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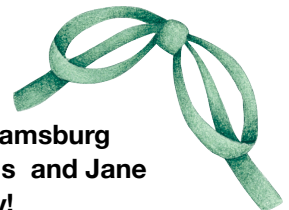


Juvederm is Here!

The Dermatology Center of Williamsburg is now offering Juvederm! Experience the benefits of Juvederm, an injectable gel that will instantly smooth out the wrinkles and folds on your face in a quick, in-office procedure. Juvederm is a breakthrough in dermal fillers, being the first smooth-consistency gel and the only filler that is FDA approved to last up to 1 years with only 1 treatment. Results may vary. Everyone will notice, but no one will know! Call our office today for our consultation.

For more information, visit our website at www.dcw1.com and try the Juvederm Treatment Visualizer! You can upload your picture or choose from models to see before and after photos!

Looking for a perfect gift for anytime of the year? Dermatology Center of Williamsburg offers gift certificates on any of our cosmetic services, as well as SkinCeuticals and Jane Iredale products as well. For more information, call or stop by our office today!



This Issue: Drug Rashes

1. What is a drug rash? A drug rash is the body's reaction to a medication/drug. The type of rash which occurs depends on the drug which is causing the rash. Most rashes look like a full body measles-like eruption. Other drug rashes can look like acne, hives or target-like bull's eyes spots. Some rashes only show up on the skin which is seen by the sun. Drug rashes can be very mild or can be life-threatening.

2. Which medications most frequently cause drug rashes?

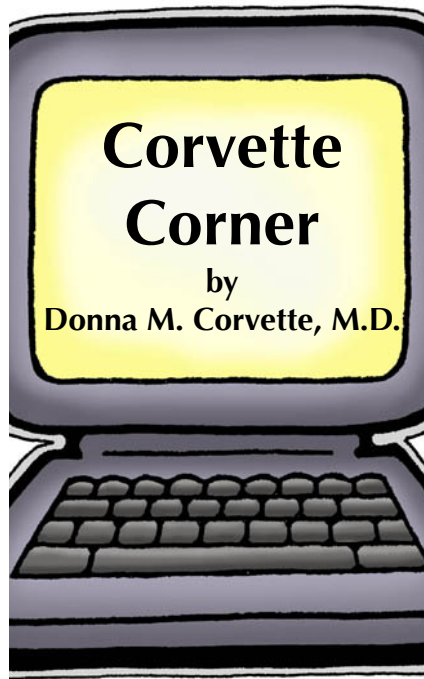
Antibiotics, non-steroidal anti-inflammatory drugs (NSAIDS) and seizure medications. Realize that all drugs can cause a rash, whether it is an over the counter, prescription or herbal medication. Many patients forget to tell their doctor about their herbal supplements; these are medications and they do have side effects.

3. Can a drug cause acne? Absolutely! The acne will typically show up on the face, back and chest. The culprits are usually anabolic steroids, topical and oral steroids, bromides, iodides and seizure medications such as Dilantin (phenytoin).

4. If I develop stomach pain after a medication, does that mean I am allergic to it? No; several medications can cause gastritis or ulcers. This is not an allergic reaction.

5. How does a doctor typically determine which of my medications is causing this rash?

It can be a difficult endeavor. It is easy when the patient develops a rash 1-2



weeks after starting a new medication. The difficulty arises when the patient is on numerous medications and has had numerous changes in their regimens. I am seeing more and more drug rashes after a patient switches from brand to a generic medicine. The drugs are not identical. The reaction may be due to exposure to a new dye in the medicine which was not in the brand from of the drug. The take home messages : **know your medications!**

6. What is the most serious drug rash you have ever seen? Toxic Epidermal Necrolysis (TEN). This is a devastating rash which causes complete sloughing of the skin from your body and mucous membranes. It is life threatening.



Indoor heating can have an adverse affect on your skin. A humidifier in your home can help keep your skin moist and beautiful. To combat the drying effects, add a hydrating moisturizing cream daily. Lock in moisture by doing this while your skin is still damp. Use eye cream and/or serum at night to combat dryness. If you do this on a regular basis, you will probably notice a reduction of fine lines and wrinkles.

It will soon be chapped lips season. Many only experience chapped lips in the fall and winter months. Try to avoid licking you lips, and use a moisturizing lipstick/ lip balm with an SPF in the daytime hours and apply lip balm before you go to bed. Get your beauty sleep to lower stress and put your best face forward.

You asked...Dr. Corvette answers!

Dr. Corvette is a board-certified Medical, Surgical and Cosmetic dermatologist.

If you have a question you would liked answered by Dr. Corvette for a future issue of SkinSense, email :

7. Do all drug rashes look the same? No. Most drug rashes look like a measles eruption. They begin 2-10 days after initiation of the drug, but they can occur months later.

8. Will a biopsy tell me which drug is causing the rash? A drug rash has a classic look under the microscope; however, the biopsy will not tell us which drug is causing your rash. The combination of your history and look of the rash clinches the diagnosis. Many patients do not remember the names of their medications and when they were started in relationship to the rash. Keep good notes so that you can give an accurate history.

The best way to avoid a drug rash is to keep you body at a healthy weight and well exercised so that you can avoid a medical diagnosis. The less drugs you are on, the less likely you are to develop a drug rash.



Winter Skin Care
by
Michele Rae
Practice Administrator

The Next Best Thing to a Magic Wand

by Lori Wood, PA-C

So, you're thinking about having some "work" done. "Nothing too drastic", you tell yourself. Definitely nothing that involves a scalpel. You want those lines to look less noticeable. You want to look rested and refreshed. Maybe knock a few years off our appearance. So what other options are out there? You've used creams and potions, maybe splurged for the occasional facial, been religious with your sunscreen (hopefully!)--yet you still hope that your fairy godmother will arrive to give Father Time the old one-two punch and push him off the lady sitting next to you!

Maybe you've considered BOTOX Cosmetic, but you tell yourself there is no way you're letting someone poke your face with needles and inject botulinum. I mean, come on, isn't that poison? I've been in your shoes and know what you are thinking. I'm a bit of a skeptic at heart; however, if there is one thing I have learned in my life, if I scoff at something, I end up eating my words. Or in this case, getting needles stuck in my face.

So what exactly is BOTOX Cosmetic? It is the trade name for a substance derived from botulinum toxin type A produced by the bacterium *Clostridium botulinum*. Botulism is a form of food poisoning that occurs when someone eats something containing a neurotoxin produced by the same bacteria.

BOTOX Cosmetic does not do this! When injected into specific muscles in small doses, sterile purified botulinum toxin type A blocks the release of a chemical called acetylcholine by nerve cells. Without it, those specific muscle fibers do not receive the message to contract. If the muscle fibers cannot contract, the skin over those muscles does not get wrinkled and it acquires a smoother look. You can have BOTOX injection on your lunch hour and go straight back to work, as there is no downtime. The results are visible within 2-3 days and peak after 2-3 weeks. The effects can last up to 3-4 months.

Since 2002, when it was first approved by the FDA to reduce the severity of frown lines, BOTOX Cosmetic has become the fastest growing cosmetic procedure in the industry. According to the American Society of Plastic Surgeons, approximately 18.5 million procedures have been performed since 2002 in the United States.

Make that 18.5 million plus 1. Yes, despite my initial skepticism, I was won over by all the data. Is BOTOX Cosmetic the next best thing to a fairy godmother and her magic wand? Well, let's just say that when it comes to smoothing out wrinkles it's a close second. Am I glad I did it? Absolutely.



What Is A Dysplastic Nevus?

by Nikki Ward, MA/Derm Tech

A Dysplastic Nevus is an abnormal mole or a pre-cancerous mole. It does not mean you have Melanoma. However, dysplastic nevi (moles) have the potential to turn into Melanoma.

After the pathologist examines the specimen, they are able to determine the severity of how abnormal it is. It will either be mild, moderately or severely abnormal. Unfortunately nobody knows how long it takes a dysplastic nevus to turn into melanoma. They do not do human studies to risk finding out.

In our office, once you are diagnosed with having an abnormal mole, we recommend getting it completely removed instead of ever risking that chance of it turning into melanoma.

To learn more about what an abnormal mole or melanoma may look like, please visit our website at www.dermatologycenterofwilliamsburg.com.

What?...No Breakfast? by Tracie Heinz, CMA

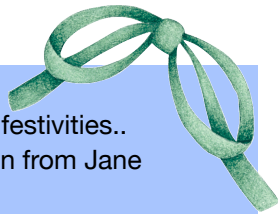
I know, I know. I've heard it all before. I've even said it myself. "I don't have time for breakfast", "I don't like to cook in the morning", and the ever-popular, "if I don't eat breakfast, I can have dessert tonight".

Well guess what. Breakfast is the most important meal of the day. It gives you that energy boost you need and helps prevent you from overeating later and giving into those cravings for less healthy food. The good news is that you can have a healthy, quick and even a no-cook breakfast. The answer is cereal.

I know what you are thinking. Cereal is all carbs and sugar. How can that be healthy? Well cereals are not all created equal. The best way to find out is to read the nutrition label. Here are some of the most important things to look for:

- **Whole grains** - If it doesn't say "whole" grain it probably isn't. Avoid refined grains such as rice, rice flour, corn flour, corn meal and wheat flour.
- **High fiber** - look for the most fiber per calorie. Try to find cereals that get their fiber from whole grains; you'll stay full longer.
- **Low saturated fat** - avoid cereals that contain palm kernel oil (found in yogurt coating), coconut oil (found in some granolas), or chocolate because they can increase the amount of fat in a cereal.

In a nutshell, cereal can be a healthy, on the go breakfast. By reading the nutrition labels carefully and following the above guidelines, you will find the right cereal for you. Your body will love you for it.

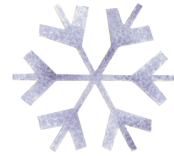
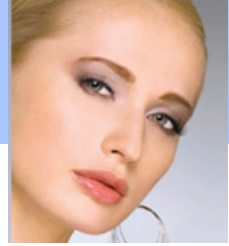


In the Spotlight...

Just in time for all your holiday festivities.. the NEW Silver Lining Collection from Jane Iredale.

With twilight grey, shimmering charcoal and glistening silver for your eyes, sparkling nutmeg with a touch of copper for your lips, this collection will last long past the holiday season.

For information, call or stop by our office today!



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