Dermatology of the Aging Skin

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I HAVE NOTHING TO DISCLOSE.
My eagerness to give this talk
ON AGING SKIN

SOME PEOPLE TRY TO TURN BACK THEIR ODOMETERS...

NOT ME!

I WANT PEOPLE TO KNOW WHY I LOOK THIS WAY. I’VE TRAVELED A LONG WAY, AND SOME OF THE ROADS WEREN’T PAVED.
SKIN CANCER

- 5 MILLION NEW CASES /YEAR
- $8.1 BILLION COST of CARE
MELANOMA

- > 76,100 NEW CASES/YEAR
- 9710 DEATHS/YEAR
- One of commonest cancers in young adults (National Cancer Institute)

LIFETIME RISK:
- Whites: 2%
- Blacks: 0.1%
- Hispanics: 0.5%
MELANOMA?
Keratoses
Keratosis
Lentigo Maligna Melanoma
Nodular Melanoma
Superficial Spreading Melanoma
Superficial Spreading Melanoma
MELANOMA

A- ASYMMETRY
B- IRREGULAR BORDERS
C- COLORS: BLACK, BLUE, RED
D- DIAMETER EQUAL OR > PENCIL ERASER
COMPLETE SKIN EXAM

- PERSONAL/FAMILY HISTORY
- >50 Y.O.
- FAIR COMPLEXION
- NUMEROUS NEVI
- ATYPICAL NEVI
- HISTORY OF TANNING BED USE
- HISTORY OF BLISTERING SUN BURNS
TOTAL BODY!
Self-Exam
Measurement
Measurement
Skin Self-Exam

1. Examine body front and back in mirror, then right and left sides, arms raised.
2. Bend elbows, look carefully at forearms, back of upper arms, and palms.
3. Look at backs of legs and feet, spaces between toes, and soles.
4. Examine back of neck and scalp with a hand mirror. Part hair and lift.
5. Finally, check back and buttocks with a hand mirror.
Excisional Biopsy
MELANOMA PATH REPORT

- TUMOR THICKNESS
- ULCERATION
- MITOTIC RATE
- HOST RESPONSE
Depth of Invasion
Sentinel Node Exam

- Lymph node
- Radioactive substance or dye
- Tumor
- Sentinel nodes
- Probe

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MELANOMA Chemotherapy

- Interferon
- Vaccines
- BRAF
- Monoclonal Antibodies
Basal Cell Carcinoma
Basal Cell Carcinoma
Basal Cell Carcinoma
BASAL CELL CARCINOMA TREATMENT OPTIONS

- EXCISION
- C&D
- DEEP CRYOSURGERY
- RADIATION
Dr Frederick Mohs
RISK FACTORS FOR BASAL CELL EPITHELIOMA

- CHRONIC SUN EXPOSURE
- RADIATION EXPOSURE
- FAIR SKIN
- GENDER (MALES > FEMALES)
- AGE > 50
- PERSONAL/FAMILY HX
- IMMUNE SUPPRESSION
- ARSENIC EXPOSURE
Squamous Cell
RISK FACTORS FOR METASTASIS

- TUMOR DIAMETER > 2cm
- INVASION INTO FAT
- PERINEURAL INVASION
- POOR HISTOLOGIC DIFFERENTIATION
- LOCATION ON EAR, TEMPLE, ANOGENITAL AREA
ACTINIC KERATOSIS TREATMENT

- LIQUID NITROGEN FREEZING
- 5 FLUOROURACIL CREAM
- IMIQUIMOD CREAM
- INGENOL MEButATE GEL
- DICLOFENAC GEL
- PHOTODYNAMIC THERAPY
Local Cryo Therapy
Field Therapy of AK’s

A

B

[Images of two individuals, one with visible skin condition and the other without]
SUN PROTECTION

- SUN AVOIDANCE
- CLOTHING
- SUN SCREEN
- NO TANNING BED!
Sun Protective Clothing
SUN SCREENS

- BROAD SPECTRUM: “CRITICAL WAVELENGTH TEST”
- SPF 30 or HIGHER
- WATER RESISTANCE 40/80
- “ONE OUNCE, ONE BODY, ONE TIME”
- REAPPLY
Critical Wavelength Test
Sunscreens

![Image of Neutrogena Ultra Sheer Dry-Touch Sunscreen and CVS Sport Clear Spray Sunscreen]
Spray Sunscreen
ANTI-TANNING BED PROGRESS

- FACTS v. MYTHS
- LEGISLATIVE ACTION
- MEDICAL GROUP ACTION
- FTC Action
- FDA Action
- ACA Tax
TANNING BED FACTOIDS

- 44 STATES + D.C. HAVE REGULATIONS
- 11 STATES BAN USE FOR < 18 Y.O.
- BLACK BOX WARNING UPGRADE BY FDA MAY 2014
CAUSES OF ITCHING

- XEROSIS
- DRUGS
- DIABETES
- DISEASE
- INFESTATIONS
- NEUROLOGICAL
Dry Skin

- Aging Skin
- Irritants
- Environment
- Drugs
- Diseases
Dry Skin Eczema
Dry Lake
Favored Moisturizers
ROSACEA

- ERYTHEMATOTELANGIECTATIC
- PAPULOPUSTULAR
- PHYMATOUS
- OCULAR
Rosacea
Rosacea
OCULAR ROSACEA

- BLEPHARITIS
- CONJUNCTIVITIS
- PHOTOPHOBIA
- FOREIGN BODY SENSATION
- CYSTS
ROSACEA STIMULI

- STRESS
- HOT DRINKS
- ETOH
- SPICY FOODS
- EXERCISE
- COLD OR HOT WEATHER
- HOT WATER
Demodex Folliculorum
ROSACEA TREATMENTS

- TOPICAL METRONIDAZOLE & ANTIBIOTICS
- SYSTEMIC ANTIBIOTICS
- BRIMONIDINE GEL
- COSMETIC COVERUP
- LASER ABLATION OF VESSELS
Brimonidine Treatment