Social Affairs: What are some skin care tips for women?

Mark S. Nestor, M.D.: The most important tip is sunblock. Sun is the main cause of skin cancer and photoaging, the main reason for wrinkles and lax skin, especially in younger women.

SA: What are some common skin problems?

MN: There are many conditions that tend to be present in women of all ages: acne, rosacea, and other aspects of sun damage. You need to be treated in terms of the condition itself and appropriate use of moisturizer and topicals, such as glycolic acid. Antioxidants are also very important to undo some of the damage.

SA: Discuss new treatments on the market that you’re performing?

MN: New techniques in photorejuvenation can help rosacea and acne. Photodynamic therapy can help cosmetic aspects and get rid of skin damage. For fat, ZELTIQ uses cooling to permanently remove fat non-invasively and painlessly. There are also new procedures for fat transplantation, where we take fat from one area and place it in another. Ultherapy is a new FDA-approved ultrasound skin tightening procedure for improving fat under the neck, jaw and forehead. It has no downtime. We’re also using more lights and lasers to treat vitiligo, psoriasis, acne and acne scarring.

SA: What are the latest developments in the anti-wrinkle front?

MN: There’s a lot of new data on Botox and Dysport. We can use both to treat lines and wrinkles on the forehead, frown lines around eyes, and other areas, but it can also be used to prevent them. Botox was just approved for migraine headaches.

SA: Final words of wisdom?

MN: Smoking, alcohol, and unhealthy habits can ruin your skin as can the sun.