

Investigating cosmetic, procedures and psoriasis

Learn more, live better. A Canadian dermatologist answers your questions.



Q I'm considering and researching non-surgical cosmetic procedures. Which treatments are most common, and what should I know before selecting a clinic?

A There is a wide range of non-surgical cosmetic procedures available today. Common skin growths such as skin tags, moles, and age and sun spots can be safely, quickly and painlessly removed by a dermatologist through various techniques in the office. Botulinum toxin, incobotulinumtoxinA and abobotulinumtoxinA are widely used for reducing the appearance of wrinkles caused by repeated muscle contractions, such as frown lines and forehead lines. Botulinum toxin is also an effective treatment for hyperhidrosis, or excessive sweating. Soft-tissue fillers, such as hyaluronic acid gel and non-animal stabilized hyaluronic acid (NASHA) injectable gel, help to fill deeper wrinkles and give the face a more youthful, fuller look. A variety of laser therapies are available, such as laser hair removal, facial photorejuvenation (e.g., broadband light or IPL), and laser resurfacing. Chemical peels and microdermabrasion are a gentle method of removing the outermost layers of dry dead skin cells to reveal

a fresher and younger-looking complexion. Sclerotherapy is a popular technique of eliminating spider veins in the legs; a special solution is injected into the veins, causing them to gradually fade. A proper skin-care routine and skin-care products are an important adjunct to any of these cosmetic procedures.

When choosing a clinic, it is ideal to seek out a board-certified dermatologist experienced in the cosmetic treatment you want (look for an MD or FRCPC degree after the doctor's name). Request a consultation to address your skin concerns and to determine the appropriate treatment plan. Do your homework, ask questions and take the time you need to make the proper decision for you.

Q I have lived with psoriasis for years, and recently heard that some other conditions often occur in patients with psoriasis. What are they and what does this mean for my overall health?

A Psoriasis is a chronic, recurring inflammatory disease that can affect the skin, scalp, nails and joints. It affects two to three per cent of the population, and ranges in severity from mild to severe.

Patients with psoriasis must consider and potentially be screened for comorbidities (other diseases linked with psoriasis). Research has shown that up to 25 per cent of psoriasis patients will develop psoriatic arthritis, which can occur before, at the same time as or after the psoriasis manifests. More recently, a higher prevalence of metabolic syndrome, diabetes, cardiovascular disease, stroke and lymphoma has been described in those with psoriasis. This condition has also been associated with depression, anxiety, sexual impairment, social stigmatization and reduced work productivity. If you have psoriasis, talk to your doctor about these potential risks. See page 6 for more details on this topic and psoriasis. **CS**

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If you would like to have your questions answered by our CSPA medical advisors, please contact us at: Canadian Skin Patient Alliance, 136-2446 Bank Street, Suite 383, Ottawa, Ontario K1V 1A8 or www.canadianskin.ca or check us out on Facebook and Twitter.  