



HEALTHY WOMAN

News from the Office of Women's Health

Illinois Department of Public Health • Rod R. Blagojevich, Governor • Eric E. Whitaker, M.D., M.P.H., Director

Skin care

Summer 2004

Skin, the Largest Organ of the Body

Did you know that skin is your body's largest organ, making up 15 percent of your body weight? Skin protects us from harmful elements in the environment, removes debris by shedding, eliminates oils, controls body heat through perspiration and gives us sensations through an intimate connection with our nervous system. In addition, skin plays a major role in our appearance. Skin is much more important to our health and well-being than many of us may think. It is, therefore, very important to take good care of your skin.

Skin Care Basics

Following are some steps to keeping skin as healthy as possible:

- * **Be gentle when cleaning your face.** When cleaning your face, it is important to be gentle by avoiding strong soaps, using lukewarm rather than hot water that can dry out skin and washing with your hands rather than a washcloth, which can be abrasive. Eye makeup should be removed using a moisturizing cream with cotton balls, a cotton cloth or soft sponge to avoid damaging the delicate skin around the eyes. Oil-based products such as petroleum jelly can safely be used to remove waterproof makeup. Irritating additives such as perfumes or dyes should be avoided, as they can trigger an allergic response. When cleansing is finished, rinse thoroughly and pat dry with a soft cotton towel.
- * **Bathe your body at least once a day to maintain good hygiene.** Bathing helps to remove dirt and oils, but removing too many of the body's natural oils can result in dry, irritated skin. Therefore, in most climates bathing once a day is sufficient. Only in warm, humid climates or for those who are very active is it necessary to bathe twice. When bathing, it is important to limit the bath or shower to 15 minutes or less and to use warm water to prevent loss of too much oil. If using soap, choose soaps that are mild and have oils and fats in them to prevent moisture loss. Avoid deodorant or antibacterial soaps or detergents that can be irritating. Adding bath oils can help. Soap substitutes are generally better for your skin and come in a variety of forms, such as gels, liquids or bars. After bathing, pat yourself dry with a towel.
- * **Moisturize your skin regularly.** To help the skin maintain normal moisture levels, application of moisturizers is often necessary. Apply moisturizers immediately after taking a bath or shower. Those with dry skin should consider using a heavier, water-in-oil moisturizer, rather than a light, disappearing lotion that contains mostly water and evaporates quickly. Those with very dry skin may want to try an oil, such as baby oil, that does not evaporate. However, those who have oily skin can generally skip moisturizing. During the winter, skin tends to be drier. This is because the air has less humidity, both outside and inside. Use of a humidifier can help to keep skin moist.
- * **Eat a healthy diet.** In order to keep your skin healthy, your body needs adequate amounts of protein, vitamins and minerals. Since skin cells are constantly sloughing off and new cells are being made, a healthy diet allows the body to regenerate healthy cells.
- * **Exercise regularly.** Exercise makes blood circulate. The skin needs blood to circulate to bring necessary nutrients to skin cells to keep them healthy. Exercise can actually improve skin tone and color.
- * **Sleep well.** Without proper sleep, the face can become puffy, lackluster and sallow. Make it a habit to get a good night's rest.
- * **Quit smoking.** Smoking may cause one's face to age prematurely. This may be due to the fact that smoking plays a role in damaging elastin, which is necessary for the skin to snap back after being stretched.

- * **Protect yourself from the sun.** Though dark skin can tolerate the sun better than fair skin because it absorbs less harmful rays, all skin types can become blotchy, leathery and wrinkled from overexposure to the sun. In addition, overexposure to the sun can increase the risk of skin cancer. Therefore, try to avoid sun exposure between 10 a.m. and 4 p.m., or wear protective clothing and use sunscreen. See discussion on skin cancer in following article.

Adapted from "Caring for Your Skin: What to Do," Mayo Clinic Health Information, Mayo Foundation for Medical Education and Research, December 19, 2003 (MayoClinic.com)

Protecting Yourself from Skin Cancer

Skin cancer is the most common type of cancer in the United States. According to current estimates, 40 percent to 50 percent of Americans who live to age 65 will have skin cancer at least once. More than 1 million new cases will be diagnosed this year, with 10,250 people dying of the disease. Melanoma, the most serious form of skin cancer, is expected to be diagnosed in about 55,100 people in the United States, with 2,020 new cases in Illinois, in 2004.

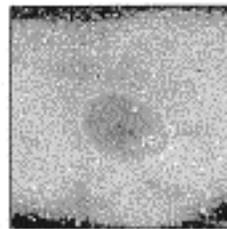
Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. Risk factors vary for different types of skin cancer. For melanoma, major risk factors include a prior melanoma, one or more family members who had melanoma and moles (especially if there are many, or if they have an unusual shape, color or are unusually large). Other risk factors for all types of skin cancer include sun sensitivity (sunburn easily, difficulty tanning, natural blonde or red hair color); a history of excessive sun exposure, including sunburns; exposure to tanning booths and to diseases that suppress the immune system; a past history of basal cell or squamous cell skin cancers; and occupational exposure to coal tar, pitch, creosote, arsenic compounds or radium. People who live in the Sunbelt are exposed to higher levels of UV radiation from the sun and are twice as likely to get skin cancer.

There are three common types of skin cancer. Basal cell carcinomas are the most common, accounting for more than 80 percent of all skin cancers in the United States. They are slow-growing cancers that seldom spread to other parts of the body. Squamous cell carcinomas, which comprise 16 percent of skin cancers, also rarely spread, but they do so more often than basal cell

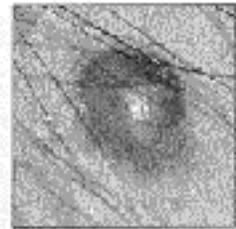
carcinomas. Both basal cell carcinoma and squamous cell carcinomas have better than a 95 percent cure rate if they are detected and treated early. The most dangerous of all skin cancers is melanoma, with a five-year relative survival rate of 90 percent. Though it only comprises about 4 percent of skin cancers, melanoma can spread to other organs and, when it does, it often is fatal. More than three-fourths of skin cancer deaths are caused by melanoma. Melanoma is primarily a disease of whites, who are 10 times more likely to develop the disease than African Americans. In women ages 25-29, melanoma is more common than any other non-skin cancer. Though most skin cancers appear after age 50, the sun's damaging effects begin at an early age. Preventive measures should start in childhood.

Both basal and squamous cell cancers are found mainly on areas of the skin exposed to the sun — the head, face, neck, hands and arms — though skin cancer can occur anywhere. Changes in the skin are not sure signs of cancer. However, it's important to see a doctor if any skin changes last longer than two weeks. All skin cancers can be cured if they are discovered and brought to a doctor's attention before they have a chance to spread. Therefore, it is important to check your skin regularly. The most common warning sign of skin cancer is a change on the skin, especially a new growth or a sore that doesn't heal. Skin cancers don't all look the same. For example, skin cancer can start as a small, smooth, shiny, pale or waxy lump. Or, it can appear as a firm red lump. Sometimes, the lump bleeds or develops a crust. Skin cancer also can start as a flat, red spot that is rough, dry or scaly.

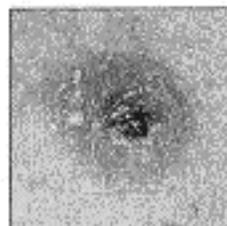
Examples of Basal and Squamous Cell Cancers



Small, smooth, shiny, pale or waxy lump



Firm, red lump

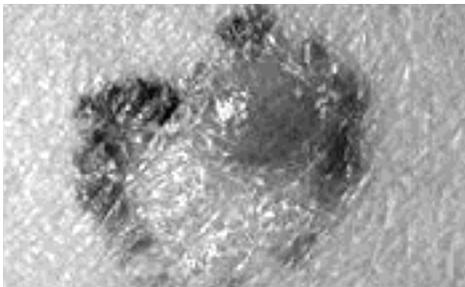
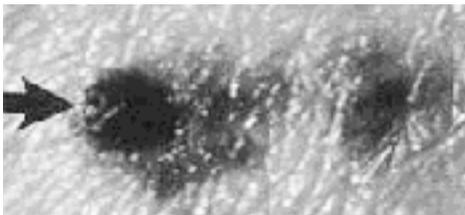


A lump that bleeds or develops a crust

Photos courtesy of NCI's Dermatology Branch

Melanomas tend to be asymmetrical, with irregular borders and color variation. With time, melanomas can get large. Any pigmented spot greater than 5 mm. in diameter should be examined carefully. Some early melanomas are slightly elevated. Any pigmented lesion that elevates quickly should be checked immediately. Ulceration, bleeding and oozing are signs that the melanoma may already be advanced. The mnemonic "ABCD" can be used when looking for melanoma (A=asymmetrical, B=border irregularity, C=color variation, D=large diameter).

Examples of Melanoma



To treat skin cancer, the doctor's main goal is to remove or to destroy the cancer completely, leaving as small a scar as possible. To plan the best treatment for each person, the doctor considers the type of skin cancer, its location and size, and the person's general health and medical history. Treatment for skin cancer usually involves some type of surgery. In some cases, radiation therapy or chemotherapy (anti-cancer drugs) or a combination of these treatments may be necessary.

The best way to keep your skin free of cancer is to avoid sun exposure. The following tips can help you to avoid overexposure to the sun:

- * **Stay out of the sun.** Avoid the sun between 10 a.m. and 4 p.m. This is when the sun's UV rays are strongest. Don't be fooled by cloudy skies. Harmful rays pass through clouds. UV radiation also can pass through water, so don't assume you're safe if you're in the water and feeling cool.
- * **Use sunscreen.** Sunscreens are rated in strength according to a sun protection factor (SPF), which ranges from 2 to 30 or higher. A higher number means longer protection. Buy products with an SPF number of 15 or higher and look for labels indicating the product is broad spectrum (meaning it protects against both types of harmful sun rays - UVA and UVB) and water-resistant (meaning it stays on your skin longer, even if you get wet or sweat a lot). Remember to re-apply the lotion as needed.
- * **Wear protective clothing.** A hat with a wide brim shades your neck, ears, eyes and head. Look for sunglasses with a label saying the glasses block 99 percent to 100 percent of the sun's rays. Wear loose, lightweight, long-sleeved shirts and long pants or long skirts when in the sun.
- * **Avoid artificial tanning.** Don't use sunlamps and tanning beds, tanning pills or tanning makeup. Tanning pills have a color additive that turns your skin orange after you take them. The FDA has approved this color additive for coloring foods but not for tanning the skin. The large amount of color additive in tanning pills may be harmful. Tanning make-up products are not suntan lotions and will not protect your skin from the sun.
- * **Check your skin often.** Look for changes in the size, shape, color or feel of birthmarks, moles and spots once a month in front of a full-length mirror. A hand-held mirror can be used to view areas that are hard to see. Remember to check the palms and soles, the lower back and the backs of legs, as well as places that are easier to see. In women, melanomas are most often found on the calves and the back. If you find any changes that worry you, see a doctor. The American Academy of Dermatology suggests that older, fair-skinned people have a yearly skin check by a doctor as part of a regular physical exam.

For more information on skin cancer, contact:

American Academy of Dermatology

1-888-462-3376

<http://www.aad.org/>

Food and Drug Administration

1-888-463-6332

<http://www.fda.gov/>

**National Institute of Arthritis
and Musculoskeletal and Skin
Diseases Clearinghouse**

301-495-4484

<http://www.nih.gov/niams/>

National Cancer Institute

1-800-4-CANCER (1-800-422-6237)

<http://www.nci.nih.gov/>

Article made up of excerpts from:

1. Cancer Facts & Figures 2004, American Cancer Society.
2. Skin Care and Aging, National Institute on Aging AgePage at www.niapublications.org/engagepages/skin.asp
3. What You Need to Know About Skin Cancer, NIH Publication No.95-1564, National Cancer Institute, September 16, 2002 at www.cancer.gov/cancerinfo/wyntk/skin.
4. 2004 Skin Cancer Fact Sheet, American Academy of Dermatology.

The Current Anti-Aging Craze, from Wrinkle Fillers to Anti-Aging Creams

With so many extreme makeovers on television, surgical injection to remove wrinkles has become the latest craze. Though some of these methods have been around for years, they are being introduced to the public daily on extreme makeover reality shows and becoming more popular everyday. Several injectibles are currently approved by the FDA to treat wrinkles. They include purified bovine (cattle) collagen, self-donated body fat, botulinum toxin, human-based collagen and, most recently, hyaluronic acid. Many more such products are

currently being tested. How do these injectibles fare in terms of safety and benefits? (See Chart on Page 5)

Many of these procedures can be quite expensive. It is important to thoroughly discuss the above procedures and products with your physician. Some may have side effects of which you should be aware before you decide to have a procedure done. Other cosmetic surgery options to reduce wrinkles, such as microdermabrasion, chemical peels and laser treatments, are available. Each of these procedures its own set of benefits and drawbacks that should be discussed with your physician.

Finally, many women would rather not undergo plastic surgery and would like to know which anti-aging products available on the market are effective. Some of these products are available only by prescription and some of them may have side effects. Though results are generally more modest than with plastic surgery, there are some products available that have been shown through research to have good results including the following:

- * **Alpha Hydroxyacid** - Improves acne and increases thickness of sun-damaged skin by as much as 25 percent. When combined with tretinoin (see below), alpha hydroxyacid can help to prevent precancerous skin lesions, reverse wrinkling and lighten age spots.
- * **Copper Peptides** - Improves healing of lesions and reduces scar tissue. May slow skin aging by limiting consequences of daily wear and tear. May improve wrinkles.
- * **Dimethylaminoethanol (DMAE)** - First product shown to give some reduction in facial sag by helping to tighten the skin. Also shown to reduce age-related decline in cognitive ability and memory.
- * **Estrogen** - Several studies indicate that postmenopausal women on estrogen replacement therapy develop fewer wrinkles and have better skin texture and elasticity than those not taking estrogens. One study showed that postmenopausal women showed improvement in skin elasticity and firmness, and a decrease in wrinkle and pore size after six months of treatment with topical estrogen with 0.01% estradiol or 0.3% estriol. Many experts believe that estrogen creams also could improve the signs of aging in premenopausal women, though studies are needed to confirm this.
- * **Lycopene** - Skin texture may be improved by ingesting 3.5 oz. of tomato paste. Since this may be difficult to
(continued on page 6)

Address Corrections

If the address label on this newsletter is incorrect, please send it back to us with corrections.

If you know others who would like to be added to our mailing list, please let us know.

Just call the Health-Line at 1-888-522-1282.

FDA Approved Wrinkle Reducing Injectibles

Product	Best Uses	Benefits	Drawbacks
Purified bovine collagen (used for > 21 yrs.) (marketed as Zyderm® and Zyplast®)	<ul style="list-style-type: none"> · Fine lines around the eyes · Enhance lips · Deep facial lines · Fill in acne scars 	<ul style="list-style-type: none"> · Each session lasts only 10 to 30 minutes. · Results seen almost immediately. 	<ul style="list-style-type: none"> · A series of injections is needed to achieve desired effect. · Results last only three to 12 months. · Allergy testing is required because some will have an allergic reaction. · Other side effects include outbreaks of cold sores and possible redness, swelling or bruising that disappears in a few days.
Self-donated body fat	<ul style="list-style-type: none"> · Deep creases around the mouth, nose and chin · Replace facial fat pads lost during aging · Fills in scars 	<ul style="list-style-type: none"> · No allergic reactions. · Results last one to three years. (may last longer when used to fill in scars) 	<ul style="list-style-type: none"> · Follow-up visits may be needed to achieve desired effect. · Though rare, lumps and bumps can develop in areas such as the lips and around the eyes.
Botulinum toxin (approved April 2002) (marketed as Botox®)	<ul style="list-style-type: none"> · Moderate to severe frown lines between the eyebrows 	<ul style="list-style-type: none"> · Side effects are uncommon. 	<ul style="list-style-type: none"> · Results last only three to six months. · Rarely, side effects include headache, respiratory infection, flu, nausea, temporary bruising and droopy eyebrows or eyelids.
Human-based collagen (approved March 2003) (marketed as CosmoDerm® and CosmoPlast®)	<ul style="list-style-type: none"> · Fine lines around the eyes · Enhance lips · Deep facial lines · Fill in acne scars 	<ul style="list-style-type: none"> · No allergic reactions. · Results seen almost immediately. 	<ul style="list-style-type: none"> · Results last only three to 12 months. · Multiple treatments may be needed to achieve desired results. · Side effects include temporary redness and swelling around injection site.
Hyaluronic acid - synthetic (approved December 2003) (marketed as Restalyne®)	<ul style="list-style-type: none"> · Moderate to severe wrinkles around nose and mouth 	<ul style="list-style-type: none"> · No pre-treatment skin allergy tests are needed. · Most patients need only one injection to get optimal correction. · Side effects less frequent than with purified bovine collagen. 	<ul style="list-style-type: none"> · A third of patients need more than one injection to get desired result. · Results last only six months. · Side effects include redness, bruising, swelling, pain and tenderness.
Hyaluronic acid - natural (approved April 2004) (marketed as Hylaform®)	<ul style="list-style-type: none"> · Moderate to severe facial wrinkles 	<ul style="list-style-type: none"> · No pre-treatment skin allergy tests are needed, except for those with bird allergies. · Treatment takes about 30 minutes and often only one injection is needed. · Immediate results. · Fewer side effects than with Restalyne. 	<ul style="list-style-type: none"> · Results last five to 12 months. · Occasionally, a second injection is needed for some deep lines. · Side effects include mild redness, bruising and swelling.

Anti Aging Craze (continued from page 4)

do, lycopene supplements can be ingested for the same benefit. Lycopene may also be applied topically, but may give the skin a slight tint. Topical preparations of lycopene also begin to degrade when they have been exposed to air and can become less effective over time.

- * **Palmitoyl Pentapeptide** - Repairs sun-damaged skin and may reduce wrinkles. Palmitoyl pentapeptide is as effective as retinol in repairing sun-damaged skin, but is an even better option because it does not have the side effects of retinol.
- * **Tretinoin (Renova®, Retin-A®)** - Treats acne, lightens age spots and significantly improves the appearance of stretch marks, working best on new or growing stretch marks. When combined with alpha hydroxyacid, can also reverse wrinkling. It is important that the product contain the proper amount of retinoic acid, the active ingredient, otherwise it may be ineffective if there is too small an amount or irritating if the amount is too large. Many creams available on the market do not have a sufficient amount of retinoic acid to have an effect.

Other products have been introduced and are currently being tested, though they have not yet undergone enough research to be able to say with some certainty that they are effective. In time, some of these products, such as alpha lipoic acid or coenzyme Q10, may be shown to be effective anti-aging products. It is important to do your own research before you go to the store so that the products purchased are effective and do not empty your wallet.

For more information about available anti-aging products, contact:

American Academy of Dermatology
1-888-462-3376
<http://www.aad.org/>

American Academy of Facial Plastic and Reconstructive Surgery
703-299-9291
www.facial-plastic-surgery.org/

Food and Drug Administration
1-888-463-6332
<http://www.fda.gov/>

Sources:

1. AgingSkinNet Update: More Ways to Rejuvenate Your Face, American Academy of Dermatology, 2002 at www.skincarephysicians.com.

2. FDA Approves Botox to Treat Frown Lines, April 15, 2002 Press Release.
3. FDA Approves New Product for Facial Wrinkles, December 12, 2003 Press Release.
4. INAMED to Market New, Advanced Hyaluronic Acid-Based Dermal Filler for Correction of Facial Wrinkles, Genzyme Press Release, April 23, 2004.
5. Skin Aging, Cape Henlopen & Nanticoke Dermatology, PA, 1997-2003 at www.skinsite.com.
6. Smart Skin Care: Removing Wrinkles and Signs of Aging through Science at www.smartskinicare.com.
7. Warner, Jennifer, FDA Approves Fourth Wrinkle Filler: Hylaform Approved for Moderate to Severe Facial Wrinkles, WebMD Medical News, Friday, April 23, 2004.

HEART TRUTH CAMPAIGN, RED DRESSES FEATURED AT HEALTH FAIR

To raise awareness of heart disease as an important women's health issue, the national Heart Truth Campaign and its Red Dress Project were featured at a health fair on May 4 in the rotunda of the Illinois State Capitol building.

Coordinated by the Illinois Department of Public Health's Office of Women's Health, the event served as a kick-off event for National Women's Health Week, May 9-15. Health and medical providers offered educational exhibits and free health screenings for heart disease risk factors. Legislators and others were encouraged to wear red dresses or red pantsuits for women and red ties for men.

"The purpose of the event was to raise awareness that women should take their heart health seriously and personally," said Dr. Eric E. Whitaker, state public health director. "While many may think cancer is the No. 1 killer of women, the fact is that heart disease is the leading cause of death in the United States and Illinois. It is never too early or too late to take action to prevent and control the risk factors. A woman should talk to her health care provider about her risks for heart disease and take steps to lead a heart healthy life."

Almost 16,000 Illinois women died of heart disease in 2002, compared to 12,000 from cancer and 4,500 from stroke.

Launched by the U.S. Department of Health and Human Services' National Heart, Lung, and Blood Institute, the Heart Truth Campaign features a red dress as the symbol for women and heart disease awareness. The Red Dress Project includes a traveling collection of red dresses contributed by top fashion designers and

four of the dresses were on display May 4 at the state Capitol. The red dress signals a red alert that heart disease doesn't care what you wear - it's not just a man's disease.

Also in conjunction with National Women's Health Week, the Illinois Department of Public Health hosted a Women's Health Fair on May 12 from 10 a.m. to 4 p.m. at the James R. Thompson Center, 100 W. Randolph St., Chicago.



Springfield, IL- State Rep. Patricia Bellock, R-Hinsdale; Sharon Green, Illinois Department of Public Health; State Rep. Susana Mendoza, D-Chicago; State Rep. Monique Davis, D-Chicago; Louanner Peters, Deputy Chief of Staff, Office of the Governor; and Dr. Holly Novak, Prairie Heart Institute; pose after speaking at a news conference May 4 to raise awareness about cardiovascular disease among women.



Designers for the four red dresses on display at the state Capitol were Michael Kors, Carmen Marc Valvo, Nicole Miller and Narcisco Rodriguez. The event attracted several hundred attendees.

Osteoporosis Workshops

Three osteoporosis regional workshops were held in Calumet City, Carbondale and Decatur in April. Health and social service providers, as well as community leaders were educated about osteoporosis and the use of a tool kit to enable them to conduct their own

osteoporosis education sessions for seniors during National Osteoporosis Month in May 2004. A total of 72 providers were trained and received bone density screenings at the training workshops. These regional workshops were conducted by the Illinois Department of Public Health's Office of Women's Health in partnership with the East Central Illinois Area Agency on Aging, Egyptian Area Agency on Aging, Josephine P. Argento Center, P&G Pharmaceuticals, Southern Illinois Healthcare and the Suburban Area Agency on Aging.

Removing the Barriers Training

Four workshops, titled "Removing the Barriers: Providing Culturally Competent Care to Lesbians, Bisexuals and Transgender Individuals," were held April through June, 2004. The workshops were held in Chicago, DuPage County, LaSalle County and Springfield to train providers how to give appropriate, culturally sensitive care to lesbians, bisexuals and transgender individuals. The Lesbian Community Cancer Project was funded by the Office of Women's Health to conduct these seminars, and 100 providers throughout Illinois participated in the training. A training of trainers workshop was also held June 24-25, 2004 to prepare others to conduct the training in additional locations. The curriculum utilized for the sessions was derived from the Mautner Project, based in Washington, D.C., which is the only national organization dedicated to lesbians with cancer.

Mini-Grant Funding Opportunities

The Illinois Department of Public Health, Office of Women's Health (OWH), will be awarding fiscal year 2005 mini-grants that support local health departments, as well as community-based/501(c)3 non-profit organizations that will target the grant to serve racial/ethnic minorities. Two types of awards are available: 1) grants that assist in the planning and implementation of community health awareness programs or seminars, and 2) grants that assist in the development of a community walking program aimed at women. Grant awards will be a maximum of \$5,000 each. To request an application for either type of mini-grant, call OWH at (217) 524-6088. Proposals are due September 17, 2004. The funding period is from November 1, 2004 — June 30, 2005.



for upcoming activities

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To be added to the conference mailing list, please phone, fax or E-mail complete mailing information to Maureen Pennell at 217-524-6088, fax 217-524-3326 or E-mail <mpennell@idph.state.il.us>.

August 13-22

2004 Illinois State Fair

Springfield, Illinois

Women's health information and resources will be located in the Illinois Building, also known as the Senior Building, near the main gate.

August 28-September 6

2004 DuQuoin State Fair

DuQuoin, Illinois

October 2004

Breast Cancer Awareness Month

For materials and promotional items, call the Women's Health-Line at 1-888-522-1282.

October 27-28, 2004

Sixth Annual Illinois Women's Health Conference

Donald E. Stephens Convention Center
Rosemont, Illinois

The 2004 registration form and conference agenda is available on-line at <www.idph.state.il.us>.

Healthy Woman newsletter is published quarterly by the ILLINOIS DEPARTMENT OF PUBLIC HEALTH. Story ideas, suggestions and comments are welcome and should be forwarded to Lisa Keeler, editor, Illinois Department of Public Health, Office of Women's Health, 535 W. Jefferson St., Springfield, IL 62761; or call 217-524-6088.

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