Skin Care Is Important Element of Rejuvenation

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In treating cosmetic dermatology patients for symptoms associated with aging, procedures are not enough, Dr. Leslie Baumann said in a Galderma-sponsored symposium held during the 21st World Congress of Dermatology in Buenos Aires.

"Skin care is also important," she said. "When you think about skin rejuvenation, you need to think about all components." Combination therapy is a key to treating aging-related skin problems.

In the epidermis, pigmented therapy targets the melanocytes, and "barrier-restoring therapy" targets the keratinocytes. "Skin needs to be hydrated to look young," said Dr. Baumann, director of cosmetic dermatology at the University of Miami.

As skin ages, the levels of collagen and glycosaminoglycans in the dermis decrease and alterations in elastic tissue occur, she noted. Injection of hyaluronic acid or collagen fillers helps restore the structural integrity of the dermis. Vascular therapy prevents the enlargement of blood vessels in the dermis that is seen in the blushing associated with rosacea. Volume-restoring therapy targets the adipocytes in the subcutaneous tissue, and therapy that controls muscular movements, such as botulinum toxin, targets muscle fibers.

Retinoids prevent skin aging by increasing the production of collagen and hyaluronic acid. "You are doing your patients a disservice to give them botulinum toxin or fillers and not give them a retinoid," said Dr. Baumann.

Nearly half of the cosmetic dermatologists interviewed in a recent market survey acknowledged discussing makeup with their patients. Surprisingly, only a slightly higher percentage of those surveyed talked to their patients about the use of retinoids in skin rejuvenation. "If we are going to talk to our patients about how to look better, we need to tell them about the science," she said. Cosmetic dermatologists should explain to their patients the scientific basis underpinning the use of retinoids in skin rejuvenation.

"You are doing your patients a disservice to give them botulinum toxin or fillers and not give them a retinoid to increase the production of collagen," Dr. Baumann said. "I use retinoids in rosacea patients," she said. "I know you've been taught not to, but I put all my rosacea patients on tretinoin. I can do it by teaching them how to use the retinoids properly."

"If we are going to talk to our patients about how to look better, we need to tell them about the science," she said. Cosmetic dermatologists should explain to their patients that the scientific basis underpinning the use of retinoids in skin rejuvenation is not the only way to improve skin appearance.

The Food and Drug Administration has updated the information that is available on its Web site for consumers and health professionals on injectable fillers. In late January, the agency posted data on materials used; indications; risks; contraindications; and, for patients, questions to consider before they receive such an injection. The information is at www.fda.gov/cdrh/wrinklefillers. 