



# Effective Treatments for our Amazing Skin

REVOLUTIONARY PRODUCTS FROM THE  
FINDINGS OF SKIN SCIENCE



DR. ROBERT BEER

**M**y profession as a dermatologist is continually interesting because the skin of every patient who comes through my door tells a fascinating story based upon a unique combination of factors including DNA, ethnicity, and lifestyle. The one-of-a-kind character of each person's skin is clearly illustrated by the fact that the patterns of loops and whorls on your thumb and fingers differs from that of any other set of fingerprints in the world, even if you have an identical twin.

The most obvious function of the skin is to keep our organs, muscles, and bones from falling onto the ground. But it also provides a barrier against disease-causing pathogens and protects fragile organs and the various respiratory, digestive, lymphatic, and circulatory systems that keep us alive and functioning. It also helps maintain healthy temperature and hydration levels.

The skin provides tactile contact with the world around us. Without our skin we would never be aware of heat and cold temperatures or rough and smooth textures. Without the sense of touch that comes through our skin, we couldn't pick a penny up off the floor or enjoy a warm hug from a person we love.

The skin carries out its functions as an organ through various processes that operate at three major layers. The epidermis is the outer visible layer, which is continually regenerated by new cells that are being created at the lower layer of the epidermis and pushed towards the surface. Ninety-five percent of the cells in your epidermis are engaged in making these new skin cells. In less than a month, the

new cells reach the surface and begin to replace the older dead cells that eventually slough off. However, while they are still present, those dead cells provide a tough protective covering for the body, called the stratum corneum.

Every day your body casts off as many as 40,000 dead skin cells. The five percent of cells in the epidermis not engaged in giving birth to new cells are creating melanin that gives skin its color. The more melanin your skin produces the darker your skin will become.

A large part of my dermatology business comes from the fact that for people who spend a lot of time with their skin exposed to direct sunshine or in tanning beds, the protection afforded by increased levels of melanin generated by the epidermis falls far short of being sufficient to prevent serious sunburn or any of the three kinds of skin cancer that I treat every day. In addition, exposure to sunlight causes photoaging, which is acceleration of the normal aging processes of the skin resulting in wrinkles and the loss of elasticity. I would rather people be healthy than that they come to me as patients, so I advise them to wear sunscreen, hats, and long sleeves.

Decades of research into the chemistry and makeup of the skin have led to the development of botanical-based gels and creams that afford cellular based solutions by using organic compounds to treat skin diseases, disorders, and blemishes. Your skin is not simply unique but its color and character changes with passing seasons and even years. Collagen, for example, makes up 75% of our skin but collagen fibers become thinner, disorganized, and stiff, which diminishes the skin's shine and luster. I supply ointments, salves,

cleansers, and procedures to assist in reversing, halting, or at least slowing the damages and deterioration that trauma, aging, and exposure to the sun inevitably make in the skin's texture, color, and resiliency.

Our understanding of how proteins and peptides affect the skin has led to the discovery of remedies for previously untreatable conditions, such as rosacea. The condition cannot be cured but botanical-based medical treatments are now available that are able to control or, in some cases, even eliminate symptoms.

Researchers are able to observe specific proteins in the skin responsible for certain diseases. As a result, we're finally sometimes able to attack the actual cause rather than simply mitigating symptoms. It turned out that psoriasis, for example, comes from elevated interleukin proteins. As a result, treatments are now available to bring those levels down. I have a range of oral and topical "biologic medicines" that actually target specific proteins in treating psoriasis, eczema, and some types of acne.

My work in dermatology becomes continually more effective as medical researchers continue to find cures and treatments for skin conditions that I formerly could treat only with palliatives and cosmetic cover-ups. My profession, which has always been wonderful, just keeps getting constantly more satisfying.

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