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health report

Prevention, Care & Renewal of Your Skin by DOCS

"I'm tired of all this non-sense about beauty being only skin-deep. That's deep enough. What do you want — an adorable pancreas?"

— Jean Kerr

At Dermatology & Oculoplastic Consultants (DOCS), we understand the complexity of skin care and the vulnerability of patients entrusting their care to physicians. This is why we have assembled a team of subspecialists to provide comprehensive, high-caliber medical, surgical and cosmetic skin care.

PREVENTION: Maintaining the skin's vitality is multifactorial. The skin has nutritional and environmental requirements. From an early age, we need to keep our skin's needs balanced and control detrimental forces like ultraviolet exposure, environmental damage, dehydration, hormonal alterations and nutritional deficits.

The goal is to circumvent skin cancer and pre-mature aging of the skin which is characterized by mottled pigmentation, lackluster appearance and decreased tone and wrinkles. Aging should be embraced, but there are skills and techniques that can help to keep it under control and reduce the skin cancer incidence.

The foundation is protecting your skin from sun damage whether you are wise enough to figure this out at a young age or given a second chance after renewal procedure. A good sunblock must be broad spectrum blocking both UVA and UVB rays, hypoallergenic, and have an SPF factor of 30. It is vital to apply sunscreen in the amount equivalent to the size of a golf ball and then the re-apply it regularly.

You can also decrease your exposure to chemicals if you wear wide-brimmed hats, large-lensed sunglasses and UPF clothing. At DOCS, we lead active lives and encourage our patients to enjoy all that Sarasota has to offer, but to be armed with "sunsmarts."

We also see the merit in yearly skin exams to educate and identify any concerning moles, precancerous lesions or skin cancers. Moles, also known as nevi, are evaluated for the ABCDE's which are clinically concerning changes that may represent altered cellular behavior. "A" stands for Asymmetry and a preferred shape is symmetric, i.e. round or oval. "B" stands for Borders, which should not be scalloped or Mickey Mouse-eared. "C" stands for Color and a deeper, darker black mole has too much activity in the pigment cells. "D" is Diameter, but more emphasis is placed on "E" for Evolving. A mole that is changing or bleeding is cause for concern. Non-melanoma skin cancers are often non-healing sores that can be scaly, inflamed, persistent and enlarging.

CARE: The skin care routine should entail cleansing, treating and protecting. Our office can target your needs with efficacious and customized cosmeceuticals that range from glycolic cleansers to antioxidants and retinoids.



Dr. Heidi Anderson,
Board Certified
Dermatologist

RENEWAL: At DOCS our focus is twofold: listening to patients and determining their goals and lifestyles as well as performing a skin analysis to assess photodamage, the aging process and hydration deficits. A good dialogue will determine which rejuvenation techniques are beneficial. Simple additions for dynamic wrinkles can be powerful, penetrating growth factors.

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Botox can be beneficial, or if fixed folds need correction, then dermal fillers or fractionated laser can be enlisted. A glowing skin complexion can be obtained with chemical peels or by photofacials and photorejuvenation through Intense Pulsed Light. So the armamentarium is vast, but the skin care plan is specific.



DOCS is located at Sarasota Memorial's Institute for Advanced Medicine, 5880 Rand Blvd., Suite 201, Sarasota. Telephone: 941-925-DOCS (3627). Visit us at www.skineyedocs.com. PAID ADVERTORIAL