

Handle With Care

Hands Often Reveal First Signs of Aging

Marina I. Peredo, MD

There are many procedures offered for the aging face, while hand rejuvenation has sometimes been ignored. Yet many skin care clients undergoing facial rejuvenation soon become aware of the discrepancy between the apparent age of their faces and their hands.

Most people can accurately discern a person's age just by looking at their hands. Hand rejuvenation is the new must-have procedure. Hands do, in fact, appear to age more quickly than the face. One reason for this is that skin on the back of hands is much thinner than that on the face. There is very little fat on the back of hands, so when collagen and elastin fibers begin to break down in aging, the effects are noticeable.

So, what can we do to make hands appear more youthful? You may want to explore some of these treatments for brown spots or uneven skin tone, protruding veins, the "skeletal" appearance of your hands, or all three.

Exfoliation Options

Microdermabrasion is a popular method for superficial rejuvenation of the skin. You may notice enhanced skin smoothness over a series of treatments. The degree of exfoliation varies with the equipment and how it is used. Photoaging of hands can also be improved with chemical exfoliation. I recommend light- to medium- strength peels. A series of superficial chemical

*Spring is the
time of plans
and projects.*

-Leo Tolstoy



Hands are often neglected and can give away your age. Keep them youthful and rejuvenated.

The hands are also areas where skin may be exposed to a great deal of sun at times when you are not aware of it. For example, driving your car often leaves your hands hanging out in the UV rays, and simply spending time outside can increase sun exposure. Even if you use sunscreen on the backs of your hands, it's easy to wash it off and forget to reapply it.

peels are usually performed monthly; the concentration of the active ingredient in the peel may vary.

Intense Pulsed Light

Intense pulsed light (IPL) therapy is another noninvasive method for

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Office Hours and Contact

**Green Bamboo Quality Skin Care
Carol Blessing
304-279-3109
greenbambooskinicare@yahoo.com
www.greenbambooskinicare.com
Open Daily with Appointment**

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clearing up unevenness in skin tone and blotches or brown spots, such as those caused by sun damage. IPL systems emit high-intensity pulsed light. Exposure time can be varied depending on your skin type and the purpose of the treatment.

On average, three to five treatments are needed and are performed once a month. This treatment can also stimulate collagen production. IPL treatment should be avoided if you are tanning, using medications that may cause photosensitivity, or have recently had filler procedures. If you have had filler procedures, it is best to wait two weeks before doing an IPL treatment.

More Therapies

For protruding and tortuous veins on the backs of the hands, your esthetician may be able to provide you with an appropriate referral for sclerotherapy.

The procedure involves emptying the larger veins on the backs of your hands and injecting a sodium chloride solution. The vein will shrink almost immediately, and dissolve over a period of several weeks. The procedure entails several days of swelling and you would need to elevate your hands and avoid strenuous activity. For this reason, one hand is often treated at a time.

If your hands have a skeletal appearance, you may want to try fillers like Radiesse or Sculptra, which are injections that will plump up your hands. Your esthetician may be able to provide you with a referral for this procedure.

Hands are important, but often neglected. When you work as a team with your esthetician, you can treat some effects of aging to the backs of your hands. Both sclerotherapy and fillers will help keep your hands looking young and healthy.

Marina I. Peredo, MD, FAAD, is associate clinical professor of dermatology at Mt. Sinai School of Medicine as well as medical director for Cosmetic Dermatology/Spatique Medical Spa in Smithtown, New York. Contact her at peredomd@optonline.net or www.marinaperedomd.com.

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Nail Beauty

By ASCP Staff

Your best resource for nail care and information is your manicurist, but here are a few tips on caring for your nails.

- Don't bite or chew your nails. These bad habits are unsanitary and the results are unsightly.
- Don't use your nails to pry things open.
- Keep a sharp eye out for ridges on the nails, or excessive cracking or dryness. If they are pitted, yellowed, or curled, see a doctor.
- Keep some kind of nail polish--even if it is just clear polish--on your nails at all times for protection.
- Use the least amount of nail polish remover possible to do the job.
- Moisturize your hands and cuticles regularly.
- Treat cuts and nicks with antibiotics

and sterilize any implements you use around your nails.

- Treat yourself to paraffin dips for your hands, especially in the winter.
- Use sunscreen on the backs of your hands and on your cuticles to keep brown spots away.
- Use finger pads and not nails when typing. When opening envelopes, use a letter opener.
- Wear gloves when gardening and dishwashing, and when using cleaning compounds or other chemicals.



Between manicures, taking a few simple steps will help keep your hands and nails healthy.

Stop Biting Your Nails

Breaking a nail is one thing. Breaking a nail-biting habit is another. According to the American Academy of Dermatology, nail biting typically begins in childhood and can continue through adulthood, and the side effects can be more than cosmetic.

HOW TO STOP BITING YOUR NAILS:

"Chronic nail biting can cause serious problems," says board-certified dermatologist Margaret E. Parsons, MD, FAAD, associate clinical professor of dermatology at the University of California, Davis. "Repeated nail biting can damage the tissue that makes nails grow, resulting in abnormal-looking nails. It can also leave you vulnerable to infection as you pass harmful bacteria and viruses from your mouth to your fingers and from your nails to your face and mouth."

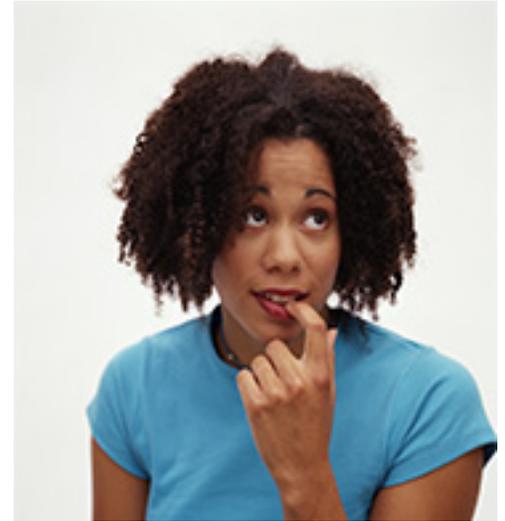
To help nail-biters kick the habit, Parsons recommends these tips:

(1) Keep nails trimmed short: Having less nail provides less to bite and is less

tempting. (2) Apply bitter-tasting nail polish to your nails: This safe but awful-tasting formula discourages nail biting. (3) Get regular manicures: Spending money to keep your nails looking attractive may make you less likely to bite them. Alternatively, cover your nails with tape or stickers or wear gloves to prevent biting. (4) Replace nail biting with a good habit: When you feel like biting your nails, try playing with a stress ball instead to keep your hands busy and away from your mouth. (5) Identify your triggers: These could be physical triggers, such as the presence of hangnails, or other triggers, like boredom, stress, or anxiety. By figuring out what causes you to bite your nails, you can figure out how to avoid these situations. (6) Try to gradually stop biting your nails: Some doctors recommend taking a gradual approach to break the habit. Try to stop biting one set of nails, such as your thumbnails, first. When that's successful, move on to the next.

"For some people, nail biting may be a

sign of a more serious psychological or emotional problem," Parsons says. "If you've repeatedly tried to quit and the problem persists, consult a doctor."



Nail biting can lead to a host of problems.

Handwashing for Your Health

You know that washing your hands is important, but studies suggest that how you wash your hands is even more important. Washing frequently and thoroughly can help keep you, and the people you come in contact with, healthier.

STAY CLEAN, STAY HEALTHY

Researchers in Denmark conducted a study in which students at one school were required to wash their hands three times a day. According to the study, which was published in the American Journal of Infection Control (August 2011), the children that learned new habits significantly reduced their amount of absences due to illness.

WHEN SHOULD YOU WASH YOUR HANDS?

-Before, during, and after preparing food and before eating

-Before and after caring for someone who is sick

-Before and after treating a cut

-After using the toilet or changing diapers

-After blowing your nose, coughing,

or sneezing

-After touching an animal or animal waste

-After touching garbage

WHAT IS THE RIGHT WAY TO WASH YOUR HANDS?

-Wet your hands with clean, running water and apply soap.

-Rub your hands together to make lather, then scrub the entire hand.

-Don't forget the backs of your hands, between your fingers, and under your nails.

-Continue for at least 20 seconds.

-Rinse your hands well under running water.

-Dry your hands using a clean towel or air-dry them.

*It is spring
again. The earth
is like a child
that knows a
poem by heart.*

-Rainer Maria Rilke

Happy Spring!

We've had such a lovely, long Spring, I'm almost too late in getting this newsletter out before Summer arrives!

Spring means getting outside planting, weeding, digging in the dirt and using our hands like tools. Think about incorporating some of the ideas in these three articles to help save your precious hands.

Spring also makes us think about change and renewal. Come in and check out the new decor at Green Bamboo. I've been busy, but never too busy to see you! Contact me to schedule your next facial or other service. Looking forward to showing off my new "digs"!

I've been in Boonsboro 10years now ~ I couldn't have done it without you ~ Many Thanks!

Carol

Green Bamboo Quality Skin Care

27 S. Main St.
Boonsboro, MD 21713

MEMBER

