Lucy Liu opens up about her skin care routine and anti-aging secrets.

Can human stem cells make your skin beautiful? P8

Model CariDee English shares her battle with plaque psoriasis. P10

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Avoiding Skin Cancer: Prevention and Safer Treatment

Most skin diseases can be prevented, treated or even cured. Yet as we age, many of us neglect to pay sufficient attention to our skin—a reality that’s reflected by increasing skin cancer rates worldwide.

The American Skin Association reports that one in three will suffer from a skin condition or disease in their lifetime. These conditions vary from eczema and rosacea to life-threatening diseases like melanoma skin cancer.

Root of concern
Overexposure to the sun’s rays causes damage to the skin, skin cells and DNA within. This damage can lead to skin cancer, the most commonly diagnosed cancer in America. Yet, most cases are preventable by taking two simple steps to preserve skin health: reducing intentional UV exposure, such as indoor or outdoor tanning, and increasing sun protection through the use of sunscreen and protective clothing.

Incidences rising
Skin cancer greatly affects quality of life, and can be disfiguring or even deadly. Medical treatment can be costly. Each year in the U.S., nearly 5 million people are treated for all skin cancers combined, with an annual cost estimated at more than $8 billion.

The number of Americans who have had skin cancer at some point in the past 30 years is estimated to be higher than the number for all other cancers combined, and skin cancer incidence rates are rising worldwide. If you or someone close to you has been diagnosed with skin cancer, know that when caught and treated early, nearly all skin cancers can be cured.

Treatment options
There are many acceptable treatment options, including freezing (cryosurgery), scraping and burning, surgical removal (excision) and laser surgery. All require the surgeon to estimate how extensively to treat the area around the tumor.

One treatment method, called Mohs surgery, removes the guesswork. The Mohs procedure involves surgically removing skin cancer layer by layer and examining the tissue under a microscope until healthy, cancer-free tissue around the tumor is reached. Because Mohs surgeons are specially trained in surgery, pathology and repair, Mohs surgery has the highest success rate of all skin cancer treatments.

The gold standard
Developed in the 1930s, Mohs surgery has become the most advanced, precise and effective treatment for an increasing variety of skin cancer types. With the Mohs technique, physicians can precisely identify and remove an entire tumor while leaving the surrounding healthy tissue intact and unharmed.

“There are many advantages to Mohs surgery compared to other skin cancer treatments,” said Dr. John G. Albertini, president of the American College of Mohs Surgery (ACMS). “These include preserving the maximum amount of healthy tissue, leaving the smallest surgical defect possible, and ensuring the best aesthetic result, all with the highest cure rate and lowest recurrence.”

Stay on top
Skin cancer is serious, and can be deadly. But it can be prevented by treating your skin thoughtfully. When it comes to your skin’s health, prevention is worth a little attention.

If your doctor recommends Mohs skin cancer surgery, you’ll want the skill of an ACMS member surgeon. ACMS members complete an extra year of fellowship training to become experts in the Mohs procedure.

- ACMS members know how to preserve the most healthy tissue, leave the smallest surgical defect possible, and maximize the chance of a good aesthetic result, all with the highest cure rate and lowest recurrence.
- Mohs surgery is often performed under local anesthesia in a single outpatient office visit, eliminating the need for expensive operating room time, general anesthesia, and multiple hospital visits and specialists.

To find an ACMS fellowship trained Mohs surgeon near you, visit www.SkinCancerMohsSurgery.org or call 1-800-500-7224.
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Do You know the 4 Essentials to Healthy Skin?

Here are the absolute basics everyone needs to get started. Bear in mind that different ethnicities do not require different products, just as healthy foods are good for us no matter our skin color.

1. **Gentle cleanser.** No soaps or bar cleansers, because both can lead to dry, dull skin.

2. **A leave-on exfoliant** (alpha hydroxy acid or beta hydroxy acid, no scrubs) to immediately improve skin tone, texture, unclog pores and reduce breakouts, wrinkles and large pores.

3. **A daytime moisturizer rated SPF 30 or greater.** Unprotected sun exposure is the primary cause of wrinkles, sagging skin, and brown spots. Daily UV light protection is vital for healthy, younger-looking skin—even on cloudy days.

4. **A nighttime moisturizer** with a texture that is appropriate for your skin type (cream for dry skin, lotion for normal skin, gel for oily skin). This can also be used around the eye area.

By Paula Begoun, Founder, Paula’s Choice Skin Care and Cosmetics

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Korean beauty philosophies focus on holistic skin care: where beauty isn’t measured in terms of acne or wrinkles, but as an effort to treat your skin as an environment that can glow from the inside out.

When I was growing up, I remember my Korean grandmother warning me about sun damage: the type you might not be able to see, happening below the surface, in the deeper layers. This kind of damage causes skin to be less translucent and refined, and somehow cloudier, even if sunspots or hyperpigmentation are not yet an issue.

**Long-term care**

In the U.S., this kind of sun damage can be seen under UV lights, but is often not discussed or seen as an issue until the sun spots form visibly on the face. In Korea, however, beautiful skin goes hand in hand with healthy skin. There is a vigilance to keep skin healthy even before there are any visible changes, at which point the damage has already been done.

Preventative skin care is seen as paramount to staying healthy and radiant, and prevention is often approached in a holistic way that takes on a long-term view. It’s not about overnight results—it’s about daily habits that maintain and even improve the ability for your skin to regenerate effectively and produce ample collagen, and that takes dedication.

By Alicia Yoon, CEO and Founder, Peach and Lily

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What Is Lucy Liu’s Secret?

Renowned for her youthful appearance, the 46-year-old star of “Elementary” opens up about her skin care regimen and sun safety tips.

• I have to be rigorous about reapplying sunscreen and wearing a hat and handkerchief around my neck and chest, which are actually more sensitive to the sun than your face.
• After a long day of filming, I use eye makeup remover. You don’t end up scrubbing and irritating the skin around your eyes—no matter how much makeup you’ve been wearing. Then I use soap with a washcloth to wash my face.
• Afterwards, I mix cream containing colostrums, aloe vera and a touch of oil together, then massage the mixture into my face.
• Being Asian, I can burn in the sun if I’m not careful. I also have some olive in my skin and can keloid easily, so I take extra precautions whenever I do stunts or anything active.
• What you eat will eventually be reflected on the outside as well. Drink lots of water, eat lots of fresh fruits and vegetables and meditate.

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Releasing the Brakes on the Body’s Response to Melanoma

Cancer immunotherapy, the science of using the body’s own immune system to fight cancer, is an exciting new avenue in cancer treatment already showing significant success.

The problem
The immune system recognizes and removes infectious material, but it can also attack and kill cancer cells. First, however, it must recognize cancer cells as something to destroy.

To escape attacks, cancer takes advantage of the body’s natural mechanisms, called checkpoints, which act like brakes on a car to stop the immune system from overreacting. The challenge thus becomes releasing the brakes.

The approach
Clinical trials are testing and combining checkpoint inhibitor drugs in over 10 human cancers. Also being developed and showing encouraging results are approaches that boost the activity of T lymphocytes.

Under normal conditions, limited numbers of T lymphocytes activate. An adoptive cell transfer approach is like recruiting those few soldiers and coming back with an army; cancer-specific T lymphocytes are isolated, multiplied in the lab, then transfused back into the patient to attack the cancer.

Continued research
Even with encouraging progress in immunotherapy, most with advanced metastatic melanoma still find themselves out of treatment options. But participants are often sought for clinical trials investigating ways to individualize treatment for metastatic melanoma. The hope is that this effort to personalize treatment will increase survival and benefit those suffering from this terrible disease.

By Dr. Antoni Ribas, M.D., Ph.D., Leader, SU2C-CRI Dream Team on Immunologic Checkpoint Blockade and Adoptive Cell Transfer in Cancer Therapy

Healthy, Beautiful Skin for All Stages of Life

Skin care is a vital aspect of your overall well-being. Now, more than ever, there is a diverse set of ways to nurture healthy skin at any stage of life.

There are few things in life more valuable than being comfortable in your own skin. While that phrase often is interpreted figuratively, it also resonates in a literal sense.

Staying on top of skin care
The most important lifelong step to keeping skin healthy and beautiful is to protect yourself from the sun’s harmful UV rays and stay out of indoor tanning beds. Exposure to UV rays is directly linked to skin cancer, the most common form of cancer in the United States.

Because of the growing incidence rate of skin cancer in the United States, especially among young people, any suspicious skin lesion and new or changing mole should be checked by a qualified physician.

The base line
Just five blistering sunburns in early childhood or the teen years more than doubles a person’s chances of developing melanoma later in life. Children and adults should minimize their time in the sun, particularly when the sun’s UV rays are the strongest, and regularly apply a broad-spectrum sunscreen of SPF 30 or higher any time they go outdoors.

Furthermore, UV damage accumulates over a lifetime to cause premature aging of the skin. Adhering to those simple sun-protection habits not only helps prevent skin cancer; it slows the development of wrinkles, age spots, pigmentation changes and other cosmetic skin concerns.

An array of options
No matter how many bottles of lotion we use, however, eventually time catches up with us. There comes the day when we look in the mirror and are surprised by our own reflection.

Today, many pioneering advancements have changed the face of medically necessary and cosmetic skin treatments. Consumers now have the choice of a number of minimally invasive or non-invasive options that can be performed in an office setting—most of them with little or no downtime.

From wrinkle-relaxers and fillers, to skin tightening and resurfacing techniques, women and men of nearly all ages are turning to board-certified dermatologists to offer efficient and cost-effective rejuvenation solutions to address an array of cosmetic concerns.

Go for the glow
Why are they considering a cosmetic medical procedure? Recent consumer surveys suggest they want to look as young as they feel, or better. Today, that is well within reach. Entrusting a dermatologic expert to guide you at every stage will lead to healthy and beautiful skin for a lifetime.

By George J. Hruza, M.D., MBA, ASDS/ASDS President
The sun’s ultraviolet radiation is responsible for 80 percent of facial aging effects. If you’re looking to avoid wrinkling, dryness, sagging and spotty pigmentation, here’s how.

Unlike sunburns and suntans, which appear after a few hours or days, UV-induced photoaging—the external and internal changes in sun-exposed skin—develops over decades, and it is irreversible.

Avoiding photoaging

To protect your skin, engage in sun-safe behavior: avoid intense sun exposure, wear a hat, sunglasses and sun-blocking clothing and make judicious use of a balanced sunscreen that protects against all types of UV radiation.

Judicious use of a balanced sunscreen requires an understanding of a sunscreen’s Sun Protection Factor (SPF). One might assume that applying sunscreen with an SPF of 100 allows you to bare your skin 100 times longer before suffering sunburn. This simply isn’t the case.

By the numbers

For high-SPF sunscreens, theory and reality can be different. When properly applied, SPF 50 sunscreen blocks 98 percent of sunburn rays, while SPF 100 blocks 99 percent. Used correctly, a sunscreen with SPF value in the range of 30 to 50 will offer strong sunburn protection, even for people most prone to sunburn.

For all SPF levels, applying more is better. Numerous studies show that sunscreen users apply between one-fifth and one-half the quantity of sunscreen recommended by makers. By applying only 25 percent of the ideal amount of SPF 30, the sunburn protection results in a functional SPF of only 2.3.

Someone who applies SPF 100 sparingly can wind up with a level as low as 3.2. Used incorrectly, these products are less effective than T-shirts, which generally have an SPF of 5.

Sun safety

To battle photoaging, practice safe sun: avoid UV rays during the hottest part of the day, wear protective clothing, a hat and sunglasses; liberally apply a balanced sunscreen.

And, if you’re planning on staying out for long periods or spending time in the water, don’t forget to reapply.

By Steven Drace, Director, EWG Sun Safety Campaign, Environmental Working Group

What’s Your UV IQ?

When the summer sun beckons us outdoors, it’s important to remember our skin protection. Is your whole family practicing sun-safe habits? Take the quiz.

Do you know your local UV Index?

- YES
- NO

When are UV rays strongest?

- 10:00 a.m.
- 12:00 p.m.
- 2:00 p.m.

Are all sunglasses equally protective?

- YES
- NO

Does bug spray strengthen or weaken SPF?

- STRENGTHEN
- WEAKEN

Do you wear sunscreen year-round?

- YES
- NO

Which unlikely item should be a staple in your beach bag?

- PANTS
- LONG-SLEEVE SHIRT

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Can Stem Cell Science Keep Your Skin Healthy from the Outside?

Dermatologists have their own pyramid, much like the food pyramid, that recommends active ingredients a skin care regimen should contain to optimize skin health and beauty.

At the top of the pyramid are biosignals, such as growth factors, cytokines and peptides produced in the laboratory from cell culture of adult human stem cells. Products containing these pro-healing anti-inflammatory molecular signals are commonly used, and can be powerful allies in turning back the skin clock.

**Testing biosignals**
The use of topical biosignals from cell cultures is not new. Fibroblasts, the cells found in all connective tissue and in the dermis of the skin, have been used to produce skin care products for well over a decade.

Our physiological understanding of how injured tissue heals has evolved since then. It now appears that one particular type of stem cell is a better choice for skin care products. Scientists know this because they can measure the kinds and quantities of biosignals each type of cell produces.

**An inside look**
The stem cells that control healing originate in the bone marrow and patrol the body via the bloodstream. When they encounter injury, they function as smart little drugs stores, producing biosignals that affect the behavior of other cells, including fibroblasts.

These healing stem cells produce many times the amount of biosignals produced by fibroblasts, in a pattern that reduces inflammation. Products with stem cell biosignals have demonstrated convincing anti-inflammatory effects potent enough to consistently reduce downtime following medical aesthetic procedures, such as laser resurfacing.

**Small victories**
Aging skin results from decades of accumulated microinjuries. Sun exposure, environmental toxins, gravity and countless facial expressions are the culprits—and their accomplice is chronic low-grade inflammation, which accelerates aging in all tissues.

Biosignals that combat inflammation are helpful allies, because bone marrow stem cells are champions at fighting inflammation, their biosignals appear to be particularly beneficial. Once biosignals are harvested in the laboratory, the stem cells are discarded, as only the biosignals are needed.

This is why most products that contain growth factors, including cytokines and peptides, do not contain any cells. ■

By George Taylor, Medical Director, Cellese Regenerative Therapeutics
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LeAnn Rimes Doesn’t Let Plaque Psoriasis Take Center Stage

By Cindy Riley

For LeAnn Rimes, plaque psoriasis created a lifelong struggle. Diagnosed at age two, she experienced unsightly patches on over 80 percent of her body by age six and, later, as a teenager skyrocketing to fame, was forced to battle her condition in the national spotlight.

Telling Her Story

“Performing onstage, I’d always wear three pairs of pantyhose just to cover it up enough so people couldn’t see it,” the country star admits. “I’d wear jeans in 105-degree weather. “It’s something that’s had so much power over me for so long. To be able to share my experiences, because so many people go through the same thing, has been liberating in so many ways.”

Taking Charge

Rimes, who’s found relief through prescription medication, hasn’t had a serious flare-up in twelve years. “I never got to wear a bikini as a kid. Now, I don’t have to hide myself.” She adds that having a good support system is important and encourages those affected to stay strong.

“People think it’s just a skin disease, but it really can be debilitating—emotionally and physically.”

How a Top Model Prevailed Despite Chronic Psoriasis

By Liane Bonin Starr

Openly sharing her struggles with chronic psoriasis, CariDee English charmed the public on her way to realizing dreams on “America’s Next Top Model.”

“It’s not a topical thing you can put lotion on and you’ll be fine,” explains CariDee English. “It needs to be addressed from the inside out.”

Overcoming obstacles

But it was the outside—the scaly patches and sensitive skin—that led to childhood bullying and later nearly derailed her dream. “Nobody would hire me. I was constantly told to pursue other things.”

After being dropped by a modeling agency when photos revealed her plaque psoriasis, she signed up for “America’s Next Top Model,” where she openly discussed her condition.

Comfort in her own skin

The risk paid off. “Something that threatened to stifle my career got so much support from America,” she says. English adds she now has her psoriasis under control, and that she won more than a title. “I’m not just a top model,” she says. “Now I get to be a role model.”
When Wounds Won’t Heal

For most, breaks in the skin usually heal quickly. But for a growing population of Americans suffering from difficult-to-heal wounds, seemingly minor injuries require medical intervention.

By 2020, statistics indicate there will be more patients with wound healing difficulties than with all types of cancers combined.

Who’s at risk?
A recent Scandinavian study demonstrated that the presence of a foot ulcer increases a diabetic’s risk of death by 47 percent per year. Over three-quarters of lower extremity amputations in diabetics follow the development of a foot ulcer.

But chronic wounds can occur in non-diabetics as well. The venous leg ulcer is the most common ulcer, afflicting an estimated 7 million Americans. Pressure ulcers, or bedsores, develop in the bedridden and patients with spinal cord injuries. Finally, there are ischemic ulcers. Other than vascular intervention, the only treatment is amputation.

All chronic wounds require a comprehensive treatment plan. However, even in the best of care, these ulcers can take months or years to heal. As a result, specialists working in this area have concentrated on prevention as well as treatment.

Solutions
Wound centers focus on hard-to-heal wounds, improving healing rates and preventing amputation. Many actively research the latest treatments.

Hyperbaric oxygen therapy is one advanced modality found in most wound centers. Patients breathe 100 percent oxygen in an enclosed chamber pressurized to twice the normal atmospheric pressure. It is frequently used to prevent amputation in patients with severe diabetic foot ulcers.

If one of the wounds mentioned above, or any wound, persists for more than a month, patients should seek the attention of a physician specializing in this area.

By Thomas E. Serena, M.D., Fellow of the American College of Surgeons; APWCA

Early Warning: Diabetic Foot Ulcers Could Signal Serious Problems Ahead

By I-Hsien Sherwood

Insulin users have a higher chance of developing foot ulcers, as do patients with uncontrolled blood sugar or diabetes-related diseases. Other risk factors include being overweight, and alcohol and tobacco use.

Symptoms
The first sign of an ulcer is often drainage on socks. Some people with foot ulcers develop nerve damage, and can’t feel pain in the foot. Redness, swelling and odor may also occur.

Treatment options
If an ulcer is infected, it may require antibiotics or hospitalization to prevent complications. Special footgear or crutches relieve pressure on ulcers, which heal faster if they are kept covered and moist. Most uninfected foot ulcers can be treated without surgery, but in severe cases it may be necessary.

Prevention
Keep blood glucose levels down and consult a podiatrist about your everyday shoes. Inspect your feet daily for cuts, cracks or other abnormalities.

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