

# YOUR SKIN

## RACHEL PLATTEN OPENS UP ABOUT LOVING HER SKIN

*Mediaplanet had the pleasure of speaking with singer/songwriter and mom-to-be, Rachel Platten. We asked the Fight Song star how she's kept her skin beautiful throughout the different stages of her pregnancy.*

**Mediaplanet** *Let's get right into it! Do you prefer a full glam look or an all-natural approach?*

**Rachel Platten** I prefer to be all-natural, especially because I'm pregnant and super cautious about what I'm putting on my skin. But I do enjoy getting glammed up occasionally... after practically living in pajamas it's empowering to put on heels and makeup and feel sexy.

**MP** *Did you struggle with any skin conditions growing up?*

**RP** Yes! When I was around 22 and moved to New York City, I was so stressed with trying to make it in music and didn't have money for products and it all showed on my skin. I also wasn't eating very well. I found that my diet has a major impact on whether or not I'll break out.

**MP** *How has your skin changed during your pregnancy?*

**RP** During my first trimester I felt like I was back in my early 20s with these random, hormonal breakouts on my face and chest. I tried getting more facials and that helped, but I also stopped wearing makeup except for when I was doing performances. Eventually, my hormones calmed down and my skin evened out. Now that I'm in my third trimester, my skin is back to normal and I'm grateful.

**MP** *What advice do you have for new and expecting moms on maintaining healthy skin as their bodies change?*

**RP** My advice would be to try to take it all in stride, whether you're a glowing goddess or a broken-out, stressed out, not-sleeping mess. I've been both people and I'm learning to allow it all and to not be so hard on myself. The dip in self-esteem I experienced when I was breaking out certainly didn't help my skin recover in those early months. It wasn't until I started loving myself again, connecting with my baby, and allowing the ups and downs of pregnancy that my skin started to reflect that return to self-love.

**MP** *Why do you think it's important for women to love their skin?*

**RP** It's a way to show ourselves that we deserve self-care and love and that we are worthy of the time and extra expense it might take. Just a couple of minutes can make me feel so nurtured — even on a day when everything has gone wrong. If I spend a little time breathing deeply in the mirror and massaging my temples and cheeks as a facialist might, I feel so loved. It's amazing how such a small action can rewire your brain to feel empowered and nurtured.



To read the full interview, visit [personalhealthnews.ca](http://personalhealthnews.ca)

# LIVING WITH PSORIASIS?

DON'T COMPARE YOUR CASE TO OTHERS



**Dr. Melinda  
Gooderham**  
Medical Director,  
SKiN Centre for  
Dermatology

An estimated one million Canadians are living with psoriasis. While often viewed as a skin issue, it's actually a chronic immune condition related to the irregular functioning of T cells (a type of white blood cell involved in our immune systems), which causes a rapid buildup of skin cells and inflammation. The result is dry, red, scaly skin that can be sore and itchy.

For many, psoriasis is a burden that can compromise their quality of life. "It can affect many aspects of day-to-day life, from relationships to not wanting to go the gym — situations where someone might be self-conscious about exposing their skin during a flare up," says Dr. Melinda Gooderham, a Medical Director based in Peterborough, ON with the SKiN Centre for Dermatology.

About 80 to 90 percent of psoriasis cases fall into the mild to moderate category, according to the Canadian Association of Psoriasis Patients.

Doctors assess patients based on factors like how much of the body is affected and which areas become inflamed. Health care professionals may also have patients fill out a quality of life questionnaire. Those with 3 to 10 percent of their body covered by the condition are considered to have moderate psoriasis.

## Treatment critical for those in the middle gap

Mild cases can be treated with topical preparations, while severe ones may be addressed systematically through various oral and injectable drug therapies. Those with moderate conditions fall into a grey area or what is called a 'middle gap.'

"Some patients don't seek help because they think they can cope or feel that their condition isn't bad enough to merit treatment," says Dr. Gooderham. "Sometimes, they compare themselves to those with severe cases, which they may have seen on the internet and dismiss seeking

treatment. Instead, they adapt and normalize."

There's also a knowledge gap that prevents those with psoriasis from addressing their condition. Many don't realize that the current treatment options are quite different from those offered just a decade ago. "Patients may have outdated and incorrect ideas," says Dr. Gooderham. "They think about older drugs that were more toxic to the liver, but the newer drugs are better. They have less risk from side effects."

Once patients' skin is clear, Dr. Gooderham notes that only then do many fully realize just how much psoriasis has affected their lives. This realization underscores the importance that those with moderate psoriasis speak to their doctor about the latest treatments and to learn more by visiting [psoriasisstory.ca](http://psoriasisstory.ca).

"There is no need for anyone to live with moderate psoriasis," Dr. Gooderham concludes. "These patients are just as deserving of treatment."

*Michele Sponagle*

*This article was made possible with support from a Canadian pharmaceutical research company.*

*Living with psoriasis? Start your new treatment chapter.*

**A** man with psoriasis  
went on a date.

She noticed nothing  
but his smile.

The End.



Discover the true cause of psoriasis and find your treatment fit at [psoriasisstory.ca](http://psoriasisstory.ca)

Ask your dermatologist about oral and injectable treatment options today.

# CANADIANS MISSING OUT ON INNOVATIVE ECZEMA TREATMENTS



Tanya Mohan with her family.

**A**topic dermatitis, or eczema, is a chronic disease of the skin that affects about 1 in 20 Canadians. Contrary to popular belief, eczema isn't only an aesthetic condition. Those who suffer with it experience constant itching, pain, and disrupted sleep, and are at higher risk for psychological conditions like depression, anxiety, and thoughts of suicide.

Mediaplanet spoke with Dr. Perla Lansang, a dermatologist at the Sunnybrook Health Sciences Centre and Tanya Mohan who has suffered from eczema for over 30 years, for more insight into the condition and its changing treatment landscape.

**MP Who is at risk of developing eczema?**

**PL** It can happen to anyone and it's very common. It usually starts in childhood, but about 10 percent of patients develop the condition in adulthood.

**MP How does it affect daily life?**

**PL** This condition can have a major effect on quality of life. When patients are in a flare up it affects everything they do. There are also plenty of studies showing that anxiety and depression are more common in patients with atopic dermatitis.

**TM** It's a chronic condition, so it's a constant struggle. It really disrupts your day-to-day life. You can't sleep at night. You don't want to go out and be social. Sometimes you can't go to work. As a young woman with eczema I

found it very hard to want to face the day, particularly in this time of social media. I used to obsess over my scars and flaky skin. Just imagine having chicken pox 24 hours a day, 7 days a week, 365 days a year. That's pretty much what it feels like.

**MP How is the treatment landscape changing?**

**PL** Only recently have we seen the introduction of a new biologic, the first real targeted therapy specifically designed for atopic dermatitis. Because it targets the specific pathways of the disease, we can eliminate a lot of the side effects of the non-targeted therapies. There are other targeted therapies with great efficacy that are currently in development.

*"It's really unfair how much relief I've gotten from this medication and the fact that not everyone has access to it."*



**Dr. Perla Lansang MD, FRCPC**

Staff Dermatologist, Sunnybrook Health Sciences Centre & Assistant Professor, University of Toronto

**TM** This new biologic medication that Dr. Lansang mentions has been a lifesaver for me. I don't feel itchy at all anymore. I have to use a lot less skin cream and my skin feels rejuvenated. I literally have my life back.

**MP Are there barriers preventing people from accessing the newest therapies?**

**PL** There are definitely challenges with access. There is an unfair distinction between patients with private coverage and those without.

**TM** I'm one of the lucky ones with private insurance and can afford to pay a certain amount out of pocket. It's really unfair how much relief I've gotten from this medication and the fact that not everyone has access to it.

For everyone suffering from eczema, the development of innovative new therapies should be a major cause for hope. But as Canadians, it's our duty to ensure that this ray of hope shines on all who need it. If you or someone you love is currently affected by atopic dermatitis, speak to your dermatologist about new available therapies that could be right for you.

D.F. McCourt



Atopic dermatitis is the most common type of eczema. Ask your healthcare professional for more information.

## ATOPIC DERMATITIS REVEALED

[www.atopicdermatitisrevealed.ca](http://www.atopicdermatitisrevealed.ca)

Brought to you by a leading pharmaceutical company.



## Improve Your Look and Outlook at The Ottawa Skin Clinic

**W**e all like to make a good first impression, and while we often put a lot of thought into what clothes or accessories we should wear, we may not give enough consideration to what impression our skin is making. As our largest “outer layer” and the first thing people see when they meet us, our skin can have a significant effect on how others perceive us, and more importantly, how we perceive ourselves.

No matter your age or gender, a dermatology or skin clinic can be an excellent resource for those wanting to make skincare a part of looking and feeling their best. One facility that emphasizes the importance of having both an inner and outer glow is the Ottawa Skin Clinic.

“The Ottawa Skin Clinic believes in happiness, self-esteem, and that every person should feel great in their own skin,” says Dr. Alain Michon, Medical Director and Owner of the clinic. “We’re passionate about skin health and cosmetics. We use up-to-date and evidence-based technologies, protocols, and skincare products to help each of our patients achieve their skincare or cosmetic goals. Multiple studies have shown that aesthetic procedures can help people with their confidence and boost their overall mood and sense of well-being.”



Dr. Alain Michon

*“The Ottawa Skin Clinic believes in happiness, self-esteem, and that every person should feel great in their own skin.”*

### Passion brings patient satisfaction

The field of skincare is a passion for Dr. Michon, who is board-certified and an active member of the American Academy of Aesthetic Medicine. “Aesthetic medicine is a speciality that focuses on preventing, protecting, correcting, or improving the skin’s appearance through the treatment of various conditions, including wrinkles, acne, rosacea, skin laxity, excess fat, body contouring, skin discoloration, and more,” he says.

The clinic prides itself on using only the most advanced techniques to attain refined, transformative results. “At the Ottawa Skin Clinic, we have a variety of advanced treatments for both men and women,” says Dr. Michon. Many of the services offered at the clinic are on the cutting edge of industry developments. “The Ultra Femme 360 treatment, for example, is a non-surgical vaginal rejuvenation treatment that takes just under eight minutes. We’re also one of the few facilities in Canada to have both EMSELLA and EMSULPT, two electromagnetic technologies that promote muscle growth,” he says.

EMSELLA is often recommended for the treatment of urinary incontinence or urgency and one treatment is equivalent to 11,200 Kegel exercises which help to strengthen the pelvic floor — a benefit that can be especially helpful for new mothers or the elderly. However, as Dr. Michon notes, there are treatments available for even the most ordinary of concerns. “We also offer dual CoolSculpting which uses a technology called cryolipolysis to freeze away unwanted fat,” he says.

To learn more about whether aesthetic enhancement is for you, visit [ottawaskinclinic.ca](http://ottawaskinclinic.ca).

Sandra MacGregor

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# NATURALLY-SOURCED, SCIENTIFICALLY-BACKED, AND CANADIAN, TOO!



**Dr. Julia Carroll**  
Internationally-recognized  
Dermatologist & President,  
Canadian Association of  
Aesthetic Medicine

Not all cosmetic lines are created equal. Some focus on specific ethnic groups or ages, while others merge science and beauty to develop revolutionary products. Devonian Health Group, a Canadian company, delivers anti-aging skincare treatments that are only available from dermatologists and medical spas.

Developed under rigorous pharmaceutical manufacturing standards, the Purgenesis™ Anti-Aging Care treatment consists of three advanced formulations: a day cream, a night cream, and an eye cream, all of which contain the R-Spinasome® complex.

“R-Spinasome® is an active structure containing antioxidant properties extracted from organic green leaves,” explains Sybil Dahan, President of Altius Healthcare, the commercial division of Devonian Health Group which produces the skincare line. “It dynamically regenerates itself, providing long-lasting protection that can diminish the appearance of wrinkles by firming and hydrating the skin.”



## Backed by science, approved by dermatologists

The naturally-sourced ingredients in Purgenesis products are derived using an advanced and proprietary extraction technique. The discovery is the result of over 15 years of intense research conducted by a dedicated group of scientists from Devonian Health Group. “What intrigues me about Purgenesis™ is that it’s a Canadian-made, naturally sourced botanical, backed by science,” says Dr. Julia Carroll, an internationally recognized dermatologist and President of the Canadian Association of Aesthetic Medicine.

What differentiates Devonian Health Group from other companies is the fact that it conducts efficacy and safety trials — as per pharmaceutical drugs standards — in order to deliver high-value cosmeceutical products that are backed by science. “I am very impressed that Devonian had the faith in their product to test it head-to-head against leading brands,” says Dr. Carroll. “The results were interesting, with Purgenesis coming out on top.”

## Delivered by professionals for the best results

Purgensis™ continues to be widely recognized for its novel and unique application. The treatment is patented worldwide, recognized by the Skin Health Program of the Canadian Dermatology Association (CDA) and winner of the Best Anti-Aging Skin Treatment Technology award by LUX Life magazine.

The Purgenesis skincare line of products is exclusively available from dermatologists and medical spas across Canada. “Medically-trained skin care experts are able to truly appreciate the decades of research and advanced extraction technology,” says Dahan.

If you’re ready to see real results in your skincare, ask your dermatologist about the Purgenesis anti-aging treatment.

For more details, visit [purgensis.com](http://purgensis.com).

Melissa Vekil



## Protect Your Skin to Prevent Melanoma

### Did you know that skin cancer is the most common cancer in Canada?

While the incidence of most cancers is decreasing, the incidence of melanoma, the deadliest form of skin cancer, is increasing. Whether you are enjoying outdoor winter activities or a beach vacation, it’s important to protect your skin from the sun to reduce your risk of melanoma.

