

Patricia Wong's Summer 2010 Newsletter

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Pot & Pimples: A Tricky Combination

*Peter Piper plucked a peck of Pot
Peter Piper puffed a peck of Pot
If Peter Piper polished off pizza, pie, and soda pop after puffing his pleasant pot,
How many new pimples did Peter Piper pop after puffing his Pot?*

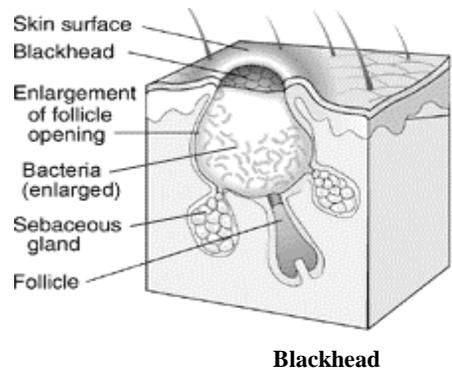
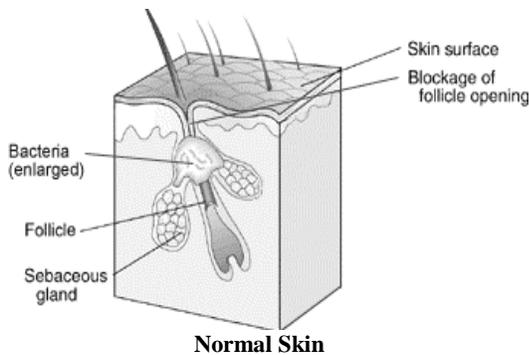
Peter Piper

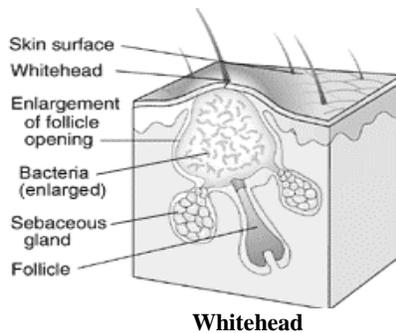


Does smoking marijuana cause acne? The answer is it depends on what you consume afterwards. It turns out that endocannabinoid receptors in the brain are activated by marijuana causing increased secretion of neuropeptide Y and galanin from the brain. These neuropeptides regulate metabolism and appetite. Neuropeptide Y stimulates carbohydrate ingestion and galanin stimulates fat intake by activating receptors located in the arcuate nucleus of the hypothalamus (a center in the brain). The hypothalamus sends a signal to the stomach and small intestine to increase production of a hormone called ghrelin, which creates a feeling of hunger and craving for carbohydrates and fatty foods.

There is recent compelling evidence from a number of medical studies linking a high glycemic diet to acne flares. A high carbohydrate intake increases insulin like growth hormone levels causing an increase in androgen production from the adrenal gland and other organs in the body. The androgens bind to receptors located on oil glands. This stimulates the oil glands to overproduce sebum, causing skin pores to become sticky and clogged. Eventually, the pore becomes so distended with dead skin cells, oil, and bacteria that it ruptures. This results in a red raised pimple, pustule, or acne cyst on the surface of the skin. Since the majority of sebaceous glands are located on the face, chest, and back, it is not surprising that this is where most acne occurs on the body.

How Acne Develops





The Bottom Line

Unhealthy food and snack choices provide a nutritional breeding environment for pimples and nourishment for already existing acne. Ideally, you should have a good supply of fruits, vegetables, nuts, i.e. healthy snacks so you do not succumb to sudden urges for sweet, salty, and fatty foods. Dr. Wong recommends resist the urge to order pizza delivery after smoking marijuana.

The main dietary acne causing culprits to avoid are:

1. **Highly processed carbohydrates such as white rice, white bread, and white sugar**
2. **Trans-fats, saturated fats may masquerade on the label as partially hydrogenated oils or vegetable shortening. Fried foods and baked goods are high in trans-fats. These include French fries, potato chips, cheetos, doughnuts, cupcakes, cake, pie, pastries, piecrust, margarine, pizza dough, cookies, biscuits, animal meat, coconut oil, and palm oil.**
3. **Diet sodas, soda pop, fruit juice drinks, and energy drinks. Artificially sweetened drinks can prime your appetite for more sugar. Corn syrup is often added to these sugary drinks.**
4. **Processed meats such as hot dogs, bacon, baloney, and salami.**
5. **Dairy products including milk, cream, cheese, and butter.**

All of the above foods cause insulin and insulin-like growth hormone levels to spike.

By the way, the U.S. Food and Drug Administration allows companies to label their products as containing zero trans-fat if it contains equal to or less than 0.5 grams of trans fat. This means that eating multiple servings of "zero trans-fat foods" can actually add up to a good percentage of your calories being from trans-fat. Trans-fat more importantly causes cardiovascular disease, raises the bad cholesterol (LDL), and lowers the good cholesterol (HDL). Similarly, a label claiming to be cholesterol free contains 2 grams or less of saturated fat per serving.

Beneficial Foods for Clear Skin:

1. **Fiber - oatmeal, flaxseed, whole grain oats, wild rice, quinoa, barley, basmati brown rice.**
2. **Agave nectar**
3. **Cinnamon, tumeric, ginger species**
4. **Brown rice**
5. **Beans, lentils**
6. **Green tea, unsweetened soy milk, hemp milk, unsweetened ice tea, water with fresh lemon juice**
7. **Low fat yogurt**
8. **Nuts**
9. **Monounsaturated fat and polyunsaturated fat: olive oil, canola oil, peanut oil, sunflower oil, and sesame oil. As a general rule, unsaturated fats are liquid at room temperature and become solid when refrigerated.**
10. **Dark leafy green vegetables such as swiss chard, spinach, and collard greens.**
11. **Vitamin C in the form of fresh fruit - mandarin oranges, and blueberries. Sweet potatoes and squash.**
12. **Omega 3- fatty acids: Fish: salmon, rainbow trout, sardines, barramundi, mackerel, arctic char. Avoid farm-raised fish.**
13. **Avocado**
14. **Fruits: tomatoes, oranges, apples, and pears**
15. **Tofu**

Dr. Wong's Anti-Acne Snack Suggestions for Pot Smokers

1. Guacamole dip with Whole Wheat tortillas or Finn crisp crackers.
2. Popcorn unbuttered and unsalted
3. Edamame
4. Tomato juice
5. Nuts
6. Tapenade or hummus or pesto dip with raw vegetables
7. If you are going to eat chocolate, eat dark chocolate instead of milk chocolate or white chocolate for the reasons discussed above. Dark chocolate has antioxidants that are not present in the other forms of chocolate.

If you choose to disregard the above advice, please do not delay calling Dr. Wong for help in treating your acne when it flares. **Final Take Home Message:** Just a few, fun, indiscretionary indulgences can quickly lead to an acne flare, but the treatments necessary to regain control over your breakouts and clear the acne, can take many weeks to months to clear.

The Liquid Face Lift: A New Rejuvenation Treatment For "Getting Satisfaction"



The youthful Mick has fullness in the upper cheeks, temples, and jaw. The Mick today has deep lines in the lower face, collapsing and flattening of his face from volume loss in the upper cheek regions.

Are you suffering from Mick Jagger Facial Disorder (MJFD)? It turns out that eventually all of us will succumb to some variation of these facial aging changes. As we age, there is progressive loss of fat and thinning of the glycoprotein matrix in the deep dermal layers of the skin. The loss of tissue volume in the midface results in an overall elongation of the face, sagging, loss of elasticity, and wrinkles. These changes are most apparent in the midfacial region, that is, the cheeks. The face begins to resemble a balloon that has been deflated. The cheeks collapse inward and look concave, and the "parentheses lines" around the sides of the mouth deepen. Injecting the lines around the mouth will only partially correct the problem. Ultimately, the underlying cause needs to be addressed: the facial tissue volume needs to be restored to lift the sagging cheek off the perioral area. The collapsing cheek presses on the corners of the mouth causing the corners to fold inward and pull down the corners of the mouth with lines deepening toward the chin. This contributes to an unhappy appearance.

If you study a young person's face, they do not appear younger merely because of the absence of wrinkles. They have a pleasing fullness and smoothness to their facial contours. There is a firmness and roundness to their faces. If you examine photographs of yourself in your 20's or

30's you will observe that there is increased tissue volume in the mid-third of the face with an attractive convexity to the cheeks and temples. As the natural facial fat pads are metabolized over time, an overall flattening of the face develops. This is best appreciated by looking at a side profile of yourself. The anterior plumpness and projection of the cheekbone regions disappear. You become aware of looking tired and having "dark circles" under your eyes. The loss of tissue volume in this area accentuates the underlying bony structure of the orbits of the eye sockets and the concavity causes underlying veins to become more prominent contributing to a perceived darkening of the skin.

Many people become obsessed with removing all wrinkles without having had a thorough analysis of the causes contributing to the aging changes of their face. These individuals often decide to have a facelift for correction. Having plastic surgery performed without replacing volume loss or addressing poor collagen production results in wrinkles being eliminated by pulling the skin taut over the facial bones and removing the excess skin. The result is a tight, gaunt, smooth face with accentuation of the bony outline of the skull. This is not a youthful look.

In the past year, the FDA (U.S. Food and Drug Administration) has approved a new injectable filler, called Sculptra® that helps correct the volume losses described. Sculptra® is composed of poly-L-lactic acid. This polymer is also used to manufacture absorbable surgical sutures. Sculptra® has been used in over 30 countries worldwide since 1999. It is a biocompatible, biodegradable, non-animal synthetic polymer that acts as a biostimulatory filler to activate your own skin cells to produce collagen. Current studies have shown that the results can last for 25 months and there have been reports of it lasting longer in some cases. No skin testing is necessary prior to having the treatment. The volume enhancement is a gradual process. Correction occurs over several weeks. Treatments are performed every 4-6 weeks and typically anywhere from 3-8 sessions may be needed to see improvement. The number of treatments required depends on the extent of volume replacement that is needed and this varies from individual to individual. Anesthetic is mixed with Sculptra® to minimize discomfort from the injections. Possible side-effects are those associated with all injectable filler: bruising, swelling, pain, itching, redness, and lumps. These generally resolve spontaneously over time. These potential side effects are associated with any injectable filler or volumizer.

Sculptra® offers a great way to stimulate your own collagen production and recapture volume lost over the years. It helps rebuild the deep collagen foundation in the sub-dermal layer of the skin, strengthen skin support, restore elasticity, and firm the skin. The treatment offers a gradual natural improvement option. It can be combined with other filler such as Juvederm® and Restylane®, which still have a place for corrections in the higher levels of the skin for lines due to tissue weaknesses in the dermal layers. The best way to decide which fillers are appropriate for your face is to make an appointment to see Dr. Wong for a detailed evaluation. She will be able to make recommendations that are tailored for your skin type, texture, and specific concerns.

Tanning is a Dirty Business

If dying from melanoma and accelerating the aging appearance of your skin are not sufficient deterrents to frequenting tanning salons, perhaps knowing that the hygiene of the tanning beds is equivalent to that of the public toilet seats at the gas station will be convincing.

Recently, two dermatologists from the department of dermatology at New York University Medical Center went undercover to the top ten tanning salons (as rated in a popular women's fashion magazine) in Manhattan and surreptitiously took culture samples from the tanning beds. Ten out of ten salons grew out microbial pathogens. One of the salons had posted a sign by the tanning bed stating that it had just been sanitized! The most commonly cultured

bacteria were *Pseudomonas aeruginosa*, *Pseudomonas putida*, various *Bacillus* species, *Klebsiella pneumoniae*, *Enterococcus*, *Staphylococcus aureus*, and *Enterobacter cloacae*. All of these bacteria have been associated with serious skin infections. A number of these bacteria can be found in the colon.



These are some of the bacteria that grew out of the tanning beds.

For example, the bacteria known as *Pseudomonas* can cause pneumonia, urinary tract infections, ear infections, and rarely even meningitis and brain abscess. The first step in developing a skin infection with these organisms is bacterial attachment to the skin resulting in colonization. If there is a break in the skin, (an open wound, a rash such as eczema or other dermatitis) the bacteria can enter the skin. The third stage occurs when the bacteria gains entry into the bloodstream and causes systemic infection.

Very few states have guidelines for indoor tanning bed sanitation regulations. Furthermore, these regulations are rarely enforced. In this study, no cleaning was observed prior to usage of the tanning beds. Because usage of tanning facilities requires direct contact of patrons' skin with the bed surface, the potential for transmitting pathogenic bacteria and developing serious skin infections is a very real health concern.

Dr. Wong recommends that if you are immunocompromised, have diabetes or other underlying medical conditions, have open sores or wounds on your skin, taking medications that affect your immune response or lower your white blood cell counts, you should definitely not patronize tanning salons.

Peel Away Your Problems with Our Multi-Corrective Chemical Peel



We are thrilled with the results we are seeing with our new multi-corrective chemical peel. This innovative chemical peel consists of a blend of phenol, trichloroacetic acid, and tretinoin. There is minimal to no discomfort associated with the peel application and recovery is easy. It is safe for all skin types. The peel can be used to reduce sun

damage, fade away uneven pigmentation (melasma), freckles, age spots, improve skin tone and texture, soften lines and wrinkles, and help clear acne. Face, hands, neck, chest, back, and arms can all benefit from this peel. No advanced preparation is required.

This is an economical alternative to laser treatments. For best results, a total of 4-6 peels performed monthly is recommended.