

## **Sun Damage Showing Up on Younger People and African Americans**

BLOOMFIELD, CT, June 14, 2010 – Sun damaged skin is showing up in people who didn't think they needed to worry about it – those in the 20s and those with darker skin. "We are seeing premature age lines, dark spots and even cancers from sun exposure in people in their late 20s and 30s and in our darker-skinned clients. Only a few years ago, we weren't seeing this kind of skin damage from the sun," says Anita Wolf, an aesthetic registered nurse of Vivesse Laser and Skincare Center in Bloomfield.

Among the things that she's seeing are:

**Brown spots** – These are the biggest concern of those coming to Vivesse for sun-damaged skin. Called age spots or liver spots, these used to show up in people in their early and mid 40s. But Wolf says she now sees them in people in their 20s.

**Premature aging lines** – One of the most obvious signs of sun damage is wrinkles and lines around the face and neck. "It used to be that these lines would show up in people starting in their early 40s, but today, it's not uncommon for me to see them in people in their 20s and early 30s," she says.

**Melasma** – Sometimes called "Pregnancy Mask" this shows up as a darkened area of the skin. "This condition is induced by hormones and sunlight," she says. "It was a rarity, but I'm seeing it more and more often in all skin types from light to dark skin. In the last two weeks, I've had 12 to 15 cases," she says. There are things to help correct this, however, these treatments are more difficult due to sun exposure.

**Premature cancers** – The most devastating outcome of sun exposure is, of course, skin cancers. Here, too, Wolf hears from her clients that there's been an increase. "With today's knowledge you'd think people would be smarter about guarding against skin cancer. But they don't seem to get it. I'm seeing skin cancer even among younger people and African-Americans. The major concern with darker-skinned people is that it's not as easily detected at an early stage. By the time it's discovered, it is often too late.

Wolf advises anyone, no matter how young, to protect their skin against the sun. "Prevention of sun damage is important, no matter what your age. Even if you're older and already have some damage, it's still critical that you prevent further harm. You've heard the mantra, but it's worth repeating – cover up with hats, sunscreen and sunglasses (these prevent eye damage from the sun's rays). All skin types need to do as much as they can to prevent the sun's damage."

She also advises year-round use of sun screens and cosmoceuticals. Cosmoceuticals are medical grade skin care products. "We have found an antioxidant serum that combines vitamins C & E, applied under sunscreens, is particularly effective. In fact, when used under sunscreen it offers 97% protection from the sun's rays," she says. As far as sun screen, she advises every day

application of a cream that contains at least SPF 30. "I start all my patients on a skin care regime to protect against long-term sun exposure. Men and women alike."

Another key to preventing sun damage is to reapply sunscreen often if you're out in the sun. She suggests at minimum every three hours. "And make sure that the sunscreen contains a physical block like titanium dioxide or zinc oxide. Both these protect against UVA/UVB rays. That's important," Wolf cautions.

Prevention should also include a skin care routine. "When we see people who have taken care of themselves, their sun damage is minimal. That preventative protection should include includes cleanser, toner, moisturizer and sun protector every day. Monthly we suggest medical grade microdermabrasions and Retin A. Retin A is the most misunderstood and misused product," she says. "Retin A, which is essentially vitamin A, is something that most people can tolerate, but you need to start gradually, especially if you have sensitive skin. Start by using it once a week at night for two to three weeks and then work your way up. For those with sensitive skin, that might be three times a week. For those with tougher skin that can be every day. But do not start this routine in the summer because Retin A can make the skin more sensitive to sun. Start in fall and then you're ready in the summer. And, of course, never start any skin regime without first checking with your dermatologist or an aesthetic registered nurse as everyone's skin is different."

If you have sun damaged skin, Wolf says there are things that can be done to minimize that damage. These include:

- Laser treatments – "There are amazing lasers out there for dealing with sun damaged skin," she says. "We use them for brown and red pigmentation, lines, and wrinkles caused by the sun. There are different degrees of laser treatments, depending on what you need done. They can do everything from rejuvenating the face to ridding it of sun damage. The most aggressive laser will actually resurface the face, stimulate collagen, and fine-tune large pores. These treatments can yield results in as few as seven to ten days. You will see the best results after eight months."
- Chemical peels –Glycolic or lactic acid peels essentially exfoliate the skin, removing dead skin and allowing it to form new and fresh cells. These are done by aestheticians and nurses and are skin friendly for most skin types. They come in a variety of strengths . They are done in a series of treatments with minimal or no down time.
- Microdermabrasion – These mild exfoliating treatments can be used to prevent or treat sun damage. Done in a series, there is minimal to no downtime with these treatments.

“When it comes to dealing with the sun, we believe the best offense is a good defense,” concludes Wolf. “Act wisely when you’re out in the sun, protect your skin from its increasingly stronger effects, maintain a healthy skin regime and minimize what you can’t prevent.

### **About Vivesse and Anita Wolf**

Anita Wolf, RN is an aesthetic nurse who supervises Vivesse Laser and Skincare Center in Bloomfield. This aesthetic center is one of the two-parts of the practice of Dr. Lori Greenwald. Vivesse is dedicated to helping every woman discover her own personal standard of beauty through injectables such as Botox® and Restylane®, advanced laser skin treatments, laser hair removal, non-laser skin treatments, cellulite therapy and skin care products. You’ll find Vivesse at [www.vivesse.net](http://www.vivesse.net).

Dr. Lori Greenwald is the medical director of Vivesse and Vanishing Veins, a dual practice located in Bloomfield, CT. The practice concentrates on vein care and aesthetic medical treatments. It is the only medical facility in Connecticut run by a physician board-certified in both Vascular Surgery and Phlebology (the specialty of vein medicine). Dr. Greenwald has devoted her career to relieving the pain and embarrassment of vascular conditions and to helping patients find their own ideal of personal beauty. Dr. Greenwald has been recognized by *Money Magazine* and the Consumer's Research Council of America as one of the top vascular surgeons in America and by Alma Lasers as a Luminary in laser therapy. For more information see: [www.vanishingveins.net](http://www.vanishingveins.net) and [www.vivesse.net](http://www.vivesse.net).

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