereye circles.

Wrinkles Wrinkles and lines on the skin are among the most common facial skin problems for women and men as they age. Lines and wrinkles appear where skin naturally folds and creases, becoming more and more permanent as time goes on. Sun exposure, smoking, and extreme dieting can hasten this effect, making skin look older than it is. A cosmetic dermatologist can prescribe professional skin care products and perform a wide variety of very effective procedures to smooth and rejuvenate skin. A cosmetic dermatologist can effectively address sun damage, signs of aging, and other skin problems to help you achieve your aesthetic goals. Contact a Doctor Near You.

3: Top 10 Womens Skin Problems Solved

Rosacea Rosacea is a common disorder that mainly affects skin on the face. It causes redness on the nose, chin, cheeks, and forehead. It causes redness on the nose, chin, cheeks, and forehead. Top.

This article has been cited by other articles in PMC. Abstract Background Recent studies highlighting the psychological benefits of medical treatment for dermatological skin conditions have demonstrated a clear role for medical therapy in psychological health. Skin conditions, particularly those that are overtly visible, such as those located on the face, neck, and hands, often have a profound effect on the daily functioning of those affected. The literature documents significant emotional benefits using medical therapy in conditions such as acne, psoriasis, vitiligo, and rosacea, but there is little evidence documenting similar results with the use of cosmetic camouflage. Here we present a review highlighting the practical use of cosmetic camouflage makeup in patients with facial skin conditions and review its implications for psychological health. Methods A search of the Medline and Scopus databases was performed to identify articles documenting the emotional benefit of cosmetic camouflage. Results Cosmetic camouflage provides a significant emotional benefit for patients with facial skin conditions, and this is substantiated by a literature review and personal experience. More clinical studies are needed to assess and validate the findings reported here. Conclusion Patients with visible skin conditions have increased rates of depression, anxiety, and decreased self-esteem. It is prudent for us to consider therapies that can offer rapid and dramatic results, such as cosmetic camouflage. Perseverance with treatment regimens is required in order to see noticeable improvements; however, many patients desire an immediate effect. Cosmetic camouflage is an easy to teach and learn technique that utilizes makeup to disguise skin lesions. Following application of specialized products, an immediate improvement in skin appearance and patient contentment is often appreciated. Currently, there is a paucity of studies documenting the benefits and efficacy of cosmetic camouflage for patients with disfiguring skin lesions. We see immediate and satisfying results with the use of camouflage in our patients. This article reviews the psychological effects of facial skin conditions in the literature and introduces practical techniques of cosmetic camouflage for the treatment of skin lesions. For this review, we conducted a literature search of the PubMed and Scopus databases in order to identify studies evaluating the quality of life QoL in patients after instituting camouflage therapy for facial skin conditions. Articles documenting improvement in QoL measures based on validated clinical evaluation scales were selected and reviewed. Seven studies were identified and are highlighted in this review. Furthermore, the camouflage products included were identified from our prior clinical encounters, consultations with other experts in the field, and from the clinical studies or case reports reviewed. Detailed information about products was obtained from product package inserts, consumer information, and company websites. Emotional consequences of dermatological conditions Dermatological conditions, particularly those located on the face, such as acne, psoriasis, vitiligo, and rosacea, can be emotionally and psychologically disfiguring. Patients with acne are more likely to experience depression, anxiety, decreased self-esteem, and have suicidal ideation. Psoriasis, a common autoimmune inflammatory skin disease, decreases the QoL of those affected and is also a notable risk factor for suicide. One study aimed to quantify the burden of vitiligo as compared with psoriasis by estimating the health-related QoL in the Dutch-speaking Belgian population. The overall mean DLQI score for vitiligo was lower than for psoriasis 4. Nonetheless, this study quantified the burden on QoL that results from vitiligo, and indicated that the most affected domains influenced were feelings, clothing, social and leisure activities, and daily routine. For example, treatments for rosacea improve both QoL and symptomatology. The face is of paramount importance to body image and self-esteem. Patients with facial skin conditions have an increased risk of depression and suicide, making it necessary for the physician to initiate therapies and alternatives to improve the medical condition while minimizing the cosmetic appearance. This was one of the first articles documenting the need for early therapeutic intervention in patients with long-standing and debilitating skin diseases because the risk of depression and suicide was

highlighted. Interestingly, patients with nondermatological disease and women with facial complaints were the most depressed and had the highest risk for suicide. Typically, these patients report having skin resistant to therapy or note an improvement with subsequent recurrence during maintenance therapy. As a consequence, by the time of dermatological consultation, the patient is frequently frustrated and has started to lose confidence in the ability of the practitioner to provide resolution or improvement for that matter in their skin condition. Patients desire immediate therapeutic and cosmetic results when initiating medical treatment, and studies have shown the majority of failures result from patients who are noncompliant with topical application treatment plans. Cosmetic camouflage is a technique using makeup to disguise disfiguring skin lesions immediately, with the intention of normalizing the appearance of the skin 32 Figure 1. This technique uses specialized products, including cover creams, liquids, and powders, that when applied in a systematic way, can rapidly disguise any areas of visible change. The products differ from conventional cosmetics in that they are waterproof and opaque, allowing adherence to textured skin, including scarred or diseased areas. Most mainstream products are of low allergenic potential, which is particularly helpful in patients with hypersensitive skin conditions, like rosacea or eczema. Perhaps the most notable benefit of cosmetic camouflage is the immediate results and instant gratification that can be achieved after application of the product Figure 2A and B. These products are also easily accessible, affordable, and require minimal training for the patient.

4: Facial skin problems | DermNet New Zealand

Eczema and dermatitis are terms for a group of skin conditions that cause the skin to become inflamed or irritated. Learn about the causes, symptoms, treatment, and prevention of these common skin conditions.

Find out about these conditions and several more. Contact Us Do children get skin problems? Several common pediatric skin conditions will be discussed including: What is diaper dermatitis? Diaper dermatitis, or diaper rash as it is more commonly known, is not a diagnosis but rather a category of skin conditions affecting the diaper area. There are four types of diaper dermatitis, including: Overgrowth of yeast *Candida albicans*. Inflammatory skin conditions such as seborrheic dermatitis. The most common type of diaper dermatitis is irritant contact dermatitis, associated with skin exposure to either urine or feces or both for a long period of time. Irritant contact dermatitis usually appears as bright red, sometimes slightly swollen, or even blister-like patches in the diaper area. Prolonged irritant contact dermatitis can increase the risk of infection in the affected area. The primary treatment and prevention of irritant contact dermatitis includes frequent diaper changes to prevent extended contact with moisture and barrier creams and ointments, most commonly containing zinc oxide. A mild topical steroid ointment or cream can also be very helpful in more quickly reducing the inflammation. The next most common type of diaper dermatitis is the overgrowth of yeast, most commonly *Candida albicans*. The warm, moist, and often irritated environment of the diaper makes the skin more prone to an overgrowth of yeast. This condition generally develops on top of irritant contact dermatitis. Usually, it appears as bright red bumps, patches, and sometimes pus-bumps that are found on the skin and in its folds. A barrier cream, often containing zinc oxide, is also recommended to treat and prevent this skin condition. If irritant contact dermatitis is also present, sometimes an additional mild topical steroid is prescribed. If this condition is only treated with topical steroids, the yeast infection can worsen. Rarely, allergic contact dermatitis will occur. This condition is usually associated with a component of the diaper itself such as elastic or adhesive, or fragrance or preservatives in baby wipes. Treatment of allergic contact dermatitis is very similar to the treatment of irritant contact dermatitis: To prevent allergic contact dermatitis, you need to identify the material that is causing the problem and avoid it. Seborrheic dermatitis, commonly known as cradle cap in infants and dandruff in older children and adults, can also be the cause of diaper dermatitis. This condition also affects other areas of the body such as the scalp, face, neck, as well as the skin folds. Treatment includes topical antifungal creams and often the careful use of mild topical steroid. Topical steroids require very careful use, especially in the diaper area to prevent potential side effects such as thinning of the skin and stretch marks. These effects can be prevented by using low potency topical steroids, such as hydrocortisone 1 to 2. What is atopic dermatitis? Atopic dermatitis, or eczema, is a skin condition that can occur at any time in life. It often starts early in childhood and may not diminish until early adulthood. Over half of infants with atopic dermatitis grow out of the condition by age 2, though many adults will continue to have sensitive skin and some continue to flare throughout life. Atopic dermatitis is a chronic condition, which means that it cannot be cured but it can be treated and controlled with proper guidance from a physician. The condition is most common in families who have a history of seasonal allergies and asthma. Though food allergies are more common in children with atopic dermatitis, foods are rarely the cause of atopic dermatitis flares. Atopic dermatitis can get worse when the skin comes into contact with irritating substances such as saliva; harsh soaps; and scratchy, tight fitting clothing. Friction can also contribute, especially when affected children start to crawl. What are the symptoms of atopic dermatitis? Red, very itchy dry patches of skin. Rash on the cheeks that often begins at 2 to 6 months of age. Rash oozes when scratched. Symptoms can become worse if the child scratches the rash and openings in the skin can become infected. In adolescence and early adulthood: Red scaly rash on creases of hands, elbows, wrists and knees and sometimes on the feet, ankles and neck. Skin rash may bleed and crust after scratching. How is atopic dermatitis treated? Gentle skin care with mild soap, short daily baths and lots of moisturizer is the best way to prevent atopic dermatitis flares. Moisturizers that

contain ceramides help to repair the skin barrier and are especially helpful. During flares, treatment is aimed at reducing extreme itching and inflammation in the skin and treating infection if it develops. It includes topical steroid creams and oral antihistamines. Treatment will depend on the age of the child and the severity of the symptoms. To help your child, you can also: Avoid long, hot baths, which can dry the skin. Short, daily baths in lukewarm water are recommended. Apply moisturizing cream with ceramides right after bathing or showering. This step will help trap moisture in the skin. Use moisturizers often, at least twice daily. Thick creams work better than lotions. Keep the room temperature as regular as possible. Changes in room temperature and humidity can dry the skin. Keep your child dressed in cotton. Wool, silk and man-made fabrics such as polyester can irritate the skin. Use mild laundry soap without fragrance and dyes and make sure that clothes are well rinsed. Watch for skin infections, which are more likely with eczema. Contact your healthcare provider if you notice an infection. Avoid rubbing or scratching the rash. If atopic dermatitis is severe, oral medications may need to be used. Occasionally, an oral antibiotic is necessary to treat infection. If these treatment methods are not effective, alternative therapy such as phototherapy light therapy may be recommended for older children. Warts result from an infection with a virus, and are common in children of all ages. Warts commonly appear as hard bumps on fingers, hands and feet. Molluscum contagiosum is a similar type of infection caused by a different virus. It causes pink or skin-colored smooth bumps that can appear anywhere on the body. They are not harmful and will generally go away on their own in a couple of years, but treatment can help them go away more quickly. Common and flat warts are caused by the human papilloma virus HPV, while molluscum contagiosum warts are caused by a pox virus. Warts usually spread through direct contact. It is also possible to pick up the virus in moist environments such as in showers and locker rooms. How are warts treated? Unfortunately there are no antiviral treatments that actually target the virus itself. Instead, the treatment available is targeted against the skin in which the virus is living. Over-the-counter treatments include liquid and film medications containing salicylic acid, which softens the abnormal skin cells and dissolves them. Higher percentages of salicylic acid 20 to 40 percent are most effective. Over-the-counter wart treatments are very effective to treat warts, but must be used daily. First, soak the wart in warm water to soften the skin. Then gently file thickened skin with a disposable emory board. Throw away the used portion so you do not re-infect the skin. Apply the medicine and cover with a bandage. Replace the bandage if it gets wet. Warts usually require weeks to months of treatment to completely resolve. Wart treatment options by the doctor include: Freezing the wart with liquid nitrogen cryotherapy. Destroying the wart with chemicals trichloroacetic acid or cantharidin preparations. Burning the wart off with electricity or a laser such as a flash lamp or CO2 lasers. Injecting the wart with yeast preparations to stimulate the immune system. It has been shown to boost the immune system to better mount an immune response to the wart virus infection. Cimetidine is usually used for a trial two to three months. Molluscum contagiosum treatment methods by the doctor include: Scraping the wart off curettage. It is important to mention that these wart treatments often need to be repeated every 3 to 4 weeks until the wart is gone. Individual molluscum lesions can usually be cured in fewer treatments. How can warts be prevented?

5: Facial Skin Disorders by Ronald Marks

A cosmetic dermatologist can effectively treat rosacea with topical or oral medications, as well as facial skin treatments, such as laser therapy, to provide generally excellent results. Scars A scar is an area of skin that is a different color or texture from surrounding skin that results after an injury heals.

Acne Acne vulgaris Acne, the most common skin disorder in the U. Acne is caused by blocked hair follicles and oil sebaceous glands of the skin, often triggered by hormonal changes. The term acne refers to not only pimples on the face, but blackheads, cysts, and nodules as well. Some people get acne on other parts of their body too, such as the back and chest. Acne treatment by a dermatologist is important because acne left unchecked can often lead to permanent scars and dark facial spots. In severe acne cases, oral isotretinoin Amnesteem, Claravis, others may be used. A cream form of isotretinoin Retin-A is also available. See managing and treating acne for other treatment options. Atopic dermatitis Eczema Atopic dermatitis is one of the most common forms of eczema seen in children. Atopic dermatitis can appear on the face especially in infants , hands, feet or in the creases and folds of the skin. Dry, scaly and itchy skin are the norm, and constant scratching may lead to a thickened area. While eczema often occurs in people with allergies, allergies do not cause eczema. Topical steroids are often used to lessen symptoms. Clinical trials of Dupixent in over 2, adults with moderate-to-severe atopic dermatitis led to clear or almost clear skin as compared to placebo, with a reduction in itching, after 16 weeks of therapy. Dupixent can be used with or without topical corticosteroids. Other forms of eczema include contact dermatitis and seborrheic dermatitis. Shingles Herpes Zoster Shingles virus herpes zoster results in a red, blistered rash that may wrap around your torso or appear anywhere on your body. A fever, fatigue and headache may occur, too. Two preventive shingles vaccines are approved in the United States: Zostavax zoster vaccine live is available as a subcutaneous injection to prevent shingles and is recommended for use in people 60 years or older. Shingrix herpes zoster subunit vaccine is approved for the prevention of shingles herpes zoster in adults aged 50 years and older. Shingrix is a non-live, recombinant subunit vaccine given intramuscularly in two doses, with the second dose given 2 to 6 months after the first. Shingles is caused by the same virus that causes chickenpox - the varicella-zoster virus. Seniors and people with an impaired immune system are at highest risk. Shingles can be painful, but early treatment with antivirals like oral valacyclovir Valtrex can lessen symptoms. Hives Urticaria Hives are the familiar welts raised, red, itchy areas that can occur on the skin. Common causes of hives include medication, food, and bug bites or stings. Seek urgent treatment or call if your hives cover a large area of your body or they affect your breathing. Hives usually go away in 2 to 4 hours; however, in some people hives may persist for months or years; this is known as chronic urticaria. Avoiding the trigger, whatever it may be, is the best tactic to prevent hives. When that is not possible, OTC antihistamines like loratadine Claritin or fexofenadine Allegra can be used to control itching. A drug used to treat allergic asthma, omalizumab Xolair injection , was approved in to treat chronic urticaria in those with no response to antihistamines. Sunburns occur when there is too much exposure to ultraviolet UV light from the sun or sunlamps. The skin turns red, painful, hot to the touch, and may even peel away. Repeated sunburns, especially as a child, can boost the risk for skin cancer later in life. Usually sunscreen needs to be reapplied every 2 hours, but you may just need to get out of the soon, too. The first step in treating a sunburn is to seek shade, get inside if possible, and cool the skin down. Take a cool bath or shower with a mild soap. Drink plenty of fluids and moisturize the skin with a light, oil-free moisturizer or aloe vera while the skin is still damp. In some cases, an OTC topical product with lidocaine might be needed. See a doctor if you have a fever, chills or severe blistering over a large portion of your body. Contact Dermatitis Most of us have had contact dermatitis - when we touch something that evolves into a skin reaction. Contact dermatitis is a type of eczema , and may come from plants poison ivy, sumac, oak , jewelry, latex gloves, and irritants like bleach or soaps. To prevent contact dermatitis , avoid the object when possible. To control symptoms, antihistamines , oral or topical steroids , and colloidal oatmeal baths are often helpful. If

your doctor suspects you have contact dermatitis, and the cause is unknown, they may suggest patch testing. In patch testing, allergic substances are applied to your skin. In a few days, your doctor will check for a reaction.

Diaper Rash Anyone who has a child knows about the common problem of diaper rash. A wet or soiled diaper left on too long can lead to red bumps and rash in the diaper area, the buttocks, genitals, and skin folds. Urine and stool can break down skin, and chemicals in a disposable diaper can dissolve out and irritate the skin. Candida yeast or bacteria can also take advantage of the inflamed, broken, skin and complicate the rash. If the rash still persists after 2 to 3 days, consult with your pediatrician.

Rosacea Rosacea is a chronic swelling of the face, with redness, prominent blood vessels, and pimples. Rosacea is most common in women over 30, but men can be affected too. Depending upon the symptoms, there are several effective treatments. Antibiotics, such as metronidazole cream or oral doxycycline can be used. Azelaic acid gel Finacea , a naturally-occurring saturated dicarboxylic acid, can be used for the inflamed pimples. For more severe cases, your doctor might suggest the acne drug isotretinoin. Beta blockers to reduce flushing , the smallest dose of estrogen possible, or laser or surgical treatments may also reduce redness. In January , the FDA approved Rhofade oxymetazoline cream, a topical vasoconstrictor agent applied to the face once a day to shrink vessels and lessen the facial redness of rosacea in adults. A type of fungi called dermatophytes are commonly found in warm, moist areas like pool decks, shower stalls, and locker rooms. Luckily, over-the-counter, topical antifungal treatments are readily available, such as:

6: What's That? 10 of the Most Common Skin Conditions

Facial Skin Problems Facial skin problems are extremely common issues in our clinic. Even if they're painless or benign, they can be particularly stressful as they are easily visible and can seriously affect confidence and quality of life.

We asked top dermatologists about the 10 most common skin problems women face. Find out what causes them and the best ways that you and your dermatologist can fix these trouble spots.

Acne How it happens: You thought you left breakouts behind when you graduated high school, but now acne is popping up all over. Adult acne on your face, back and other embarrassing places is brought on by several factors: In the morning, use a facial wash with salicylic acid to unclog pores, followed by benzoyl peroxide topical over-the-counter solutions are 2. If you have moderate to severe or resistant acne, use a prescription topical or, in some cases, oral antibiotic. At night, use the same salicylic acid face wash or a gentle cleanser if the twice-daily dose is too drying. Follow that with a pea-size amount of a prescription retinoid, such as Differin or Tazorac, applied over the affected area to exfoliate dead skin cells and prevent clogged pores. For mild to moderate acne, a new step-saving option is available: Epiduo Gel, which combines two prescription medications benzoyl peroxide and adapalene, the generic version of Differin, needs to be applied only once a day. Oral contraceptives and prescription anti-androgen medications, such as spironolactone Aldactone, can help control hormone-fueled acne, says dermatologist Ava Shamban, owner of the Laser Institute For Dermatology and European Skin Care in Los Angeles. To prevent acne in hard-to-reach places, use a body wash with benzoyl peroxide or salicylic acid daily, along with a back brush or loofah to exfoliate dead skin cells, he advises.

Age or liver spots How they happen: Those annoying flat brown blotches have nothing to do with your age or liver. Spots that crop up on sun-exposed parts of your body. Try a one-two punch: Hydroquinone, such as prescription Tri-Luma, is a topical bleaching cream that inhibits melanin production, so age spots fade. Her patients start on a series of one to two tubes of Tri-Luma and then switch to Retin-A. Retinoids like Retin-A act as an exfoliant by speeding cell turnover. Other good skin-sloughing options include chemical peels and microdermabrasion, which uses tiny rough grains to buff the skin. For stubborn, dark age spots, try intense pulsed light IPL laser treatments to lighten them.

Scars How they happen: Can you still see the scars from a childhood bike accident that gouged your knees? The trauma can be caused by surgery, injury, even severe acne. Scars that are thin, flat, white and tissue paper-like can sometimes be treated with a Fraxel laser, which pokes small holes in the skin. Steroid injections can soften and improve the appearance of new, thin keloid scars, which are raised, bumpy and flesh-colored; older ones may have to be surgically removed. Red scars can be treated with a vascular laser, which targets blood vessels, to tone down the color. And the pockmarks left by a bad bout of acne? Try Fraxel lasers and injectable fillers, such as Restylane, which stimulate collagen production to help fill in depressed areas. In some cases, they can be surgically removed by a plastic surgeon.

Birthmarks How they happen: Birthmarks are an overgrowth of pigment cells, although some fade and disappear over time. Those can turn into melanoma, a dangerous and potentially deadly form of skin cancer. A variety of lasers can target and remove the pigment. For example, a vascular laser, such as the V-Beam, can get rid of purplish port-wine stains, she says. A plastic surgeon can remove dark, brown birthmarks by shaving them off with a blade or cutting them off surgically using a local anesthesia. Want a less drastic approach? Try camouflaging cream, such as Dermablend Corrective Cosmetics, which has waterproof formulations.

Spider and varicose veins How they happen: Veins have valves that prevent blood from flowing backward. When the valves weaken, they allow blood to flow backward and pool, causing the bulges. Spider veins are often red or blue, small and look like branches right under the skin. Both tend to crop up in the legs; spider veins sometimes appear on the face. A pulse dye laser can zap away facial spider veins, which are dilated blood vessels. It will cause redness for a few days. Sclerotherapy is the gold standard for treating varicose veins. After assessing the vein through an ultrasound, a physician injects an agent, such as glycerin, into the varicose vein. A series of three injections are needed. Any way to prevent varicose veins in the first place? **White spots** How they

happen: Blame the sun here, too, for those uncolored spots that crop up on your legs, arms and hands. White spots may also signal a more serious skin disorder called vitiligo, which is marked by white patches that slowly grow larger. With vitiligo, experts believe the body produces antibodies that attack and kill pigment cells, causing the gradual sapping of color. See your dermatologist immediately for a skin assessment to determine if you have vitiligo. Topical or oral psoralen, for example, reacts with UV light to darken the skin, Sobel explains. Protopic, an anti-inflammatory ointment that suppresses the immune response, preventing antibodies from attacking pigment cells. It needs to be applied twice daily. Stretch marks How they happen: Rapid weight gain – for example, during pregnancy - or weight loss stretches the skin to the point of breaking, just like a rubber band that loses its elasticity. Pinkish, reddish or purplish grooves that appear on breasts, hips, stomach and rear. Moisturizing makes the skin more pliable and helps reduce the appearance of stretch marks. Prescription retinoid cream, such as Retin-A, is effective too. A more expensive option: Fraxel laser treatments, which create small dots of damage along the affected area, stimulating collagen and elastin production to help fill in stretch marks. Rosacea How it happens: Caffeine helps to close dilated blood vessels that bring on flushing. Also steer clear of rosacea triggers: Avoid the sun and always apply sun block, hot and cold temperatures, spicy foods and alcoholic drinks. For moderate to severe cases of rosacea, try daily topical treatments, such as microbe-fighting Finacea and Metrogel, or oral antibiotics to reduce inflammation and pimple-like bumps, Sobel says. Ingrown hairs How they happen: The culprit is shaving and waxing. Shaving cuts hairs to a sharp point. When it starts to grow in, the hair shaft pierces the skin surrounding the follicle, Baumann explains. In other cases, it curls and grows back into the skin rather than breaking through it. As with acne, bacteria can infect it, causing soreness, redness and pus. Put down the tweezers. Instead, slough off the top layer of skin to free trapped hair. First, wet a washcloth in hot water, wring it out and apply the warm compress to the ingrown hair. This softens the skin so the hair can work its way through it. If the area is inflamed and has pus, dab on benzoyl peroxide to kill the bacteria, just as you would with a pimple. In the future, nix the razor and get laser hair removal treatments, such as with the Alexandrite laser, which removes unwanted hair in about two to three sessions and is less likely to cause ingrown hairs. However, not everyone is a candidate for laser hair removal, so consult with a qualified doctor before you do it. Moles How they happen: Moles occur when skin grows in a cluster, rather than spreading out. They tend to be more common in people with light skin. Alert your dermatologist if a mole is asymmetrical half of the mole is unlike the other half; has an uneven or scalloped border; is two-tone such as tan and black; is larger than the size of a pencil eraser; or has changed in size, shape or color. Not all moles are precursors to skin cancer and may not need to be removed. Get yearly mole checks by a dermatologist twice a year if you have a personal or family history of skin cancer. Are You Skin-Care Savvy? If your skin-care knowledge could barely fill a pillbox, you need a refresher course. Do you know how to put your best face forward? Find out now with our skin care quiz. Thanks for signing up for our newsletter! You should see it in your inbox very soon. Please enter a valid email address Subscribe.

7: Common Facial Skin Flaws, Problems & Solutions

DermNet NZ does not provide an online consultation service. If you have any concerns with your skin or its treatment, see a dermatologist for advice.

8: Contagious skin diseases | American Academy of Dermatology

Skin solution: See your dermatologist immediately for a skin assessment to determine if you have vitiligo. There's no cure for the disorder, but treatments can restore some of the pigmentation.

9: Books by Ronald Marks (Author of Facial Skin Disorders)

FACIAL SKIN DISORDERS (SERIES IN DERMATOLOGICAL TREATMENT)

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Treatment for skin disorders Many options are available for treating skin disorders. The choice depends on the type of skin condition you have, its symptoms, and the severity of these symptoms.

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Hardman Tom McGrath and Jimmy Boyle. An Introduction to Epistemology (Introducing Philosophy, 4) My First Year as a Lawyer Control Shift (Signature) Neoclassicism in Music Workshop on Cellular and Molecular Toxicology, held at Marriotts Lincolnshire Hotel, Lincolnshire, Illino An ansuere vnto the confutation of Iohn Nichols his recantation, in all pointes of any weight conteyned The match with J.W. Showalter, 1894 The socioeconomic impact of transgenic cotton in Colombia Patricia Zambrano . [et al.] Biographical Sketch of Wittgensteins Philosophy Ordinary differential equations ebook Constitutional equality for women : losing the battle but winning the war Cynthia Harrison The Reverend Mark Matthews Color sets the tone Hydrangeas Roses (Leisure Arts #3592) Budget imbalance and the external influences: A study for the Legislative Budget Board of Texas Fahrenheit 451 on cell block D : a bar examination to safeguard Americas jailhouse lawyers from the post- Baby Remember My Name The Two-Source Hypothesis Victorian fairings Higher Complex Torsion And the Framing Principle (Memoirs of the American Mathematical Society) Immunotherapy in neuromuscular disorders Gladys Jacob Enzyme-linked immunosorbent assay for the detection and identification of plant pathogenic bacteria Blank Birth of the planet English as a foreign language : the role of out-of-school language input Marjolijn H. Verspoor, Kees de B Gentleman and ladies Michael Zulu: Artist Powerful Inspirations Spss 20 survival manual The Sikkim Himalayas Habit And Its Importance In Education New Directions in Contemporary Architecture The writers reference. Swedish Mecca of the Plains Did humans cause the greenhouse effect? Chapter 4 Waiting Will Reveal Some Things Unexplained Places The dance of the red swan. Crossfit wod list francais The Little Book of Beer Tips