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# Today I will discuss

- How to care for your skin in your 60's,70's and beyond
- Sun Protection
- Skin Care Basics
- Some simple skin care rejuvenation tips

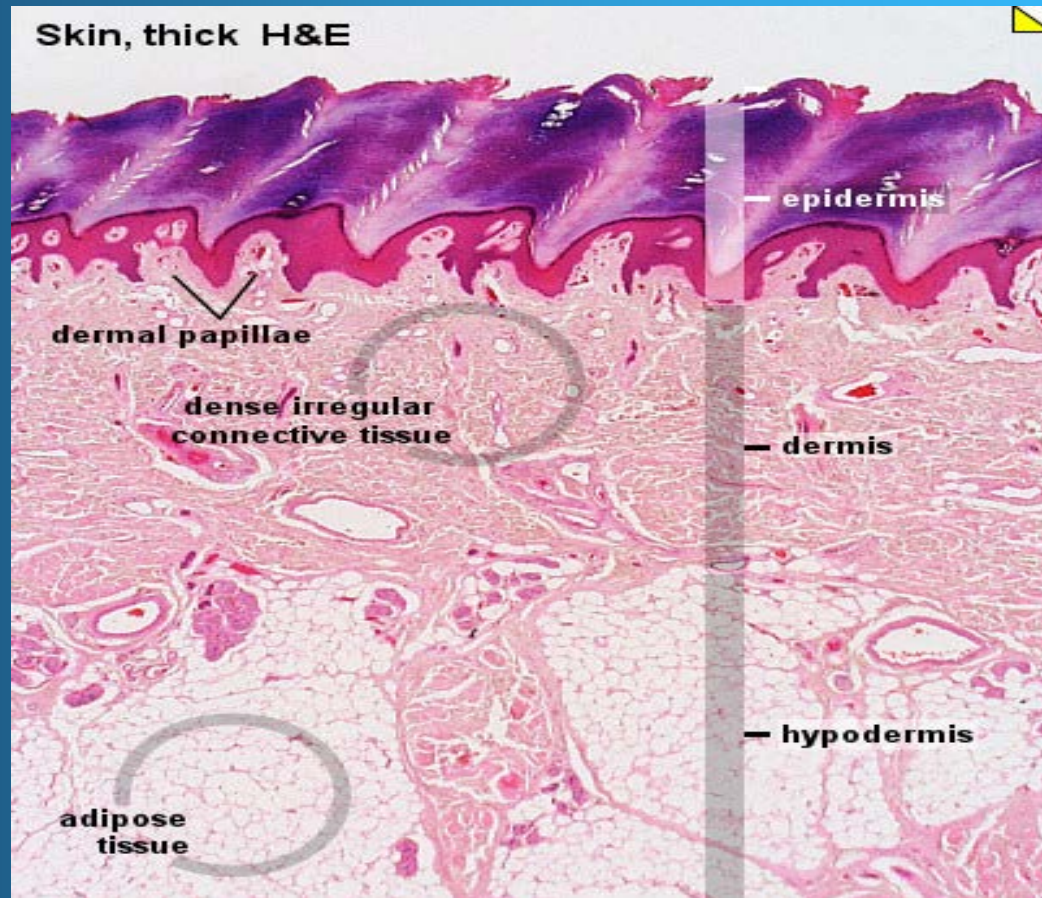
# What is the skin?

Made up of 3 layers:

- Epidermis
- Dermis
- Subcutaneous fat

# Layers of the skin- under the microscope

- Epidermis
- Dermis
- Subcutaneous Fat



# Photodamage=Sun damage

- Thickening of the stratum corneum
  - Thickening of the epidermis, like leather
  - Thinning of the dermis: decrease in the quality of collagen and elastic fibers
- 
- Lets face it, our nonsunexposed areas of our body have fewer lines, wrinkles and spots

Sunlight: includes  
UVB and some UVA  
wavelengths of light

## UVB –290-320nm

tanning and burning rays  
More superficial rays

## UVA-320-400nm

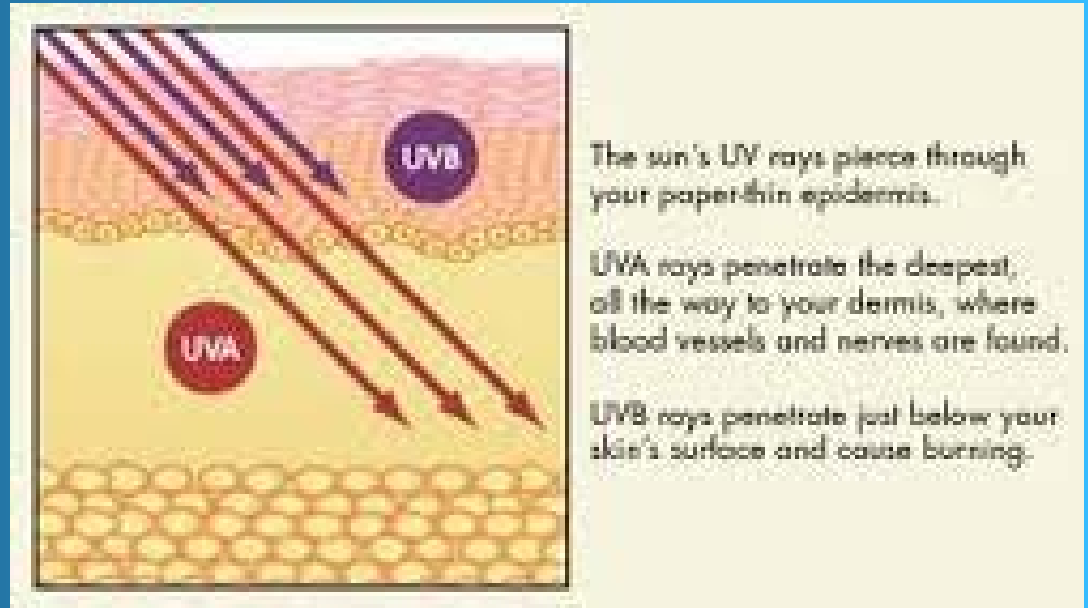
deeper into the skin

Causes immunosuppression

Causes premature aging:  
wrinkling and age spots

Found in tanning booth

UVA -through the car window



# What can be done to care for the skin

- Protect your skin from the sun
  - sun protection offers benefits: minimizing wrinkles, blotchy skin
  - Reduces your chance of getting skin cancer

Apply a broad spectrum sunscreen SPF 30 or greater every day

Seek shade when you are outdoors

Wear a hat when doing outdoor activities

Wear sun protection clothing when doing outdoor activities

- What about safety of sunscreens?
- We KNOW that the sun causes most skin cancers
- In some cases skin cancer can be deadly
- It has been proven that sunscreen prevents skin cancer

# Is Sunscreen Safe?

- FDA is in the process of updating regulatory requirements for most sunscreen products sold in the US...for *CHEMICAL* sunscreen ingredients
- to what extent the body absorbs sunscreen
- whether absorbing sunscreen has any effects on the body

# Sunscreen safety

- In 2019 FDA determined that for 12/16 sunscreen ingredients (UV filters) there was insufficient safety data to determine whether these ingredients could be considered “safe”
- Hawaii has banned oxybenzone and octinoxate and US virgin islands have banned octocrylene and 3 bills have been introduced to propose a ban on sunscreens containing avobenzone and octocrylene.....
- GRASE-Generally Regarded As Safe-12 to be tested and final decision to be made by Sept 2021

# GRASE-Generally Regarded As Safe and Effective

- FDA considers 2 active sunscreen ingredients Generally Regarded As Safe “GRASE”:

## *PHYSICAL/MINERAL*

*Titanium Dioxide*

*Zinc oxide*

# Types of Sunscreen-for any and all skin types

- **Creams**-may be better if you have dry skin
- **Lotions**-preferred for large areas; tend to be less greasy
- **Gel**-best in hairy areas: a man's chest, legs or scalp
- **Stick**-useful when applying around the eyes,nose, back of the neck and hands
- **Spray**- for large areas; easy to apply BUT difficult to apply a thick enough amount. Avoid inhaling or using near an open flame

# ALL sunscreens need to be reapplied every few hours

- Physical sunscreen-acts like a shield
- Better for sensitive skin
- May be chalky white, messy
- Tinted can make it less noticeable
- Chemical sunscreen-absorbs the sun's rays
- Usually easier to rub in without leaving a residue

# SUNSCREENS I RECOMMEND SPF 30+

## Physical=Mineral

- Headhunter face stick
- Elta MD UV physical 41
- $\text{TiZO}_3$ -40 tinted Vit C and E
- Neutrogena Dry Touch PURE 50+
- LA ROCHE-POSAY-with titanium dioxide “tinted” 50 +
- Neutrogena Sheer ZINC kids 50+

## Chemical

- Neutrogena hydroboost 30+
- Neutrogena Ultrasheer face and body stick 70
- LA ROCHE-POSAY antihelios 60
- Elta MD UV SPORT 50
- Banana boat SPORT 30+

A Combination of BOTH types is ideal

# Which one?



# SUNSCREEN

- More important to look at ingredients than brand name
- Even with sunscreen avoid intense sun between 10am-3 pm
- Wear a hat, sun protection clothing
- Reapply sunscreen
- No such thing as “All Day” or “Waterproof”

# What is New in Sun Protection

- New developments in topical antioxidants such as combinations of Vitamin A, Vitamin C and Vitamin B3 aka( Niacinamide)
- New developments in oral agents: Polypodium Leukotomas aka Heliocare supplement acts like an additional sunprotectant. Take one before outdoor activity
- Niacinamide 500 mg oral supplement (NOT NIACIN ) twice a day has been shown to decrease preskin cancer and nonmelanoma skin cancer in patients with history of basal cell carcinoma

# Photodamage !



Photodamage:  
“Senile acne” “Black heads” or  
Favre Racouchot



# Idiopathic guttate hypomelanosis-sun spots



# Solar Lentigos “sunspots”



# Solar lentigos or “liver spots”



These are *SUN* related

# How to treat these SUN spots=Lentigo



- SUNPROTECTION
- Hydroquinone prescription “bleaching cream”
- Retin A (tretinoin) cream/tazorac cream
- In office Chemical peels
- IPL Intense Pulse Light
- Liquid Nitrogen
- These RECUR with SUN EXPOSURE

# Cosmetic enhancements treatment of wrinkles and sunspots

- **#1 youth cream =sunscreen**
- Tretinoin-Retin A=Renova= Refissa-FDA approved for acne . Also FDA approved to reduce lines and wrinkles *related to sun exposure*.
- It also helps minimizes the discoloration
- Increases collagen and elastic fiber regeneration
- It may increase your sensitivity to the sun

# Tretinoin= *all trans retinoic acid*

AKA Retin A=Renova=Refissa

- Prescription vitamin A related cream
- Helps the thickened epidermis normalize
- Helps the collagen regenerate
- May cause dryness
- May cause sun sensitivity



# Retin A before and after 6 months of treatment



# What about over the counter products for sundamaged skin?

- Look for the INGREDIENT
- Brand names: Neutrogena, Oil of Olay, LaRochePosay can be found at Target, Walgreens, online Amazon
- Retinol –many available: (ROC, Neutrogena) vitamin A related cream
- Exfoliant wash: Alpha Hydroxy acids AHA and 2% Salicylic acids in La Roche Posay, Neutrogena or Oil of Olay
- Antioxidant creams that contain Vitamin C or Niacinamide-La Roche-Possay
- Regular use of these products and sunprotection will reduce some of the damage done by the sun



WE KEEP OUR PROMISES®

RETINOL CORREXION®  
DEEP WRINKLE  
NIGHT CREAM



Reduces the look of  
expression lines and  
deep wrinkles

1.0 fl oz (30 mL)

# How the skin changes as we age

- The skin gets drier
- It may get thinner
- It bruises more easily
- Heals more slowly
- Gets irritated more easily
- Gets more blotchy
- More age spots, wrinkles
- More susceptible to skin infections

# Seborrheic Keratoses-age related



# Seborrheic Keratoses

- Light to dark brown bumps “stuck on” “sandpaper-like”
- “barnacles” of age
- NOT sun related—no way to prevent these
- BENIGN NOT CANCER
- Can itch, easily treated in Dermatology office with liquid nitrogen or scraping them off after injection with local anesthetic
- THEY MAY RETURN

# Senile Purpura-Easy bruising



# Causes of senile purpura

- Sun damage- thinner dermis
- Age- more fragile blood vessels, less fat
- Blood thinners- aspirin, warfarin, eliquis, omega fatty acids,etc make bruising more likely
- Trauma- simply rubbing the skin or carrying a grocery bag can result in these purple spots

# TREATMENT

- Sun protection
- Moisturize- with lactic acid moisturizer such as **Amlactin, Eucerin Advanced Repair Lotion**

**Dermend-** a cream that has arnica and bromelain in it and will help the bruising fade more quickly when applied to the skin twice a day

**Bromelain** 500mg 2 x a day by mouth (find at a health food store)-a pineapple digestive enzyme that helps bruises resolve quicker....may cause stomach upset

# DerMend

DM025 04-15

## Bruised skin? **mend it.**

### DerMend® Moisturizing Bruise Formula

helps improve the appearance of bruised skin.



Targeted care for bruised skin – with ceramides, retinol and arnica oil  
Cream  
NET WT. 2.5 oz (70 g)

Aging, sun exposure and certain medications, along with life's usual hard knocks, can really do a number on your skin. When skin becomes thin, it loses its protective fatty layer. The result is easy bruising.

Our formula's targeted ingredients, including retinol, ceramides and arnica oil, work together to **rejuvenate** and **help restore** the skin's natural barrier.

Visit [DerMend.com](http://DerMend.com) for more information.

Available at  
**CVS Walgreens Walmart**

For best results, use twice daily on arms and legs. For lasting benefits, continue use even after desired results are achieved.



Day 1 Day 7

Results after using **DerMend Moisturizing Bruise Formula** twice a day for one week.\*

\*Data on file.

**MANUFACTURER'S COUPON**  
**EXPIRES: 12/31/2016**

CONSUMER: Limit one coupon per purchase. Void if altered or reproduced. Consumer is responsible.

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# Dry Skin

- Related to weather (worse with lower humidity, wind)
- Age
- Medication
- Frequent bathing , swimming will dry skin out

# How to minimize dry skin

- Stop using bar soap,
- Don't use a deodorant soap...replace it with a moisturizing body wash that is fragrance free such as Dove , Curel hydrating body wash: in a pump bottle
- Use a soft cloth, not a buff puff, to wash your skin
- Use warm (not hot) water, keep shower or bath short

- After bathing, pat your skin dry, leave it a bit moist and apply a creamy moisturizer immediately after bathing and again another time during the day....best to avoid oils in the shower as they may increase your risk of slips and falls
- Use a humidifier when the air feels dry

# Types of Moisturizers

**Lotions**-have more water

**Creams**-thicker, actually more moisturizing

**Ointments**-lock in moisture...better after bathing

# My favorite products

- Moisturizing body washes: Dove, Curel
- Moisturizers: Neutrogena Hydroboost lotion-  
great for large body areas
- Eucerin Advanced repair lotion
- LaRochePosay LIPIKAR AP+BALM  
Cerave Cream, Cetaphil cream

For very sensitive skin: Vanicream has an entire line of products

Aquaphor SPRAY-apply after a shower

Eucerin Roughness Relief for thick skin on feet-urea and alpha hydroxy acid

# Rashes and sensitive skin

- After the age of 50 our skin pH changes and skin can become more sensitive
- Use a Fragrance Free Moisturizer-NOT the same as Unscented
- Use products that say “ For Sensitive Skin”
- “Hypoallergenic” means it is less likely to cause an allergic reaction

# Cuts and Tears

- Mature skin tears easily: If this occurs, wash the area with soap and water and push the flap of skin back into place.
- Apply Petrolatum or Aquaphor ointment and a nonstick TELFA pad, change daily and keep covered until healed:1-2 weeks
- See your doctor if bleeding or infection a concern

# Slack skin and wrinkles

- With aging, skin loses collagen and fat and as this happens, our skin loses its firmness and begins to sag
- Large pores are also due to lack of skin firmness
- WRINKLE REMEDIES

# Shopping for an antiaging product

- Start with a sunscreen and moisturizer, using this daily can make a noticeable difference
- Use a sunscreen with a minimum of SPF 30
- Use a moisturizer....moisturizers are the secret ingredient to antiwrinkle creams
- Treat your #1 aging-skin concern: wrinkles, dark spots—no one product can treat all signs of skin aging
- Buy a product formulated for your skin type

# PEARLS

Remember “Clinically proven” means the product was given to consumers to try, it does NOT mean it underwent clinical trials and was approved by the FDA

- Select a product within your price range
- Read ingredients on your skin care products

# What creams do I NEED?

- AM-Mild cleanser: Ceravae, Cetaphil, Aveeno
- Sunscreen-facial moisturizer with SPF 30+

REAPPLY sunscreen

- PM-Mild exfoliant face wash (2% salicylic acid like Neutrogena acne wash)
- a moisturizer one for face/body

# When to see your Dermatologist

- New dark spot that lasts longer than 2 weeks
- A spot or bump that bleeds and scabs over more than once
- A painful bump that feels like a boil and does not go away in 2 weeks

# Helpful Sources of Information

## Websites:

- American Academy of Dermatology  
[www.aad.org](http://www.aad.org)
- MayoClinic [www.mayoclinic.org](http://www.mayoclinic.org)
- National Institutes of Health (NIH) [www.nih](http://www.nih)

*Thank you!*

