



DR. HUGH MCLEAN, M.D., F.R.C.S.(C)

McLean Clinic News

Medical Skin Care For You

If you are tired of trying to decipher the alphabet soup of new skin care ingredients and new products on the shelves ... if you have found the hype and the promise of your skincare products don't live up to your reality or the cost ... we can help.

We are privileged to be able to provide you with several of the most advanced skin care lines available today. Physician's Choice is a full line ranging from cleansers and mois-

turizers, through sunscreens and products to treat "brown spots" caused by sun damage.

The Biophora system aggressively exfoliates and promotes cell renewal leaving you with a more even skin tone and texture.

Circadia (formerly Joanna's Solutions) is the answer for mature skin with products to work with the body's immune system to repair and help remove the signs of aging.

Because they are dispensed by medical professionals, these products contain higher levels of active ingredients than those allowed in department or drugstore lines. During our FREE consultation, our skin care specialist will evaluate your skin type, the condition of your skin and your individual expectations to determine the best treatment for you.

Mississauga Executive Facelift

A lot of our clients are electing to have a **short scar facelift**.

This is often almost as effective as a more extensive lift especially on the area of the jowl and neck, and the scar is only

half the length! Ask whether this shorter simpler, more economical procedure might be effective for you, too!



Inside this issue:

Cosmetic Acne in Adults	2
Dear Ann	2
Your Skin's Winter Survival	3
Better Skin Diet	3
The Crow Has Landed	4
Specials	4
Gift of Beauty	4

Visit The McLean Clinic online

Visit our rejuvenated Web site at www.mcleanclinic.com for in-depth information about our practice, services and specials.

Cosmetic Acne in Adults

Adult acne is a difficult issue that we often see in our medical skin care practice.

The majority of the acne that occurs after adolescence is caused by cosmetic products. Also, teenage acne and acne rosacea in adults are often made much worse by cosmetics. Evaluate the cosmetic products you use and carefully select the proper replacements.

The primary culprits in adult acne are cosmetics and hair care products that contain fragrances, plant oils, and plastics. Fragrances can cause contact reactions, which can lead to the development of acne. Plastics and plant oils can plug pores, particularly the larger pores in the chin and nose areas.

Avoid using products with any fragrance on acne prone areas of the body. Plant oils such as aloe, Vitamin E, coconut oil and even baby oil should be avoided.

Lastly, the most overlooked acne causing products are hair care

products. Conditioners, hair sprays and hair gels almost all contain plastics, which can block pores and cause breakouts. The ingredients to be aware of are PVP, CVP and any copolymer ingredient. Scalp breakouts and chin acne (it is very common for a person to touch their hair and then touch their chin) are good indications that hair care products are the offenders. Many water-proof, sweat proof, or smudge proof cosmetics and sunscreens also contain these plastics.

Try to eliminate these products from your daily routine. Starting on a good skin care program that includes a good exfoliant such as glycolic acid or alphahydroxy acid can help.



Recommended Products:

Shampoos—Standard dandruff shampoos (non-conditioning)

Conditioners—Avoid all containing plastics

Hair Sprays/Gels—Those containing PVP or CVP esters seem to be less problematic, but should be non-aerosol and unscented

Soaps—Standard soaps for sensitive skin, containing little or no fragrance

Makeup & Foundations—if possible, avoid until your skin is clear. If not, water based matte or velvet finish products are a little better than others. Avoid powders and “smudge proof” products.

Dear Ann

Why is it better to get skin care products from you, rather than a department or drug store?

It can be very confusing choosing products— they all look and sound so good. The truth is they are not. Because our skin care products are only available through physician’s offices, they contain higher levels of active ingredients and

you will notice a difference in your skin. I will set up a program to fit your needs and be available to help you with your skincare.

I have deep creases on my cheeks. Will BOTOX help?

No, Botox is used mainly for frown lines, forehead lines and

crow’s feet. But, there are several other products that are appropriate for this area. Collagen, Restylane and Hylaform are all temporary fillers that could be used to fill and diminish these lines or creases. Another option for deep creases on cheeks could be a facelift. Dr. McLean would be pleased to discuss this procedure with you.

Your Skin's Winter Survival Available Through our Office

The drying effects of winter and the harsh realities of the changes in climate dramatically affect your skin.

Crisp temperatures, biting winds, indoor heating, and moisture-robbing fireplaces take their toll on reducing the hydration level of your skin. The variations in temperature, humidity, and elevation do play a role in the dryness, chapping, and dehydration our skin experiences. Even on the cloudiest of days, the sun's rays are bombarding your unprotected skin, hair, and eyes.

With a little attention, you can avoid the **scaly effects of winter**.

- Increase your use of hand, face, and body moisturizers for winter. Using products that contain oil only as a barrier do not provide precious water for the skin. **Water = moisture**. You may need to upgrade your daily moisturizer in winter. Biophora's Derma Rich, Circadia's Moisture on Demand, and

Physician's Choice Collagen Hydrator are excellent additions to your program for those colds months.

- Consider the use of a humidifier or a cold vaporizer during winter months. Today's models are quiet, generate a very fine mist, and are easy to find in chain drug stores.
- Placing a pot of water or tea kettle on a free-standing fireplace will cause evaporation, releasing more moisture into the air.
- Don't forget to care for your lips. The liberal and frequent application of sun protection (SPF 15 or higher) provides protection and comfort during exposure in harsh climates.
- Increase the amount of water in your diet. Water is an essential nutrient, vital to skin moisture. It assists in fat burning and metabolizing alcohol.
- The generous use of sun protection products (SPF 15 or higher) during outdoor, winter

activities cannot be over-emphasized. Reapply every 1-2 hours. Zinc Oxide or Titanium Dioxide offers greater protection.

- Wear sunglasses which specifically block the UVA/UBA rays of the sun. They may prevent squinting, a cause of eyelid wrinkling, and/or corneal burning or abrasions.



Better Skin Diet

Good skin care alone won't achieve healthy skin without help from your diet. Here are a few tips to help cleanse your skin from the inside out.

- **Fish** contains oils that will help nourish your skin
- **Ground Flaxseeds or Flaxseed Oil** are an excel-

lent source of omega-3 fatty acids, which promote good skin health.

- **Vitamin A** is essential for healthy skin. Dark orange (carrots, sweet potatoes, winter squash) and dark green (broccoli, spinach, kale) vegetables are all high in Vitamin A.

- **Vitamin E** helps promote great skin. Nuts such as almonds and hazelnuts are high in Vitamin E.

Start eating the breakfast, lunches, dinners and snacks that will give your skin a healthy sheen.