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We'd love to hear your feedback, so we can continue to improve our service to you.

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Eczema and Dry Skin

Eczema and dry skin may look similar on the surface, but the conditions have some key differences. Eczema likely has a genetic or immune component, while dry skin is more likely related to a person's environment.

Both conditions are relatively common, and many people with mild eczema may assume they have dry skin.

People can typically manage eczema and dry skin at home. However, while home remedies and creams can usually resolve dry skin, eczema may require intervention from a medical professional.

In this article, we explain the differences between eczema and dry skin, their causes, how to treat them, and when to contact a medical provider.

What is Eczema?

Eczema is an inflammatory skin condition that causes itchiness, dryness, rashes,

scaly patches, blisters, and potentially, infection. Atopic dermatitis is the most common type of eczema, and people often use the names interchangeably.

Other types of eczema include contact dermatitis, dyshidrotic eczema, nummular eczema, seborrheic dermatitis, and stasis dermatitis.

In people with eczema, their skin does not effectively retain water, leading to skin dryness. The condition is more common in children but can also affect many adults.

Eczema vs. Dry Skin

Eczema and dry skin may both cause itchiness and flakiness, making it difficult for a person to tell which condition they have. However, there are significant differences between the two skin conditions.

One of the main differences is that dry skin usually has an environmental cause. Some common causes of dry skin include:

- harsh soaps
- itchy clothing
- long and hot showers or baths
- exposure to hot or cold weather and low humidity
- exposure to air conditioning
- diuretics
- topical and systemic retinoids
- metabolic changes due to aging
- hormone imbalances due to

menopause or an under-active or overactive thyroid

If a person experiences extreme itching and their skin is dry for an uncommon or unknown reason, they are more likely to have eczema. While dry skin does not cause eczema, eczema can cause dry skin.

Causes

Atopic dermatitis is the most common form of eczema. According to the American Academy of Dermatology Association (AAD), there is no single cause of atopic dermatitis. Rather, it is a complex skin disease without a cure.

How a person's genes interact with their environment may be one influencing factor. Allergens or irritants from a person's environment can trigger their immune system, resulting in an eczema flare-up. Additionally, people with eczema may have a genetic variation related to a protein called filaggrin. This protein helps the skin hold moisture, so if a person lacks adequate levels of filaggrin, they may have a genetic predisposition to drier, itchier skin.

When to Seek a Medical Provider

If you're unable to manage your symptom(s), it is time to contact a medical provider. It is important to remember that while skin conditions may not be life threatening, they can severely impact your quality of life.

National Healthy Skin Month

You may not realize it, but your skin reveals a lot about your overall health. This month, we want to make you aware of what it takes to keep your skin healthy as well as understanding how to treat and prevent common skin problems.

Healthy skin should be a priority all year long, but your skin should receive extra tender love and care in November for National Healthy Skin Month! In honor of National Skin Month, we're going to share a few tips and tricks that will help your skin maintain its glowing and healthy appearance.

One of the most important things you can do to achieve healthy skin, is to educate yourself about your skin type and what that entails in regards to maintenance and care. Different skin types will react distinctly to the environment as it changes. For example, oily skin in warm weather reacts differently than dry skin in warm weather. There's also combination skin, which can have its own set of reactions. You should assess your skin type and consistently apply products that will nourish and replenish your skin.

Once you are familiar with your skin type, you will start to notice subtle differences that can be indicators that

a problem with your overall health. For example, if you notice that you are itching and begin to develop a rash, then this could be a sign of an allergic reaction, an infection, or autoimmune disease. Additionally, if you notice that there's growth from a new mole, you should see our dermatologist as soon as possible because a mole could indicate skin cancer. Pay special attention to the changes that are occurring on your skin and don't hesitate to see a specialist if something doesn't feel right.

Since your skin is the largest organ on your body and exposed to the elements, it is essential that you keep it hydrated. Besides the many health benefits that come from drinking water, it also impacts your skin positively. Water keeps your skin moisturized and cleans out all the toxins in your system that could be potentially harmful to your skin.

Besides staying hydrated, one of the most vital things you can do for your



skin is to apply sunscreen daily. The sun emits extremely powerful UV rays; therefore, it is important to apply sunscreen despite weather conditions. Applying sunscreen should be part of your regular skin care routine even if that's the only product you apply on your face. Skin cancer is prevalent and occurs often, so make sure to be proactive in protecting your skin against the sun.

Lastly, if you really want to improve your skin's appearance and overall vibrancy, you need to manage your stress and get a full night's rest. Typically, these two go hand in hand since those who have trouble sleeping are often stressed and worried about something in their life. Getting a full night's rest will give your skin time to restore and replenish itself from the external elements it encountered throughout the day.



HALO vs MOXI: Which Laser Treatment is Right for You?

Here at Exceptional Dermatology Care, we are focused on providing the best services and treatments for each patient. With so many options, you may be wondering which laser is right for you. We offer both MOXI and HALO laser skin resurfacing treatments at our practice. Depending on your goals and skincare needs, we will recommend a customized laser skin resurfacing treatment to suit your needs. Here's how to know which one may be best for you.

Let's break it down: MOXI vs. HALO Laser Skin Treatments

MOXI is a non-ablative laser, which means it does not create an open wound in the skin. MOXI uses a random fractionated pattern at a specific strength to distribute microscopic depots of laser energy on the skin surface. This results in no actual open wound. But it creates a MEND that is a microscopic epidermal tissue response that really brightens the skin. This is like "lightly" aerating a lawn.

The HALO Laser is a hybrid of ablative and non-ablative wavelengths, and penetrates deeper into the skin than MOXI. It also uses a fractionated pattern at specific strengths that create MENDs. The HALO has one laser wavelength that goes deeper to treat damage at the dermal level and one that treats at the surface of the skin. This would be more like aggressively “aerating” the lawn. We can customize HALO to each patient’s specific needs.

What Does MOXI Treat?

MOXI Candidates. MOXI is the ultimate “lunch break” laser skin resurfacing procedure for men and women and is great for those looking to prevent minimal signs of aging or improve sun damage. It is safe on all skin types. This revolutionary laser is becoming the “go to” treatment for melasma as it does not produce high amounts of heat that can trigger hyperpigmentation associated with melasma.

Does MOXI Require Downtime? It has a minimal recovery period that requires little to no downtime. You will experience some redness and warming of the treated area for approximately 3-4 days after a MOXI treatment.

What Are the Expected Outcomes of MOXI? You will notice a healthy glow to your skin after the MOXI. This is a minimally invasive treatment designed to improve early signs of aging, so you will not see a dramatic improvement



after MOXI. It is great for maintaining youthful skin.

What Does HALO Treat?

HALO Candidates. The HALO laser treats sun damage, fine lines, deeper wrinkles and pores in men and women of all ages. In addition to what MOXI can do, HALO can also target skin lesions, scars, facial redness and small veins.

Does HALO Require Downtime? HALO has a slightly longer recovery period than MOXI. Since this treatment can be tunable to the patient’s specific concerns and has the ability to be more ablative, the downtime for HALO is

approximately 5-7 days. During this time, patients can resume their normal routines and wear light makeup.

What Are the Expected Outcomes of HALO? After a HALO laser treatment at our practice, you will see significantly improved tone, skin texture, and a decreased appearance of scars and dark spots in as little as 10 days.

How Do I Choose the Right Laser for My Needs?

MOXI is a great way to treat small areas of concern, including texture, fine lines, and wrinkles, or prevent skin damage and signs of aging before they occur. A good rule of thumb is if the condition of your skin reflects your age, then the MOXI laser is for you.

MOXI will maintain your skin and help to prevent further damage. It is safe for all skin types.

HALO is the best option to reverse damage from years of sun exposure and premature aging. If you feel your skin is looking older than your age, this is the right treatment for you. The HALO laser targets the skin at a deeper level than MOXI. The extra downtime from HALO laser treatments is well worth the benefits it offers for repairing damaged skin.

Our team of Dermatologists and advanced laser experts at Exceptional Dermatology Care are highly trained to help guide you towards the right treatment.

The bottom line is, we recommend you look at what your skin concerns are, what you want to treat, what your expected outcomes are, and how much downtime you can afford so that you can make the best decision to suit your aesthetic needs.

Can HALO and MOXI Be Combined with Other Treatments?

Absolutely! HALO and MOXI treatments can both be combined with BBL laser skin resurfacing the same day, in fact we highly recommend it. We recommend waiting 2 weeks before or after your HALO or MOXI laser skin treatment to have Dermal Filler injections.

This month, enjoy **10% OFF MOXI and 15% OFF HALO Laser Skin Resurfacing Treatment!** If you are interested in both treatments, contact our office at **(714) 882-5525 to schedule an appointment with one of our providers.**

