



GREAT LAKES



Plastic Surgery

You Deserve It!

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Sunscreen should be applied at least 15 minutes before going out in the sun and reapplied often



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Skin Care

MONTHLY SKIN CARE SPECIALS

JULY

- Purchase a bikini wax and receive an underarm wax for FREE
- Purchase a brow wax and receive a lip wax for FREE

AUGUST

- Microdermabrasion Special: only \$65, save \$35
- IPL Full Face Special: 1/2 OFF, only \$150
- Purchase the IPL Full Face Special and add the chest for only another \$100

SEPTEMBER

- Radiant Oxygenating Trio treatment: A stimulating, rejuvenating treatment to draw oxygen to the skin's surface - \$75

Sun, Skin and Sunscreens

After months of cold weather and hardly seeing the sun, one of the most joyous things about summer can result in something that has a very negative impact on our long-term joy: skin damage. Excessive exposure to the sun is the primary cause of skin damage associated with aging. *Skin damage occurs slowly over time and starts at an astonishingly early age, some studies suggesting as early as four years old!* With the amount of UV light reaching the earth increasing because of a depleting ozone layer, the need for sun protection is greater than ever. Our bodies provide some natural protection by making certain changes to the skin when exposed to UV rays. The outermost layer of skin thickens to block the UV rays and increases the amount of melanin it produces, darkening the skin. Melanin then absorbs the UV rays and helps prevent more damage to skin cells. But this is more true for naturally dark-skinned people, and even they are still vulnerable to the sun's harmful effects. Excessive tanning will eventually cause more harm than good by prematurely aging the skin resulting in wrinkles, irregular pigmentation, redness, and a rough, leathery texture. Not

to mention the higher risk of getting skin cancer from increased sun exposure. So all of this leaves us with arming ourselves with manmade protection like big floppy sun hats, long sleeves, and sunscreens. The different options available in sunscreens today are plentiful, allowing us more choices and better protection. We have available to us higher SPF's and a variety of formulations such as creams, gels, lotions, and sprays. We no longer have to put up with sunscreens that are gritty or sticky and have to be reapplied so often that most people avoid them altogether because of the inconvenience. Formulations are now so refined that we can use them on our face with confidence and even apply makeup over them. While it is still recommended to get a skin cancer screening at least every year by a plastic surgeon, the easy use of sunscreens can help us all safely enjoy the most joyous thing about summer: the sun.

Sources: "Sunlight and Skin Damage," www.merck.com, June, 2008. "Sun Protection Makes Advances," www.SkinInc.com, May 14, 2008.

About Our Surgeons

Scott D. Holley, MD, FACS, and Raghu G. Elluru, MD, FACS are dedicated to their patient's wellness and health. It is important to them to customize a treatment plan that will suit each patient individually and meet that patient's needs and desires. Both surgeons are certified by the American Board of

Plastic Surgery. Each is a member of the ASPS and the ASAPS, societies dedicated to cosmetic and aesthetic plastic surgery. They each maintain an added Certificate of Surgery of the Hand and are affiliated with many professional organizations. Drs. Holley and Elluru, along with their experi-

enced staff, welcome you to Great Lakes Plastic and Hand Surgery.

To schedule a consultation with either physician, call Portage at 269-329-2900 or Battle Creek at 269-979-0900 today. Your own personal cosmetic coordinator is waiting to hear from you!

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Results of Long-Term Sun Exposure

While much of the skin damage we get from sun exposure is merely cosmetic, some if it can be more serious, such as skin cancer.

Do you know how the sun damages your skin?

Visit www.mayoclinic.com/health/sun-damage to see the damaging results of UV radiation.

Uneven pigmentation - Extra melanin produced by the skin during sun exposure makes your skin look darker. This can happen unevenly, leaving your skin looking "patchy".

Solar lentigines - These are also referred to as liver spots or age

spots. They vary in size, shape and color and tend to appear on any area of the body that is often exposed to the sun.

Solar elastosis - Supportive connective tissue in the skin loses its flexibility and strength causing sagging skin and deep wrinkles.

Melasma - This is often referred to as "mask of pregnancy" and is a brown darkening of the skin of the face. Melasma usually occurs from a combination of sun exposure and an increase in female hormones.

Actinic keratoses - This condition appears as scaly, rough patches on the skin that is dark pink to brown in color. It can progress to

skin cancer if left untreated.

Lentigo maligna - Skin cancer can appear as a small growth or sore that opens and crusts over, heals, then reopens. An existing mole may change or a new mole may develop. Lentigo maligna start out as flat dark spots that darken and enlarge over time. They usually develop in areas of excessive sun exposure, but can develop in areas not normally exposed to sunlight. It is very important to see your plastic surgeon if you notice a new growth, a change in your skin, a change in a mole, or an unhealing sore.

Source: "Sun Damage Builds Over Time," www.mayoclinic.com, June, 2008.



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