



Newsletter

PARISH DERMATOLOGY
1760 Market Street, Suite 301
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Vol 3 No 1 2004
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Is Tanning Addicting?

If you have been reading our newsletters, you know that ultraviolet radiation (UVA, UVB, and UVC) can cause great trouble. If you still can't resist baking at the Shore or using sunlamps for a tan, then you just might be a tanning addict.

Researchers at the University of Texas Medical Branch, Galveston began by asking sunbathers on the nearby beaches:

1. *Have you ever felt the need to cut down on your tanning?*
2. *Have people annoyed you by criticizing your tan?*
3. *Have you ever felt bad or guilty about your tanning?*

4. *Have you ever thought about tanning first thing in the morning?*

A **yes** answer to two or more questions suggests possible tanning addiction. Of the 146-participating sunbathers, 55% were found to be addicted to sunbathing.

The chief researcher noted:

The beach is a high-risk environment for UV exposure and skin damage, and beachgoers who take few or no precautions to prevent injury from natural UVR are also more likely to sustain UVR damage in tanning salons and other non-beach locales....This all fits with a pattern or reckless risk-taking.

Adapted from *Sun & Skin News* Vol 20 No 4

Soft Tissue Augmentation

Recently, several new fillers for dermal defects, also called soft tissue augmentation, have been or will soon be approved by the FDA.

One of them, Restylane®, is now available. This is hyaluronic acid and is non-animal in origin so that the chances of an allergic reaction are slim; hence, a skin test is not needed. Some studies suggest that Restylane® may last up to six months.

Zyderm® which has been used for nearly 25 years and the more long lasting Zyplast® are still excellent choices for lessening an acne scar or diminishing an aging line. When combined with Botox®, people can say that cosmetic dermatology has arrived in the 21st century.

Parish Dermatology performs the above procedures.

BOTOX®
Botulinum Toxin Type A
Purified Neurotoxin Complex



Circa 1925. From our ephemera collection

