

In the News...

Dysport™ available!

Dysport is the latest neuromuscular blocking agent available. The generic name of the medication is abobotulinumtoxinA. Dysport is a direct competitor to botulinum toxin type A, trade name Botox(r). While there are technical differences between the two medications, the base content of both is botulinum toxin type A which causes paralysis of muscles by blocking the transmission of the chemical agent acetylcholine which tells muscles when to move. By paralyzing certain muscles of the face, the overlying skin wrinkles can be relaxed and wrinkles produced with muscle motion will be reduced.

Dysport was approved for use in the United States in 2009 though it has been in use in other countries for several years. Dysport is approved for cosmetic use to treat the lines between the brows, the glabellar furrows. It is supplied as either a 300 unit or 500 unit vial and requires reconstitution. The dosage of Dysport is different from the dosing for Botox. The suggested starting dose for treatment of glabellar furrows with Dysport is 50 units as opposed to 20 units for Botox. Dysport is reported to last about 3 months, though some studies have indicated it may last slightly longer. The current cost in the United States is less than the cost of Botox. Side effects are similar between the two drugs. The only additional warning that comes with Dysport but not Botox is that patients who have a milk allergy, not just lactose intolerance, should avoid using Dysport.

Surgery may cure some headaches

According to research in the August issue of Plastic & Reconstructive Surgery, certain headaches may be amenable to surgical correction. For some patients who have tension type headaches, forehead lifting procedures which cut muscles in the forehead can provide long term relief from headache symptoms.

Congratulations Dr. Verret

Dr. Verret has been selected for the second year in a row to D Magazine's Best Doctors issue. The final list will be published in the November issue of D Magazine.

For your information...Sun exposure protection

While exposure to the sun is necessary to ensure adequate Vitamin D production, too much of the sun is not a good thing. It is important, especially during the summer to protect your skin from the sun's ultraviolet radiation. The sun emits energy both that we can see and that we cannot see. Part of the energy we cannot see is termed ultraviolet light (UV light). UV light is arbitrarily divided into UV-A and UV-B.

Protection from sunlight is important for many reasons. UV exposure, both from sun and tanning beds, is the most common and avoidable risk factor for skin cancers including basal cell skin cancer, squamous cell skin cancer, and melanoma. In addition to skin cancer risk, sun exposure can cause in

increase in the aging process. Long term exposure to sun can cause age spots, some of which can progress to skin cancer. UV exposure also decreases the amount of collagen in the skin and increases the amount of elastin. Collagen and elastin are opposing components in the skin which contribute to skin tightness. Collagen is good and helps to keep skin tight, while elastin is a major component in loose, baggy skin.

Sun exposure in the northern hemisphere is greatest during the summer months, particularly between 10am and 4pm. Just because you are inside does not mean that you are protected. Most glass windows only protect against a part of the ultraviolet spectrum. Interestingly, basal cell skin cancers are more common on the left side of the body and this is thought to be due to sun exposure while driving a car.

There are simple steps which can be done to decrease your sun exposure and protect your skin, the largest organ of the body.

- Wear sunscreen
- Wear long sleeve shirts, even in the summer
- Wear jeans and not shorts
- Wear a cap or large bandana to protect from sun exposure
- Sit in the shade, not out in the middle of the sun
- Beware of reflected sun exposure from concrete and other reflective surfaces
- Limit your outdoor activities between 10am and 4pm during the summer
- Avoid ultraviolet tanning beds and booths – these are as harmful as sun exposure

When choosing sunscreen, it is important to wear a sunscreen with at least SPF 30 and an additional UV-A protection. The sun protection factor (SPF) is only a measure of protection against UV-B radiation, not UV-A radiation. It is also important to reapply every 90-120 minutes, sooner if there is excess sweating or swimming which can remove the protection.

As always, if you have significant sun exposure or notice a spot on the skin which is concerning, consultation with a physician, possibly a dermatologist, is always warranted. For patients with extreme sun exposure, yearly consultation with a dermatologist is a good idea to ensure that there are no concerning moles.

For questions or to suggest content, send an e-mail to info@newsletter.innovationsfps.com

--

If you do not want to receive any more newsletters, [this link](#)

To update your preferences and to unsubscribe visit [this link](#)

Forward a Message to Someone [this link](#)

