HOW SUPERFICIAL PEELS MAY PREVENT SKIN CANCER
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Facial treatments that shed dead skin cells, improving the look and feel of skin – are very popular with clients who want to treat the signs of premature aging caused by sun-damage. But the latest research now shows another benefit: photo-aging treatments may also help prevent skin cancer. “The keys to overcoming melanoma, the deadliest form of skin cancer, are prevention, early detection, and prompt treatment,” said Dr. Allan Geller, Research Associate Professor of Dermatology, Boston University Schools of Medicine and Public Health.

Resurfacing treatments such as peels and microdermabrasion have long been used to treat aging skin conditions like wrinkles, fine lines, hyper-pigmentation and loose saggy skin, but now they are being studied for a secondary benefit: pre-cancer lesion prevention. Superficial peels create an exfoliation of the epidermis and include:

- Alpha hydroxy acids (AHA) such as Lactic and Glycolic Acid
- Beta hydroxy acids (BHA) such as Salicylic Acid
- Trichloroacetic Acid (TCA)
- Resorcinol (Jessner’s) solution a blended peel of Lactic Acid, Salicylic Acid and Resorcinol

Classified as chemical peels these peels range in depth from the superficial to the deep. A deep TCA peel looks similar to sunburn and the skin peels in a similar way to peeling after a sunburn. Full peeling usually takes 10 days to 2 weeks. The treatment removes surface skin and allows newer, healthier skin to replace it.

Studies show that people who receive a chemical peel on a regular basis have less risk of skin cancer and are actually preventing the occurrence by removing precancerous sun spots. Combining a peel with a melanin inhibitor such as Institut’ DERMed Intensive Brightening Serum, a fast-acting Hydroquinone spot treatment helps accelerate the exfoliation of dark spots while suppressing melanin production. Hydroquinone is an inhibitor of the enzyme Tyrosinase, which allows melanocytes to create pigment in your skin. Because it inhibits the production of melanin your skin will be without its natural protection method, so use this serum at night and use plenty of sunblock during the day. For daily home maintenance use Institut’ DERMed Vital C Serum a powerful lightening treatment that stimulates the skin’s immune cells to prevent abnormal melanin production for a more even skin tone. Containing 20% L-Ascorbic Acid, Vital C is a potent anti-oxidant that provides protection against skin damage induced by UV radiation.

While TCA peels are effective for treating non-melanoma skin cancers, aggressive chemical peels done too often can also leave the skin lacking that certain freshness. Lighter peels done more often can keep skin in better overall shape from sun damage and sun spots. Pre and post-treatment daily maintenance regimens are proven to boost healing time and vitally important if you choose the more aggressive route for skin rejuvenation. The use of topical correctives may be one of the most important pre-peel treatment steps. It has been shown that a 0.1% tretinoin pretreatment for 2 weeks prior to a TCA peel will significantly speed healing. Tretinoin is a derivative of vitamin A, as is Retinol. Technologically advanced anti-aging Retinol treatments such as Institut’ DERMed’s Vital A Serum, targets fine lines, wrinkles, dullness, loss of firmness, uneven tone and dry skin for an age-defying difference. Vitamin A has a small enough molecular structure that it can penetrate the outer layers of the skin and work to repair the lower layers of the skin where collagen and elastin reside.

Microdermabrasion offers a mechanical exfoliation that physically removes skin cells, increases blood flow and supports collagen production. One of the greatest benefits of microdermabrasion is a better penetration of corrective topical products. Superficial peels may also be applied post-microdermabrasion for even greater penetration and benefits.
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Sun Protection

This is a must when pre-treating and post treatment. Protecting the skin from UV rays cannot be stressed enough. Educate your clients around this issue and the importance of their compliancy. A full spectrum UVA/UVB such as Institut’DERMed Brightening Moisturizer that provides a shield with ingredients such as Parsol, Titanium Dioxide and Zinc Oxide works best and is enriched with potent anti-oxidants to give added protection preventing skin discoloration and aging from exposure to sunlight.

Lasers

An Archives of Dermatology report stated that further study of CO₂ laser resurfacing of photodamaged skin as a preventive skin cancer procedure appears to be warranted. The results were based on CO₂ laser resurfacing of photodamaged volunteers. Post treatment, the epidermis repopulated with p53-negative keratinocytes, (p53 mutation is observed in a majority of cases of carcinoma), so those at high risk for skin cancer development could potentially benefit greatly from this procedure.

Intense Pulsed Light (IPL) utilizes heat and light to induce changes in the skin. IPL is a versatile treatment that treats those areas of the skin that contain especially high concentrations of melanin typically caused by an excess of pigment commonly due to sun exposure, aging or congenital factors. IPL offers a safe and non-invasive solution that can be tailored to individual skin conditions and skin type, IPL effectively treats rosacea, birthmarks, veins, sun spots and acne blemishes.

Give Your Hands A Peel

Hands receive a tremendous amount of sun exposure over time. If hands have visible damage, many signs of photo-aging can be reversed with lasers, chemical peels and corrective rejuvenation treatments.

Skin Cancer Fact Sheet

From the American Academy of Dermatology

- More than 1 million new cases of skin cancer will be diagnosed in the United States this year and 1 in 58 men and women will be diagnosed with melanoma during their lifetime.

- Basal cell and squamous cell carcinomas are the two most common forms of skin cancer, but are easily treated if detected early.

- In females 15-29 years old, the torso is the most common location for developing melanoma which may be due to high-risk tanning behaviors.

- Melanoma in individuals 10-39 years old is highly curable with 5-year survival rates exceeding 90%.

- The 5-year survival rate for people whose melanoma is detected and treated before it spreads to the lymph nodes is 99%.

- 5-year survival rates for regional and distant stage melanomas are 65% and 15%, respectively.
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Skin Cancer: Know Your Risk

Take this simple test to better understand your skin cancer risk. Add your points to get your score.

1. YOUR HAIR COLOR IS:
   - Blonde/red .............................................. + 4pts
   - Brown ...................................................... + 3pts
   - Black ........................................................... + 1pt

2. AFTER BEING IN THE SUN FOR AN HOUR, YOUR SKIN:
   - Burns ......................................................... + 4pts
   - Burns then tans ........................................... + 3pts
   - Tans .............................................................. + 1pt

3. DO YOU HAVE FRECKLES?
   - A lot ............................................................ + 5pts
   - Some .......................................................... + 3pts
   - None ............................................................ + 1pt

4. WHERE DO YOU WORK?
   - Outdoors ................................................... + 4pts
   - Outdoors some of the time ............................ + 3pts
   - Indoors .......................................................... + 2pts

5. WHERE DID YOU LIVE IN THE U.S. BEFORE THE AGE OF 18?
   - South .......................................................... + 4pts
   - Midwest ........................................................ + 3pts
   - North ............................................................ + 2pts

SCORES

Below average risk ............................................. 10 - 15pts
Average risk ...................................................... 16 - 22pts
High risk ........................................................... 23 - 25pts
Very high risk .................................................... 26 - 30pts

Resources

American Cancer Society.
Robinson, JK. Sun Exposure, Sun Protection, and Vitamin D. JAMA, 2005;1541-1543.
Cancer Epidemiology in Older Adolescents & Young Adults. SEER AYA Monograph, 2007; 53-57.
Melanoma of the Skin, Cancer Fact Sheets, National Cancer Institute, SEER database.
Archives of Dermatology, “Tretinoin Accelerates Healing After Trichloroacetic Acid Chemical Peel”. “Facial Resurfacing for Nonmelanoma Skin Cancer Prophylaxis”.

For more information about how Institut’ DERMed products and services can help reduce your chances of developing skin cancer, visit http://www.idermedstore.com/category/Brightening.html.