

# THE SALLY BALIN MEDICAL CENTER

2009

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## MEET THE DOCTORS

### Thomas D. Griffin, MD

Dr. Griffin is a graduate of the University of Notre Dame and received his medical degree in 1980 from Jefferson Medical College in Philadelphia, Pennsylvania. His internship and residency in General Surgery was served at Eastern Virginia School of Medicine. He was a resident in Anatomic Pathology and Dermatology at Temple University Hospital and at the Skin and Cancer Hospital in Philadelphia, Pennsylvania. He is triple board certified in Anatomic Pa-

thology, Dermatology and has special competence in Dermatopathology. He is an Associate Professor in the Department of Dermatology at Drexel University Medical School and an assistant Clinical Professor of Dermatology at the University of Pennsylvania.

Dr. Griffin is a member of multiple professional societies and has written over 20 articles in peer review journals, and has lectured multiple times, both in the United States and abroad. Dr. Griffin has special interest and expertise in hair trans-

plantation. He has been voted "Top Doc" for hair transplantation and dermatology in *Philadelphia Magazine*.

Dr. Griffin is married and has 3 grown children. His favorite hobbies are golf and boating.



## SALLY BALIN MEDICAL CENTER

Specializing in:

**Dermatology,  
Cosmetic Surgery  
and  
Longevity Medicine**

Dr. Arthur K. Balin

Dr. Loretta Pratt

Dr. Thomas Griffin

## Simple Secrets of Making Your Skin Look Young Again

What's the best way to rejuvenate skin that's starting to look its age? Dr. Arthur K. Balin sat down with *Bottom Line/Health* to explain the most common aging-related skin problems... and the best way to correct each one.

### MINOR SUN DAMAGE

Years of exposure to the sun can leave skin looking lined and wrinkled.

For minor sun damage, the prescription cream *tretinoin* (Retin-A) is often the best bet.

Although it can take several months for the effect to be noticeable, tretinoin helps eliminate fine wrinkles by causing the skin to "slough off" old cells.

Tretinoin also promotes the growth of new elastic tissue in the dermis, the second layer of skin. It can even turn certain pre-cancerous cells back to normal.

**Caution:** Tretinoin can cause skin irritation. To minimize the problem, decrease the frequency of application... use a mild facial cleanser once a day... and use a moisturizer.

### SEVERE SUN DAMAGE

When lines and wrinkles are too numerous or too deep to be repaired with tretinoin, a skin peel may be necessary.

A skin peel involves the application of acid to "burn off" the damaged outer layer of skin. This eliminates not only lines and wrinkles, but also age spots and other forms of sun damage.

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Dermatologists use a variety of acids, depending on the extent of the damage...

- **Glycolic acid peels** are fine for moderate wrinkling. These "lunchtime" peels take just a few minutes in a doctor's office. They require no recuperation time.

The typical patient requires six to 12 monthly treatments.

- **Trichloroacetic acid or phenol peels** are better for more severe wrinkling. These stronger acids take off more layers of skin.

**Drawback:** Strong acid peels can be painful. They can leave the skin raw and red for many days. To avoid embarrassment, most people "hole up" at home for up to one week after having a strong acid peel.

The most effective way to remove wrinkles--and the best option for especially severe sun damage--is a technique known as *laser resurfacing*.

In this technique--which involves up to two weeks of recovery time--the doctor uses laser light to vaporize outer layers of skin. This eliminates wrinkles, brown spots and precancerous cells, too.

**Bonus:** Laser resurfacing causes the underlying layer of skin to shrink. As the skin heals, it looks tighter--almost as if you had had a face-lift.

**EXPRESSION LINES**

To eliminate laugh lines, frown lines, crow's feet and other "expression lines," many doctors now opt for *botulinum toxin* (BoTox) injections.

BoTox paralyzes the tiny muscles that cause these

deep wrinkles to form. With the muscle inactive, furrowed skin has a chance to become smooth and unlined once again.

One BoTox injection can minimize the appearance of expression lines for up to six months. At that point, your doctor can administer new injections.

**Caution:** Too much BoTox can temporarily paralyze the muscle used to raise the eyelid, causing the eyelid to droop for about a week.

**AGE SPOTS**

For people with light-colored skin, these brown or yellow spots can usually be eliminated by freezing them or by burning them off with acid applied directly on the spot.

**Trap:** As the skin heals, it can become lighter in color than the surrounding skin. This can be a problem for African-Americans and others with dark complexions.

**Alternative:** Removing the age spots with laser light. Spots removed via laser heal without any lightening of the skin.

**SAGGING SKIN**

Double chins, "turkey-wattle" neck, loose skin on the upper arms, etc., are typically the result of excessive subcutaneous fat... or skin that has lost its elasticity.

- **Double chin.** This is usually treated with liposuction to remove the excess fat. The neck is then bandaged so the loose skin can reattach to the underlying tissue of the chin.

Recovery is immediate--you can go back to work the following day. You'll have to wear a chin strap constantly for about one week

to reduce swelling and enhance the tightening effect. After that, you'll need to wear it at night for another month or so.

- **Loose skin\*.** The best solution for this problem is FAMI.

*FAMI (Fat autograft muscle injection) is the latest in skin rejuvenation. FAMI is not a classical fat injection. Rather it uses adult stem cells from fat deposits to encourage organic growth in a safe and predictable way. It is a new, non-invasive alternative to traditional face-lift surgery.*

**TITAN AND THERMAGE**

*Titan skin tightening laser uses light energy to stimulate new collagen growth deep beneath your skin's surface.*

*Thermage skin tightening uses radio frequency energy to heat and activate the collagen in the skin.*

(\*updated information)

As with all surgical procedures, these operations carry risks of infection and scarring. Make sure the surgeon is certified by the American Society for Dermatologic Surgery or the American Academy of Cosmetic Surgery.

**SPIDER VEINS**

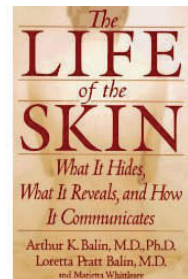
Spider veins can occur on the face or legs. They can form at any age--in part because of sun damage. They're most troublesome for women.

Continued on page 4



**Fast Facts**

About half of all Americans who live to age 65 will be diagnosed with skin cancer.



"By skillfully interweaving patients' stories with scientific explanations, the Balin's illuminate the workings of the body's largest sensory organ and also provide a marvelous glimpse of doctors at work."

--The Washington Post

MEET THE STAFF

Debbie Dudley, Administrative Assistant, Transcriptionist, Receptionist.



Debbie, a versatile and valuable employee, started with Dr. Balin in 1995. Debbie is also the Administrative Assistant for the aesthetics department.

Hair transplant surgery can restore your naturally growing hair for life.

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What Are Foods for Healthy Skin?

According to an article from WebMD, Foods for Healthy Skin: You Are What You Eat

What you put on your plate is even more important than what you put on your skin.

By Colette Bouchez

Most experts say eating a balanced diet is the best way to get your share of good food for healthy skin. Still, a number of specific skin treats are more likely than others to give a boost of glowing good health to your complexion. Here's what experts told WebMD are the most important:

**Low-Fat Dairy Products.** One the most important components of skin health is vitamin A. One of the best places to get it is low-fat dairy products. In fact, experts say that the health of our skin cells is dependent on dietary vitamin A.

**Blackberries, blueberries, strawberries, and plums.** The common link between these four foods is their high antioxidant content.

**Salmon, Walnuts, Canola Oil, and Flax Seed.** These seemingly unrelated foods all deliver essential fatty acids, and thus are key foods for healthy skin.

**Healthy Oils.** These contain more than essential fatty acids. Eating good-quality oils helps keep skin lubricated and keeps it looking and feeling healthier overall, according to nutrition expert Liz Lipski, PhD, CCNL.

**Whole-wheat bread, muffins, and cereals; turkey, tuna and brazil nuts.** The mineral selenium connects all these foods for healthy skin.

**Green Tea.** This beverage deserves a category all its own in any article about foods for healthy skin. The skin-health properties in this beneficial drink just can't be beat.

**Water.** While the exact amount you should drink each day varies, no one disputes the role good hydration plays in keeping skin looking healthy and even young. When that hydration comes from pure, clean water -- not liquids such as soda or even soup -- experts say skin cells rejoice. For full article visit WebMD -

<http://www.webmd.com/skin-problems-and-treatments/features/skin-food>



The Sally Balin Medical Center

dedicated to Sally Balin 1924-1997

A Woman of Courage, Wisdom and Integrity Whose Foresight and Love Helped to Bring The Dream of This Medical Center to Reality

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### *Fall Skin Care*



Fall is the best time to transform your skin and to do some rejuvenation procedures, to repair your skin from the sun damage and to get yourself ready for the colder months.

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Lasers work well for tiny spider veins on the face. Injections of a salt solution or another "sclerosing agent" works better for large leg veins.

Some veins may need to be treated more than once--to get rid of the "roots." Once they're destroyed, however, the veins don't come back.

#### **VARICOSE VEINS**

Compression stockings can keep varicose veins from getting worse. But the only permanent solution is surgery or treatment with a sclerosing agent *or new lasers that destroy the veins from the inside\**.

Large varicose veins can be removed through a tiny hole in the skin--about one-eighth of an inch in diameter. The doctor inserts a thin hook through this opening, grabs the vein and pulls it out.

This form of surgery, known as ambulatory phlebectomy, causes no harm in circulation--and no significant scarring.

#### **AVOIDING SKIN PROBLEMS**

Both sunlight and tobacco smoke are known to cause wrinkles and other problems. Be careful to avoid both.

To catch skin cancer in its earliest stages--when effective treatment is still possible--it's a good idea to have a head-to-toe skin exam at least once a year, beginning at age 18.

If your dermatologist determines that you're at high risk, more frequent skin exams may be recommended.

*Bottom Line/Health* interviewed Arthur K. Balin, MD, PhD, clinical professor of dermatology and research professor of pathology at MCP Hahnemann School of Medicine in Philadelphia, and director of the Sally Balin Medical Center for Dermatology and Cosmetic Surgery in Media, Pennsylvania.

He is coauthor of *The Life of the Skin: What It Hides, What It Reveals, and How It Communicates* (Bantam Books).



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