



BEAUTIFUL & HEALTHY SKIN

Anthony J. Perri, M.D. *this Summer*



As summer approaches, good skin care becomes essential to our health. The Texas sun is responsible for more skin cancer and damaged skin than in almost any other state in the nation. Raised in nearby Corsicana, Dr. Anthony Perri, a board certified dermatologist with offices in Conroe and Willis, knows first hand the damage caused by the Texas sun. While training at the Baylor College of Medicine and the University of Texas Medical Branch in Galveston, Dr. Perri cared for many patients with sun-ravaged skin. The Lake Conroe area is not immune to the harsh damage that the sun's rays cause on the citizens of Montgomery County. With our numerous golf courses and lakeside activities, skin cancer is at epidemic levels in the county.

While the summer presents many exciting opportunities for outdoor activities, Dr. Perri suggests you keep your skin healthy and youthful by following some easy precautions. He recommends limiting outdoor activities to the morning and evening. "If your shadow is shorter than you are tall, it is too bright to be outside," Dr. Perri said.

He also recommends sunscreen be worn at all hours of the day. He explained, "The higher the SPF, the better. I would always choose a 100 over the 90, and make sure your sunscreen blocks the UVA rays which are responsible for wrinkling and aging the skin." Sun exposure not only causes skin cancer but also can make your skin age. Dr. Perri suggests you take this little test: "Look under your neck. You will notice there are hardly any freckles or blemishes, and the skin is almost wrinkle-free. That is how your skin would look if it never saw the sun."

Preventing and treating skin cancer is at the heart of Dr. Perri's practice. To that end, he will always maintain same-day appointments and have Saturday clinic hours to keep dermatologic care accessible to his patients. "As with all cancers, the sooner the skin cancer is detected, the better," Dr. Perri said. "Patients always ask me about spots they see on their skin, and if they should worry about them. The best advice I can give is that if a spot is changing or growing, it needs to be evaluated immediately by a dermatologist. Any spot or mole that you are suddenly aware of may be your body trying to tell you something."

Summer time is the time of year when bodies come out of hiding from under thick winter clothes. Prepare to show off your skin with the many cosmetic procedures Dr. Perri offers to help patients feel comfortable and confident in their skin. "Sclerotherapy is a very popular treatment for small spider veins on the leg. I use hypertonic saline, which is essentially sterile salt water, to remove spider veins. Because every patient is different, I prefer to provide a free test area on a patient's spider veins during their initial consultation to see if they are going to be satisfied with the treatment."

Many patients are interested in removing or diminishing their fine lines and deep wrinkles on their faces with Botox® and a dermal filler. "The way I describe these two products is that Botox® is for the fine lines of the upper face, and a dermal filler like Radiesse® is best suited for deeper lines around the nose and mouth. I can use Botox® on the muscles creating the fine lines of the forehead, between the eyebrows and the crow's feet of the eyes. A dermal filler helps to soften some of the deep lines in the lower face caused by the natural loss of facial volume over time."

Dr. Perri strives to make cosmetic procedures as relaxing and enjoyable as possible. "I want patients to take advantage of my accessibility and not feel compelled to have too much work done at once. I advise having a small amount of Botox® one day and then come in several weeks to months later for the dermal filler," Dr. Perri explained. "This allows for a gradual improvement in a patient's appearance and is a lot less overwhelming than having everything done at the same visit."

Chemical Peels are also a very popular procedure. "A lot of patients request peels but only some people are actually good candidates for them. My personal belief is that peels do not really help much with wrinkles and scars, but instead are excellent for smoothing out the skin tone, especially in patients with a lot of blemishes and sun spots"

Dr. Perri has offices in both Conroe and Willis and is happy to tailor a skin care regimen and discuss cosmetic treatments with you during your annual skin exams. Call his office at (936) 523-1730 to schedule an appointment.

