

MAY 2023

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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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Is Skin Cancer Genetic?

Many people know that exposure to the sun's harmful UV rays can lead to skin cancer. However, some may wonder if there is a genetic component to this disease. The truth is, genetics can play a role in the development of skin cancer. Understanding how our genes impact our skin health can help us take proactive steps to prevent this deadly disease. In this blog post, we will explore the connection between skin cancer and genetics.

The skin is the largest organ in our body, and it is constantly exposed to the environment, including the sun. Scientists have identified several genes that can affect our ability to repair DNA damage caused by UV radiation from the sun. Some people have genetic mutations that impair their DNA repair ability, making them more susceptible to skin cancer. The most well-known of these genes are the BRCA1 and BRCA2 genes, which are typically associated with breast and ovarian cancer. However, mutations in these genes can also increase the risk of several other types of cancer, including skin cancer.

Additionally, there are some rare genetic conditions that increase the risk of skin cancer, such as xeroderma pigmentosum (XP) and basal cell nevus syndrome (BCNS). XP is a rare disorder that affects the body's ability to repair DNA damage from UV radiation, leading to skin cancers and other health problems. BCNS causes the development of multiple skin cancers, including basal cell carcinoma, which is the most common type of skin cancer.

It's essential to note that having a genetic predisposition to skin cancer does not mean that you will inevitably develop the disease. Other factors such as environmental exposure to UV radiation, lifestyle choices, and protective measures like wearing sunscreen, clothing, and seeking shade also play a crucial role in skin cancer prevention.

If you have a family history of skin cancer or other types of cancer, it's essential to discuss your risk with a dermatologist. They may recommend increased skin cancer screenings, genetic counseling and testing, and lifestyle recommendations to lower your risk. Your dermatologist may also recommend examinations for mutations in genes that impact DNA repair.

One promising area of research is genetic testing to identify people's DNA repair capacity in skin cells. Researchers are working on developing tests that can help identify people who may be more susceptible to skin cancer so that they can take proactive steps to prevent it.

With early detection and intervention, skin cancer is highly treatable, so identifying people who are at higher risk is crucial.

In conclusion, while most skin cancers are caused by environmental factors like sun exposure, genetics plays an essential role in the development of this disease. Genetic mutations can decrease our ability to repair DNA damage caused by UV radiation, increasing our risk of developing cancer. If you have a family history of skin cancer, it's vital to talk to a dermatologist about your risk and learn how to protect yourself. Together with lifestyle choices such as limiting sun exposure, wearing appropriate clothing, and using sunscreen, advancements in genetic testing can help us to better identify those at the highest risk of developing skin cancer. By taking proactive steps to prevent skin cancer, we can reduce the impact of this deadly disease.





The Go-To Skincare Routine For Busy Moms

Being a mom is a full-time job that often leaves little to no time for self-care. However, it is crucial for mothers to maintain healthy skin to look and feel their best. With so many skincare products and routines out there, it can be overwhelming to find the right one for you. In this blog post, we'll go over a simple yet effective skincare routine that busy moms can easily incorporate into their daily lives.

1. Cleansing

The first and most crucial step in any skincare routine is cleansing. It's essential to remove all makeup, dirt, and impurities from your skin to prevent any breakouts or

clogged pores. You can use a gentle cleanser that suits your skin type and preference. If you're short on time, try a micellar water cleanser that you can apply and wipe off with a cotton pad. It's quick and easy, and you don't have to worry about water splashing everywhere.

2. Moisturizing

Moisturizing is the next step and is essential to prevent dryness and keep your skin hydrated. A moisturizer helps lock in moisture that your skin loses throughout the day. You can choose a lightweight moisturizer that absorbs quickly and doesn't leave a greasy residue. Applying it twice a day, once in the morning and once at night, will keep your skin feeling smooth and supple.

3. Sun Protection

Protecting your skin from harmful UV rays is critical for maintaining healthy skin. Even if you're indoors most of the time, it's still essential to apply sunscreen. Choose a broad-spectrum sunscreen with at least an SPF of 30 and apply it 30 minutes before you head out. If you're rushing out the door, try a moisturizer that contains SPF for added sun protection.

4. Exfoliating

Exfoliating is the process of removing dead skin cells from the surface of your

skin, leaving it smoother and brighter. It's recommended to exfoliate once a week to keep your skin looking fresh and healthy. You can use a physical exfoliator with gentle beads or a chemical exfoliator that uses acids to dissolve dead skin cells. Always follow up with moisturizing after exfoliating to prevent your skin from drying out.

5. Eye Cream

The skin around your eyes is delicate and tends to show signs of aging like fine lines and wrinkles. Applying eye cream daily can help keep this area hydrated and prevent any signs of aging. Look for an eye cream that contains ingredients like caffeine to reduce puffiness and dark circles and hyaluronic acid to hydrate the skin.

Finding the right skincare routine as a busy mom can be challenging, but it's essential to take care of your skin. A simple routine with cleansing, moisturizing, sun protection, exfoliating, and eye cream can do wonders for your skin.

Remember to choose skincare products that suit your skin type and preference and always follow up with SPF to protect your skin from harmful UV rays. Incorporating a skincare routine into your daily life can not only help your skin look and feel its best but also give you the confidence to tackle anything that comes your way as a very busy mom.



What is the MOXI™ Laser?

The MOXI Laser is Sciton's newest non-ablative laser, created to offer a gentle, skin rejuvenation experience without wounding the skin. MOXI comfortably delivers non-ablative fractionated laser energy to the skin to promote new cell growth and reduce unwanted pigment. With MOXI you can correct uneven pigmentation and improve skin tone and texture without the recovery or downtime associated with more aggressive laser procedures.

Designed to treat all skin types, anytime of the year, MOXI is ideal for younger patients who are just starting a skin regimen or those wanting to revitalize and refresh your skin's appearance without downtime. Due to the minimal downtime

and the gentleness of the technology, it's also an ideal treatment for regular skin maintenance to keep your skin looking flawless.

- Fast and easy, under 30 minutes
- Little-to-no downtime
- Simple post care
- 24-hours post treatment makeup can be applied

How does MOXI work?

MOXI delivers fractionated laser energy to create micro-coagulation zones pulling out pigmented areas in the process, which the body then repairs, replacing damaged cells with fresh new ones. MOXI is designed to provide tonal and textural improvements to your face with low downtime, resulting in skin renewal.

How comfortable is the treatment?

Depending on the level of treatment provided, most patients find the treatment well tolerated. A topical numbing cream can be applied to help ensure your treatment is as comfortable as possible.

How long does it take to see results?

Results vary depending on your treatment goals. The day following your treatment, your skin will be very dry and feel like sandpaper and, depending on your level of treatment, you may see the small micro dots called "mendez"



micro zones heal, they will darken and feel rough. Between days 3-5, the "mendez" will slough off, revealing the renewed skin beneath.

What is your post care?

Because this is a non-ablative fractionated treatment, the post care regimen is simple. Immediately after treatment, wear a physical sunscreen with broad-spectrum UVA and UVB protection and SPF 30+ or higher. After 24 hours, makeup may be applied.

How many treatments will I need?

This will depend on your treatment goals and level of damage. Most patients receive 3 - 4 corrective treatments, then often will sign up for regular maintenance treatments throughout the year.

Ready to schedule a MOXI Laser treatment at Exceptional Dermatology Care? **Give us a call today at (714) 882-5525.**