

# AMG HealthWise

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## FAMILY PRACTICE

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# SKIN & AGING

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**The way we age.** The skin is the largest single organ in the human body and makes up 15% of your total weight. As we grow older, our skin shows signs of aging from two different processes...

**Chronologic aging**, or natural aging, involves changes in the skin that occur over time. Changes to the skin due to aging can be seen as dryness, fine lines and wrinkles, age spots and mottling. Visible signs of aging of the skin start at about 25 as the natural regenerative processes begin to slow. The skin replaces

old cells more slowly and there is a slower turnover of the surface skin and slower wound healing.

After age 45 a thinning of the skin begins due, in part, to hormonal changes. This thinning makes the skin...

- more fragile and vulnerable to damage by abrasion
- more sensitive to irritating environmental factors
- lose much of its strength and elasticity

Thinning also causes the moisture-holding proteoglycans to decrease in abundance. As they decrease, the skin...

- gets dryer and looser
- loses fat, so it looks less plump and smooth
- loses its youthful color and glow due to fewer blood vessels in the skin

During aging the oil-producing (sebaceous) glands become less active, and your skin becomes drier. Wrinkles around the eyes are characteristic signs of skin damage. The skin also tends to heal more slowly and more minor blemishes develop. And while all these changes are taking place, gravity is at work, pulling at the skin, causing it to sag.

**Photoaging is the result of accumulative exposure to ultraviolet radiation, usually from the sun.** Photoaging commonly occurs on the face, neck, arms, and hands, since these body parts are exposed daily to the sun during outdoor activities.

Photoaging actually involves major changes in the tissues and cells that are different from those found in naturally aging skin.

Photoaged or photodamaged skin can be dry, rough, leathery, yellow, deeply wrinkled and mottled. In addition, it may have numerous age or liver spots and irregular pigmentation, as well as benign and malignant growths.

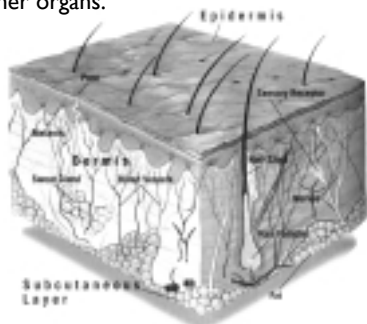
### Age, sun or liver spots...

- vary in size from one-quarter of an inch to several inches
- are the result of accumulated sun damage
- generally show up on skin after age 40
- are often blamed for giving away a person's age
- are not harmful, nor likely to become malignant (If what you assume is an age spot grows or changes, see your doctor.)

Continued on page 2...

## Skin Deep

A cross section of skin reveals its paper-thin outer layer, the epidermis; the thicker dermis, laced with nerves and blood vessels; and its bottom layer of subcutaneous tissue padded with fat cells to protect the body's inner organs.



The skin is the organ most visible to our eye, and it is here that damage is most easily assessed. What you see on your skin is an indication of what is occurring invisibly in every organ of your body. This damage continues to accumulate until the body loses its ability to maintain fitness and health and becomes subject to disease.

You do not have to accept the currently held belief that adding more candles to your birthday cake means losing vitality! Growing older does not mean you automatically slow down, get stiff joints, become forgetful or tired and ill.

Continued from page 1...

## Effective treatments for aging skin — Glycolic Acid

The actions of glycolic acid, an alpha hydroxy acid (AHA) make it especially effective in treating the effects of photodamaged skin and skin aging. In fact, applications of glycolic acid and glycolic acid peels can significantly improve...

- fine lines and wrinkles
- dry skin
- surface roughness
- poor skin tone
- irregular pigmentation

## Microdermabrasion Therapy

On average, we renew our skin surface every 10 days, although age, inadequate diet, poor health or lack of care can slow cell renewal. Microdermabrasion treatments, improve epidermal cellular turnover and the production of new, healthy cells. This helps correct many skin conditions and imperfections, resulting in a healthy, balanced skin surface.

Microdermabrasion treatments erase epidermal layers at varying depths in a safe, controlled manner. This approach respects the integrity of skin and promotes even healing. Maintaining level cellular growth on the surface aids in the youthfulness of the skin's appearance.

## Skin Rejuvenation

*As our population matures, we have become more aware of the many factors that cause our skin to appear older.*



The overall appearance of aging skin is primarily related to the quantitative effects of sun exposure with resultant UV damage of structural components such as collagen and elastic fibers. Many patients have exposed themselves to vast amounts of sun during activities of everyday life and recreation. Along with thinning of the ozone and other factors, this has made visible signs of aging, damage and disease evident in younger and younger individuals.

In the past decade, a dramatic transformation of rejuvenation procedures has occurred. It began with dermabrasion and deep chemical peels progressing to deeper laser resurfacing. Although effectively dealing with some aspects of cutaneous photoaging, these were usually associated with significant downtime and side effects. While patients have benefited dramatically from ablative CO<sub>2</sub> and erbium resurfacing as well as lasers for vascular and pigmented lesions, many cannot tolerate these procedures because of associated pain, potential side effects, or prolonged downtime with loss of income.

Presently, there is pent-up demand for the new generation of non-ablative treatments that promises dramatic improvement for the visible signs of aging, photo damage and intrinsic disease with low risk.

“Lunchtime” Skin Rejuvenation Procedure translates into many advantages for the patient, most notably reduced redness, less discomfort, and a dramatically shortened recovery period. And, since the physician is able to treat a wide range of skin conditions, virtually any type of skin rejuvenation can now be performed. Skin Rejuvenation procedures allows the physician to treat patients of all ages and almost every skin type. Side effects are minimal, and recovery time is greatly reduced. Best of all treatment results are generally consistent and long-lasting.

For many years, wearing the hallmarks of aging skin was considered inevitable, even believed to endow “character.” However, recent clinical advances now make skin rejuvenation more effective — and more affordable — than ever, challenging the notion of aging gracefully. Banishing wrinkles, lines and sun-damaged skin allows people to restore a fresh, younger-looking appearance without going under the knife or holing up for weeks of recovery. And, with people living longer and enjoying more active lifestyles, you want to keep your face looking as young as possible.

## Interesting Stuff About Panic disorder

- Panic disorder is one of the most treatable of all mental illnesses. It affects several million Americans.
- Symptoms include unexpected and repeated episodes of intense fear, accompanied by chest pain, heart palpitations, shortness of breath, dizziness, and/or abdominal distress. The person may feel as if he or she is “dying,” “going crazy,” or “losing control.” Symptoms may last for several minutes.
- Attacks often occur when people are under considerable stress. Too much caffeine or other stimulant drugs can also trigger attacks.
- Before getting the help they need, many panic disorder sufferers try to get help in hospital emergency rooms. Some see as many as 10 doctors, and undergo costly, unnecessary medical workups.
- Many people with panic disorder attempt to “self-medicate” with alcohol and/or illicit drugs.
- Effective treatments include medications and cognitive-behavioral therapy.

Source: National Institute of Mental Health: (800) 647-2642

## Life Expectancy

The average life expectancy in the U.S. is now 79 years for women and 73 years for men. Editor's Note: Life is short. Appreciate all 1,440 minutes of every day.



Source: National Center for Health Statistics.

## Wrist fractures and osteoporosis

The bone-thinning disease osteoporosis causes 1.5 million fractures every year in the United States — usually in the spine, hip or wrist. Half of women age 50 and older will have an osteoporosis-related fracture during their lifetime.

A new study of health claims indicates that only 1 out of 4 older women who fracture their wrists is tested or treated for osteoporosis.

Ask your physician about Bone Density Screening a noninvasive method for measuring the level of bone mineral present in the skeleton. A small bone sonometer can measure and screen the bare heel by performing a two minute ultrasound test. DEXA machines are becoming the most common method used to assess bone mass and is the demonstrated clinical tool for the assessment of osteoporosis. After positive assessment, there are now treatments available for the prevention of this bone thinning disease. Athens Medical Group is now offering this service to their patients.

## Health & Medicine

### Some Ways Women Differ...

Some drugs such as aspirin, acetaminophen, alcohol, lidocaine, and benzodiazepines are metabolized differently by men and women.

Women have higher immunoglobulin levels that enable them to resist viruses better than men.

Most autoimmune diseases such as multiple sclerosis, lupus, and rheumatoid arthritis are more prevalent in women.

Women regain consciousness more quickly after anesthesia.

Women's hearts are two-thirds smaller than men's and beat faster, even during sleep.

Coronary heart disease develops 10 years earlier in men; a woman's risk for heart disease increases four-fold when she reaches menopause.

Women are more likely than men to die after using certain heart medications such as antiarrhythmic drugs.

Aspirin does not reduce the risk of stroke in women who have high blood pressure, as it does in men.

Source: American Medical News, Vol. 40, No. 18.

# Want to eliminate...

- Age or sun spots
- Hemangiomas
- Unwanted hair
- Port wine stains
- Freckles
- Birthmarks
- Spider veins
- Tattoos

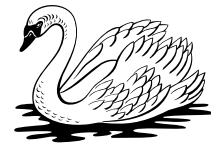


Our facility will soon introduce a new non-invasive Vasculight Laser system.

A breakthrough in medical technology, Vasculight safely and effectively eliminates a wide range of aesthetic conditions without the need for injections or incisions. An in-office procedure, the treatment is convenient and allows you to return quickly to your daily routine.

*Ask how Vasculight can reveal a more beautiful you!*

## Reflections



*Make a memory with your children,  
Spend some time to show you care;  
Toys and trinkets can't replace those  
Precious moments that you share.*

— Elainehardt

### The 'Slumping Shoulders' Stretch

1. Interlace your fingers, then turn your palms upward above your head as you straighten your arms. (Think of "elongating" your arms as you feel a stretch through your arms and the upper sides of your rib cage.)
2. Hold for 10 to 15 seconds, breathing deeply.



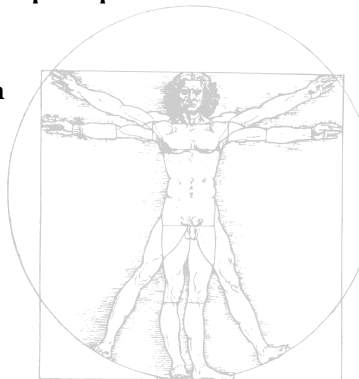
# How Your Body Works

A series of health care topics presented the first Tuesday of each month

**Cardiovascular System**  
*June 6th*

**Respiratory System**  
*July 11th*

**Nervous System**  
*August 8th*



**Gastrointestinal System**  
*September 12th*

**Reproductive System**  
*October 10th*

**Skin, Muscles, Bones**  
*November 14th*

Each lecture will focus on a body system, its function, disease and treatment. These educational and informative sessions will be provided without charge by Dr. Sharpe, Dr. Maynard, and Dr. Burroughs from 12 noon to 1:00 PM in the Athens Medical Group East Lobby. Lunch and educational materials will be included. To register, call Angie Barnett at 745-6575, extension 148.

Wallace F. Burroughs, II, MD  
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C. Richard Sharpe, MD



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*All AMG physicians are accepting new patients. Same day appointments available.*

# Athens Medical Group

is Proud to Announce



## Brenda L. Hartgrove

Licensed Clinical Social Worker with Restoration Counseling Services as of July 5.

Hartgrove, a counselor with more than 20 years of experience in the diagnosis and treatment of emotional problems and mental illness, has recently opened her private practice in Athens.

Hartgrove received her undergraduate degree from Mars Hill College in Mars Hill, N.C., and has a master's of science degree in social work from the University of Tennessee in Knoxville. She is credentialed by Tennessee as a licensed clinical social worker.

Hartgrove is experienced in many areas of counseling. Some of the services she will offer include individual and group treatment, family counseling and employee assistance programs for business and industries. Her specialty is child and adolescent counseling, because it is an area she believes is of crucial importance to lifelong emotional health.

"Social and emotional development begin early in life," Hartgrove said, "so it is important to help children gain self-esteem and develop the kinds of relationships and behavior that can affect how they relate to others later in life."

Restoration Counseling is located in 1031 West Madison Avenue at Athens Medical Group.

All major insurances are accepted and new patients are welcomed. Appointments can be scheduled by calling 745-6575.

# Heart-Healthy Recipes



## Strawberry Sorbet

- 1/2 teaspoon unflavored gelatin
- 3 tablespoons cold water
- 4 cups sliced fresh strawberries
- 1/4 cup spoonable sugar alternative
- 1 cup unsweetened sparkling white grape juice, chilled
- Fresh mint sprigs (optional)



1. Sprinkle gelatin over cold water in a small saucepan; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves. Set aside.
2. Position knife blade in food processor bowl; add strawberries and sugar alternative. Process 30 seconds or until smooth, scraping sides of processor bowl. Transfer to a medium bowl. Add gelatin mixture and grape juice; stir well.
3. Pour into freezer can of a 2-quart handturned or electric freezer. Freeze according to manufacturer's instructions. Let stand 1 hour, if desired. Scoop mixture into stemmed dessert glasses. Garnish with mint, if desired. Serve immediately.

Yield: 6 servings; Exchanges per serving: 1 Fruit; Per serving: Calories 61, Carbohydrate 14.7g, Protein 0.9g, Fat 0.4g, Cholesterol 0mg, Fiber 2.9g, Sodium 2mg



Athens Medical Group is now offering **SAME DAY APPOINTMENTS FOR URGENT CARE NEEDS!**

**AMG HealthWise**  
Patsy C. Sharp, BS, CMPM  
Practice Administrator, Editor

**Athens Medical Group** would like to introduce you to the **AMG HealthWise** News-letter. This publication is to advise you, of the latest news and information within our office. You can find it each month in our lobbies and in our patient rooms.



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