

Your Skinformation

Q *I know someone who just got a chemical peel, and it really helped her brown spots and fine wrinkles. I'm also interested in having a peel, but my skin is dark, and I'm afraid that it may not be safe for me.*

A Chemical peels help skin tone, texture, clarity, and radiance. A peel can be a great option for almost any skin type or color; especially dark skin. It's a matter of choosing the right peel and pairing it with the proper prep and follow-up. A favorite of our patients of all skin colors is the ViPeel, which is painless and heals with just a few days of flaking.

Q *My skin has gotten very dry this winter, to the point of feeling itchy and irritated. What can I do to prevent this?*

A It's often necessary to adjust your skin care routine with the seasons, and many people find that the same products do not work well for them all year round. Skin tends to be drier in the winter, so switch to products that are more moisturizing. Look for products containing hyaluronic acid, which is an excellent hydrator. You may also need to hold off on products that can dry your skin, such as toner.



Elta Sheer
Moisturizing Sunscreen
\$24



Dr. Elaine's
Line Diminisher
\$77



SkinCeuticals
Vit B5 Masque
\$47

Q *I have psoriasis, and I recently heard that it can cause heart disease, but that doesn't really make sense to me. Is it true?*

A Psoriasis is a fairly common skin condition, affecting over seven million Americans. In recent years it has become clear that it is more than just a skin rash. Research shows that psoriasis is an inflammatory condition which is linked with an increased risk of heart disease, stroke, diabetes, high blood pressure, and rheumatoid arthritis. You can minimize these risks by taking good care of your general health, such as maintaining your ideal weight, and not eating processed carbohydrates. There are blood tests to evaluate your "inflammatory" level in your body.

Email your questions to:
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