

# AMBER HEALTH BITES



January 2018



## DERMATOLOGY

Designed to make you  
**LOOK YOUR BEST**

**BOTOX | PRP (Platelet Rich Plasma)**



### BOTOX FOR WRINKLES

#### What is Botox & How it works ?

Botox is a neurotoxic protein produced from a bacteria called Clostridium botulinum. There are eight types of botulinum toxin from A-H. Botulinum toxins A and B is used in Botox Injections, widely Type A is used.

Botox toxin blocks the release of neurotransmitter acetylcholine from axon nerve endings resulting in temporary flaccid paralysis of injected muscles which results in smoothing of overlying skin giving young look.

#### What are the uses of Botox ?

Botox injections are used to reduce and clear fine wrinkles in face, especially forehead wrinkles, wrinkles along the sides of eyes (Crow's feet), above nose (frowning). Also used on nose, chin, neck muscles. Botox is very effective relieving in muscle spasticity.

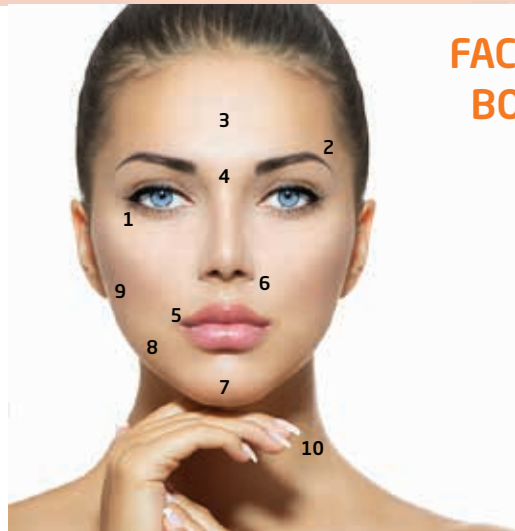
It is widely used for increased sweating in hands, feet and armpits.

#### How fast the action of Botox starts?

After 3 days of Botox injection, smoothing of fine wrinkles is visible but complete disappearance of wrinkles takes at least 2 weeks.

#### Is it very painful procedure ?

Botox injections are not very painful. The needle used for injection is very thin and pain is minimal.



### FACIAL AREAS FOR BOTOX INJECTION

1. Eye wrinkles
2. Eyebrow lift
3. Forehead lines
4. Frown lines
5. Smile lift
6. Naso-labial folds
7. Dimpled chin
8. Square jaw
9. Jaw line
10. Neck lines

Before



After (Day 7)



#### How long the effect of Botox last?.

Botox effect usually last for 6 months and it wanes off slowly after that in 3 to 4 months.

#### What are the precautions taken after the Botox injections?

Botox injections are usually given over face for fine wrinkles. Injection site should not be massaged, no hot compresses applied, no too much exposure to heat environment, no bending of head, head banging or sudden movements for at least 24 to 48 hours to lessen the effect of Botox.

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## PRP (Platelet Rich Plasma)

### What is PRP ?

PRP is a concentrated solution of plasma from a sample of your blood. PRP is enriched with growth factors and stem cells which stimulate tissue repair and collagen growth for healthier and stronger tissue. PRP can be applied topically during microneedling for skin rejuvenation, can be injected into the skin in conjunction with fillers to create volume, and can be used in areas of hair loss to stimulate hair growth in the scalp. PRP for hair loss increases the blood supply to the hair follicle, increases hair thickness and decreases hair loss.



### PRP in conjunction with MicroNeedling :

Based on the innate healing ability of platelets, this innovative therapy is performed by injecting plasma with a high platelet concentration into the dermal layer of the skin.

Platelets containing growth factors induce the formation of collagen and new blood supply to rejuvenate the skin. After a PRP injection, the amount of collagen within the dermal layer of the skin (cellular density) goes up, so does the skin's ability to retain moisture — **which leads to younger-looking skin.**



### PRP for Hair Loss

#### How do I know if I am a good candidate for PRP for hair loss ?

Talk to your provider for a proper diagnosis to see if you are a good candidate, and to create a treatment plan.

#### How many treatments are required ?

Treatment for hair loss will vary based on your need. Initially your provider may recommend several treatments spaced 1 month apart. After the initial series, you will need a maintenance treatment every 3-6 months.

#### Is the PRP for hair restoration process time consuming ?

A typical visit should be no more than an hour.

#### Does the procedure hurt ?

There may be some sensitivity. The procedure will consist of multiple injections. You should expect discomfort similar to that associated with injections. However, for hair loss injections we will utilize cold air to minimize any potential discomfort.



### Post-treatment instructions

- ✓ There is no downtime.
- ✓ You should take a warm shower the evening of the treatment.
- ✓ It is advised to avoid using any harsh dyes or chemicals on your hair for 48 hours. Avoid topical products and NSAIDs for 24 hours. It is ok to use Tylenol.
- ✓ Bring a cap or hat to wear home after the treatment.

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## DIABETES & YOUR SKIN

### Most Common Skin Problems Linked to Diabetes

#### Diabetes and Your Skin

Diabetes gives you a good reason to pamper your skin. You are more prone to skin problems like dryness. Scarring from insulin shots can affect how your body absorbs insulin. And because diabetes raises your chances of infection, even a minor skin condition can become a more serious problem.

Many diabetes-related skin conditions are harmless, but it's helpful to know what they look like and when to see your doctor for treatment.

#### How Diabetes Can Aggravate Common Skin Issues?

When you have diabetes, take extra care of your skin, since it can be affected by the condition in unexpected ways.

Here's help for several issues, from itching and dryness to wrinkles.



#### Dry Skin

If you have dry skin, diabetes can make it worse. That's because high blood sugar can make you have to pee often, which dehydrates you. Your skin can get dry if the nerves, especially those in your legs and feet, don't get the message to keep skin soft and moist. That can also happen due to damage to your nerves, also called diabetic neuropathy. Dry skin can become red and sore. Because it can be easily injured and have a harder time healing, use moisturizing lotion often.

"In welcoming 2018, Amber Clinics would like to wish everyone a very **Happy New Year!!!**"

Make your and your family's health a priority this year. Have a healthy 2018!

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#### Minor Injuries and Infection

Be watchful and proactive to protect your skin. Check your body for small wounds every day, especially the bottoms of your feet where you may not feel or notice a cut or scrape. If your diabetes isn't well-controlled, treating wounds is even more important. People who are not hitting their glucose [blood sugar] goals have poorer wound healing.

They are at higher risk for skin infections. That's why you should carefully watch for and treat acne, razor burn, or other small scrapes, scratches, and cuts. Diabetes causes poor blood flow and slower healing, which can turn a small cut into a dangerous infection risk.



Heartfelt recognition goes out to all who joined and continuously support the Amber Clinics Diabetes Program.

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## DIABETES & YOUR SKIN

### Most Common Skin Problems Linked to Diabetes

#### Extra Skin

Have extra skin? That can be common when you have diabetes. Insulin acts like a growth hormone, causing skin tags to grow, as well as rubeosis, rosacea (red face), and yellow skin.

If you notice changes in your skin, let your doctor know.



#### Wrinkles & Skin Appearance ?

Fine lines and wrinkles can look worse when you have diabetes. The condition can have a drying effect. That sucks out moisture, and skin loses some of its plumpness, making wrinkles seem deeper. Keep your blood sugar under control to avoid this.



#### Can These Diabetes Skin Problems Be Prevented ?

Keeping your diabetes under control is the most important factor in preventing these skin problems. Follow your health care provider's advice regarding nutrition, exercise, and medication. Keep your blood sugar level within the range recommended by your doctor. Proper skin care can also help reduce your risk of skin problems with diabetes.

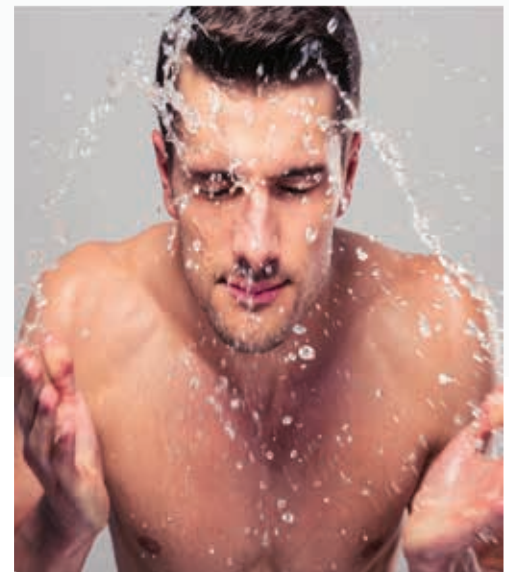
#### Moisturize

If you have diabetes, you're more likely to get dry skin. This can lead to cuts and cracks, which can let bacteria get inside and cause infections. Moisturizing is an easy way to prevent this. Other ways to moisturize include humidifying your home during the winter and drinking plenty of water every day. Lip balm will relieve chapped lips.

#### Good Skin Care

Diabetes can affect every part of the body, including the skin. As many as 1/3 of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives.

Most skin conditions can be prevented or easily treated if caught early. Talk to your doctor if you have questions or concerns about skin changes or infection.



We are once again elated to announce that the Amber Clinics Diabetes Program have now increased to over **3500 registrations**.

**ENROLL NOW**

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