



THE
**PEOPLE'S
PHARMACY**

Graedons' Guide to

King Features

Skin Care & Treatment

One farm woman praised Bag Balm for treatment of her own irritated breasts and a model told us she had traded in her expensive moisturizers for Bova Cream.

It's a brutal world out there, and your skin takes a beating. In the summer, the sun's ultraviolet rays constantly threaten damage including premature aging, wrinkling and skin cancer, not to mention sunburn. In the winter, cold dry wind can chap hands and faces. Indoors, low humidity also pulls moisture from the skin and leads to itching, flaking, and cracking.

When your skin suffers, so does your self esteem. Ask any teenager who's ever had a nasty pimple before the big dance. The businessman who has snowy shoulders because of dandruff has a hard time making a good impression. It's no wonder people spend billions on skin care products

Shelves are crowded with moisturizers, toners, skin rejuvenators, wrinkle creams, and anti-aging goos. Ingredients that sound scientific and are impossible to pronounce have proliferated. Hyalu-

ronic acid, glycosphingolipids, and hydro-relectan are just a few of the many compounds that give a high-tech impression but may not be able to deliver on the implied promise.

Some of these highly-promoted cosmetic creams can cost as much as \$50 an ounce or even more. There are so many products to choose from that making cost-effective decisions may seem overwhelming. In many cases, the cosmetic cases are selling fancy packaging and dreams. Often cheaper products work just as well, if not better.

According to dermatologist Albert Kligman, "the greasier and uglier the product, the better it is. If you are a mature person and you're not planning an amorous encounter that night, you should use petrolatum or **Eucerin**. If you are planning something romantic, then use **Lubriderm** or **Nivea**."

BARNYARD BEAUTY AIDS

Farmers have known for years that the udder balms they use on their cows are also great for dry, chapped hands. Their wives have been using such products themselves instead of pricier skin creams. Now the rest of the country is learning about these old-time (and modern) barnyard beauty aids.

Bag Balm

Dairy Association Co.
Lyndonville, VT 05851
or call (800) 232-3610.

Bag Balm has been sold for over 90 years in a classic green tin. It contains both lanolin and petrolatum and dozens of readers have praised it for dry skin problems. It can be ordered in a one ounce "pocketbook" size or the more economical 10 ounce version. If you can't find it locally, you can order direct from the manufacturer.

The truth is that **Bag Balm** smells a little like a barnyard (probably because of the added disinfectant). If you want a more cosmetically elegant product you might be interested in **Udder Cream**. It looks, feels and smells like a regular hand cream. One of our readers describes it as "greaseless, odorless and stainless." It is also a good buy.

Udder Cream

For a free sample,
or to order, write to:
Redex Industries, Inc.
P.O. Box 939-B
Salem, OH 44460
or call (800) 345-7339

These products are available in agricultural supply, feed, and farm cooperative stores. **Udder Cream** is sold in co-ops under the brand name **Bova Cream**.

Please keep in mind that these veterinary products have not been tested or approved for human use. But the ingredients are similar to those found in many moisturizers. Petrolatum is a fancy way of saying petroleum jelly and everyone knows the brand name **Vaseline**. **Udder Cream** contains a wound healing agent, allantoin, which is found in many skin care products. Other components are lanolin, propylene glycol and silicone, which provide extra moisturizing power.

Highly Rated OTC Skin Creams

Aquaphor
A & D Ointment
Carmol
Complex 15
Curel
Cutemol
Lanoline
Moisturel
Nivea Moisturizing
Lotion
Sea Breeze Moisture
Lotion
Vaseline Petroleum
Jelly

DRY SKIN

Whenever humidity in the air drops, the skin begins to lose moisture. Detergents, shampoos, and most soaps accelerate this process by removing protective oils from the top layer of skin. Winter is usually the worst time of the year because of dry, heated air indoors and dry, cold wind outside.

If you have ever left a piece of sliced ham sitting uncovered on a plate you know how fast it will dry out. The same meat covered with plastic wrap will remain fresh far longer. So too your skin can stay smooth and supple if you seal in moisture with a skin cream. This works especially well if the cream is applied right after a bath, after patting dry gently with a towel.

For serious dry skin, we suggest a prescription cream that contains alpha-hydroxy acid. This compound (which may also be called glycolic acid or lactic acid on the label) helps to strengthen the structure of the skin, and is highly effective against flaking and cracking. **Lac-Hydrin** should be used twice daily at first. Then, as the skin normalizes, once a day is often enough. The same ingredient is also found in lower concentrations in skin creams available without prescription: **AquaGlycolic**, **Aqua Lacten**, **Lac-Hydrin Five**, and **LactiCare**.

Needless to say, prevention makes sense. If you must wash dishes or use chemicals, protect your skin with rubber gloves.

COMING CLEAN

An important step in fighting dry skin is choosing the right soap. Nearly any soap, bar or liquid, will get off ordinary dirt. But many strip off protective skin oils as well, and some are irritating for tender skin.

Some years ago Dr. Al Kligman tested several brands of bar soap and found that **Dove** stood out as the mildest and least irritating. Testers for Consumers Union have also given **Dove Unscented White** their top rating. At around a penny per lather, **Dove** is also reasonably priced. People whose skin is not sensitive or dry can select a more economical bar. *Consumer Reports* termed both **Palmolive Green** and **Pure & Natural** Best Buys at about 6 cents for 10 washes.

Liquid soaps cost a bit more per wash, but avoid the problem of bacterial contamination that is possible when soap sits in a soggy dish and is used by many different people. *Consumer Reports* found that **Liquid Dial Antibacterial** "cleaned very well and lacks the potentially irritating ingredients found in several other liquid soaps tested." **Liquid Dove Beauty Wash** (not tested by Consumers Union) seems to be extremely mild and non-drying, and is a favorite in our household.

Liquid Dove is marketed as a non-soap cleanser. Other soap alternatives such as **Cetaphil** or **Keri Facial Cleanser** can remove dirt effectively without drying the skin excessively.

PREPARATION H AGAINST DRY SKIN?

Many of our readers are enthusiastic about the healing power of **Preparation H** on dry, cracking skin. This popular product contains live yeast cell derivative, shark liver oil, and phenylmercuric nitrate. Although a study at a California burn center showed that live yeast cell derivative alone could speed the healing of burns, we know of no studies by dermatologists to show whether the hemorrhoid remedy works for any other skin problems.

We have, however, received a number of testimonials from people who claim **Preparation H** is helpful for bedsores, surgical scars, and above all, cracked fingertips. If you decide to try this or any other greasy ointment for dry hands, we suggest you apply it at bedtime, then put on cotton gloves to protect your sheets and keep the moisturizer in place. The gloves are available at reasonable cost from a photographic supply store; photographers use them to handle negatives without leaving fingerprints.

SUN TROUBLE

Although a nicely bronzed look has been the height of fashion for much of this century, dermatologists caution that tans really aren't as healthy as they seem. The darkening of the skin that seems so desirable is a protective reaction to ultraviolet light and indicates that sun-related skin damage is in process. A burn represents the worst kind of damage, of course, but even a gorgeous tan signals trouble that builds up gradually and may not become readily apparent for decades. The "liver spots" and wrinkles of middle or old age are undesirable consequences of sun exposure in youth. Cataracts and skin cancers are even more serious results.

That doesn't mean you should hide in a cave like a mushroom, but it does suggest that precautions are in order. Common sense suggests staying out of the sun in the middle of the day, between 10 AM and 2 PM when invisible ultraviolet (UV) radiation is most intense. If you have to be out, wear protective clothing, a hat and use sunglasses that protect against UVA as well as UVB. Look for the information on the label; tinted glasses or those which provide only limited protection from ultraviolet light can actually do more harm than good because the iris opens wider if there isn't as much visible light. This could let in more ultraviolet rays than in bright sunlight, when the pupil is normally constricted.

Don't forget the sunscreen. Select a product with a high SPF (Sun Protection Factor)-at least 15. Most of these will state on the label that they provide both UVA and UVB protection, and though the UVA shielding they offer may be incomplete, it is better than nothing. To get adequate protection, don't skimp. Most people are far too stingy when applying sunscreen. Use at least one teaspoon for each leg and half a teaspoon for your face and neck. The more you slather, the better it will work. Some products provide extra moisturizing, and others, the clear alcohol-based or gel types, are less likely to clog pores and aggravate acne. Many sunscreens wash off when you sweat or swim, so remember to put more on.

For a few people, some popular sunscreens make matters worse. A sensitivity to PABA, an ingredient in many products, can cause a rash or an exaggerated burn upon sun exposure. If this is a problem, look for a product that doesn't contain PABA. **SolBar PF** (PABA-free) offers a line of sunscreens without this ingredient, but other popular brands, such as **Shade** or **PreSun**, also offer some PABA-less lotions.

SUNLESS TANNING

Those who want a golden glow without the risk of premature aging or skin cancer may want to try a product that colors the skin without sun exposure. Such products are safe enough for people who have had skin cancer, so must shun the sun, but still want a tan.

The ingredient in sunless tanning products, dihydroxyacetone (DHA), reacts with an amino acid in the skin and darkens it temporarily. Due to improved formulas, the resulting color is more natural-looking than sunless tan creams could produce years ago.

The tan color itself does not provide any protection against the ultraviolet damage, so the sunless tanner should apply an effective sunscreen when going outside. Prices vary, so shop comparatively.

PHOTOSENSITIVITY

Photosensitivity reactions such as a rash or an unexpectedly severe sunburn may occur with certain oral medications. Such a reaction may be rare, so the doctor may not remember to mention it. If you are taking one of the medicines listed on the next page, look for a sunscreen with a benzophenone, anthranilate or oxybenzone and an SPF higher than 15 for protection. Even then, it's wiser not to tempt fate by spending too much time out in the sun. Effective sunglasses are more important than ever if you are taking a drug that may cause photosensitivity, as the eyes too become more vulnerable to UV damage. If you think you are experiencing a photosensitivity reaction, even if the medicine isn't listed, take precautions and discuss this effect with your doctor.

Some Favorite Sunscreens

- Bullfrog (waterproof)
- Clinique Oil-Free Sunblock
- Hawaiian Tropic Baby Faces Sunblock
- PreSun Active Clear Gel Sunscreen
- PreSun Sensitive Skin Sunscreen
- Shade Sunblock

Some Sunless Tanning Products

- Almay Sunless Tanning Lotion
- Chanel Bronzage Automatique Perfect Colour Self-Tanning Lotion
- Estee Lauder Self-Action Tanning Cream
- Vaseline Intensive Care Moisturizing Sunless Tanning Lotion

SOME DRUGS THAT INCREASE SUN SENSITIVITY

<i>Brand Name</i>	<i>Generic</i>	<i>Brand Name</i>	<i>Generic</i>
Accutane	isotretinoin	Diuril	chlorothiazide
Achromycin V	tetracycline	Diutensen	methylclothiazide/cryptenamine
Actifed with Codeine	codeine/triprolidine/ pseudoephedrine	Dolobid*	diflunisal
Adapin	doxepin	Doryx	doxycycline
Aldactazide	hydrochlorothiazide/ spironolactone	DTIC-Dome*	dacarbazine
Aldoclor	chlorothiazide/methyl dopa	Duraquin	quinidine
Aldoril	hydrochlorothiazide/ methyl dopa	Dyazide	hydrochlorothiazide/triamterene
Alferon N*	alpha interferon injection	Dymelor	acetohexamide
Altace	ramipril	Dyrenium*	triamterene
Anafranil*	clomipramine	Efudex	fluorouracil
Anaprox	naproxen	Elavil	amitriptyline
Ancobon	flucytosine	Eldepryl	selegine
Ansaid*	flurbiprofen	Endep	amitriptyline
Apresazide	hydrochlorothiazide/ hydralazine	Enduron	methylclothiazide
Asendin*	amoxapine	Enduronyl	methylclothiazide/deserpidine
Aquatag	benzthiazide	Enovid	mestranol/norethynodrel
Aquatensen	methylclothiazide	Esidrix	hydrochlorothiazide
Aventyl	nortriptyline	Esimil	hydrochlorothiazide/ guanethidine
Azo Gantanol	phenazopyridine/ sulfamethoxazole	Etrafon	amitriptyline/perphenazine
Azo Gantrisin	phenazopyridine/ sulfisoxazole	Eulexin	flutamide
Azulfidine*	sulfasalazine	Eutron	methylclothiazide/pargyline
Bactrim	trimethoprim/sulfamethoxazole	Exna	benzthiazide
Benadryl	diphenhydramine	Fansidar	sulfadoxine/pyrimethamine
Benylin	diphenhydramine	Feldene	piroxicam
Brevicon	ethinyl estradiol/norethindrone	Flexeril*	cyclobenzaprine
Butazolidin	phenylbutazone	Floxin	ofloxacin
Capoten	captopril	Fluoroplex	fluorouracil
Capozide	captopril/hydrochlorothiazide	Fulvicin	griseofulvin
Cardioquin	quinidine	Gantanol	sulfamethoxazole
Cardizem*	diltiazem	Gantrisin	sulfisoxazole
Cipro*	ciprofloxacin	Glucotrol	glipizide
Clinoril*	sulindac	Grifulvin V	griseofulvin
Combipres	chlorthalidone/clonidine	Grisactin	griseofulvin
Compazine	prochlorperazine	Gris-PEG	griseofulvin
Compoz	diphenhydramine	Haldol	haloperidol
Cordarone	amiodarone	Hismanal	astemizole
Corzide	nadolol/bendroflumethiazide	HydroDIURIL	hydrochlorothiazide
Dapsone	dapsone	Hydromox	quinethazone
Declomycin	demeclocycline	Hydropres	hydrochlorothiazide/reserpine
Deconamine	chlorpheniramine/ pseudoephedrine	Inderide	hydrochlorothiazide/propranolol
Demulen	ethynodiol/ethinyl estradiol	Intal*	cromolyn
Depakene	valproic acid	Intron A*	alpha interferon
Depakote	valproic acid	Janimine	imipramine
DiaBeta	glyburide	Lasix	furosemide
Diabinese	chlorpropamide	Limbitrol	chlordiazepoxide/amitriptyline
Diamox	acetazolamide	Lodine*	etodolac
Dimetane	brompheniramine/phenyl- propanolamine/codeine	Loestrin	ethinyl estradiol/norethindrone
Dipentum*	olsalazine	Lo/Ovral	ethinyl estradiol/norgestrel
Diucardin	hydroflumethiazide	Lopressor HCT	metoprolol/hydrochlorothiazide
Diulo	metolazone	Ludiomil*	maprotiline
Diupres	chlorothiazide/reserpine	Marplan*	isocarboxazid
		Matulane	procarbazine
		Maxaquin**	lomefloxacin
		Maxzide	hydrochlorothiazide/triamterene
		Mellaril	thioridazine
		Metahydrin	trichlormethiazide
		Metatensin	trichlormethiazide/reserpine
		Mevacor	lovastatin

SOME DRUGS THAT INCREASE SUN SENSITIVITY, contd.

<i>Brand Name</i>	<i>Generic</i>	<i>Brand Name</i>	<i>Generic</i>
Micronase	glyburide	Quinora	quinidine
Minizide	polythiazide/prazosin	Rauzide	bendroflumethiazide/rauwolfia
Minocin*	minocycline	Renese	polythiazide
Modicon	ethinyl estradiol/norethindrone	Rheumatrex	methotrexate
Moduretic	hydrochlorothiazide/	Ridaura	auranofin
Monodox	amiloride	Robitet	tetracycline
Monopril*	doxycycline	Saluron	hydroflumethiazide
Motrin*	fosinopril	Salutensin	hydroflumethiazide/reserpine
Mykrox	ibuprofen	Seldane	terfenadine
Myochrisine	metolazone	Sepra	trimethoprim/sulfamethoxazole
Naprosyn*	gold sodium thiomalate	Ser-Ap-Es	hydralazine/hydrochlorothiazide/ reserpine
Naturetin	naproxen	Sinequan	doxepin
Naqua	bendroflumethiazide	Solganal	gold salts
Navane	trichlormethiazide	Stelazine	trifluoperazine
NegGram	thiothixene	Sumycin	tetracycline
Nelova	nalidixic acid	Surmontil	trimipramine
Neptazane	mestranol/norethindrone	Taractan	chlorprothixine
Nordette	methazolamide	Tavist	clemastine
Norethin	ethinyl estradiol/levonorgestrel	Tegretol	carbamazepine
Norinyl	mestranol/norethindrone	Temaril	trimaprazine
Norlestrin	mestranol/norethindrone	Tenoretic	atenolol/chlorthalidone
Normozide	ethinyl estradiol/norethindrone	Terramycin	oxytetracycline
Noroxin	labetalol/hydrochlorothiazide	Tetracyn	tetracycline
Norpramin	norfloxacin	Thorazine	chlorpromazine
Oretic	desipramine	Timolide	hydrochlorothiazide/timolol
Orinase	hydrochlorothiazide	Tofranil	imipramine
Ornade	tolbutamide	Tolinase	tolazamide
	chlorpheniramine/	Trandate	labetalol
Ortho-Novum	phenylpropanolamine	Triavil	amitriptyline/perphenazine
Orudis	mestranol/norethindrone	Trilafon	perphenazine
Ovcon	ketoprofen	Tri-Levlen	norgestrel/ethinyl estradiol
Ovral	ethinyl estradiol/norethindrone	Tri-Norinyl	norethindrone/ethinyl estradiol
Ovulen	ethinyl estradiol/norgestrel	Triphasil	norgestrel/ethinyl estradiol
Oxsoralen	ethynodiol/mestranol	Trisoralen	trioxsalen
Pamelor	methoxsalen	Uri-Tet	oxytetracycline
Panmycin	nortriptyline	Urobiotic	oxytetracycline
Perfumes	tetracycline	Vaseretic	hydrochlorothiazide/enalapril
	bergamot/cedar/citron/lavender/ lime/musk/sandalwood	Vasotec	enalapril
Periactin	cyproheptadine	Velban	vinblastine
Pertofrane	desipramine	Vibramycin	doxycycline
Phenergan	promethazine	Vibra-Tabs	doxycycline
Prinzide	hydrochlorothiazide/lisinopril	Vivactil	protriptyline
Prolixin	fluphenazine	Voltaren*	diclofenac
Quinaglute	quinidine	Zaroxolyn	metolazone
Quinamm	quinine	Zestoretic	hydrochlorothiazide/lisinopril

Let's not forget that small amounts of ultraviolet radiation, in the form of sunshine, are good for us. Human skin actually makes vitamin D in the presence of sunshine. This essential vitamin is necessary for maintaining strong bones and regulating calcium and phosphorus in the body. A few researchers even believe it may play a role in protecting against some kinds of cancer.

Luckily, people don't need much sun-

light to get enough vitamin D. Most people have adequate exposure in the daily course of running errands, but people who spend their days indoors, or those who slather on the sunscreen, may not get enough. In such cases, fortified milk or a supplement are a good idea, but only at the recommended dose of 400 IU daily: vitamin D can build up gradually, and an overdose can be toxic.

TOO LITTLE SUN?

FIGHTING WRINKLES

For years, Americans have sought a youthful attractive appearance through a gorgeous tan. Little did they realize that today's golden glow was laying the groundwork for tomorrow's wrinkles. Skin that has been exposed to excessive sunshine often develops a leathery, prematurely aged look that doesn't conform in any way to the American ideal of beauty. Even more alarming, such sun-damaged skin is far more susceptible to cancer.

Of course, many people who are now concerned about wrinkles and skin cancer were unaware of the hazards of sunbathing when they were younger. No wonder outdoor hobbies such as tennis, gardening, or canoeing often took their toll on the skin.

Fortunately, most skin cancers can be treated successfully, especially if they are detected early. This is a good reason to consult a dermatologist about any unusual sores or blemishes that don't seem to be clearing up. It's also an excellent reason to avoid overdoing sun exposure.

What about wrinkles? No one can claim that they are dangerous, but they can be damaging to a person's self-image. While some folks get their wrinkles removed with cosmetic surgery, many more succumb to the lure of products with names like **Age Zone Night Energizer** or **Ultima II ProCollagen Anti-Aging Complex Especially for the Eyes**.

Usually the claims that a cream will erase wrinkles are only implied. The products have rarely undergone any rigorous testing to prove their effectiveness. The best that can be hoped for, in many cases, is that they will moisturize skin enough so that wrinkles are less obvious.

Some evidence now suggests, however, that it may be possible to reverse some fine wrinkles that result from sun damage. **Retin-A**, a prescription cream often used to treat acne, has been shown to reduce such wrinkles in many people. Don't expect too much, for according to the expert, Dr. John Voorhees, "It is not a face lift in a bottle, it is not a miracle, and it is not a fountain of youth." Re-

searchers have found, however, that regular use can help fade "age spots" caused by sun exposure.

There are also hints that alpha-hydroxy acid, found in the prescription moisturizer **Lac-Hydrin**, may also have a beneficial effect on fine wrinkling and possibly even age spots. This research is not yet conclusive, however. As with **Retin-A**, it may take months before any benefit from **Lac-Hydrin** is noticeable.

Any anti-wrinkle campaign should definitely include conscientious sunscreen use to avoid further damage. Don't apply a sunscreen or moisturizer at the same time as **Retin-A**, though, because an interaction could inactivate the **Retin-A**.

One unexpected bonus of **Retin-A** may be against skin cancer. Precancerous lesions are known as actinic keratoses. Regular use of **Retin-A** has been shown to slowly reverse these blemishes. Obviously, any chronic skin problem requires careful dermatological supervision and should not be a do-it-yourself project.

ATTACKING ACNE

Let's not forget that **Retin-A** is still one of the best pimple fighters on the market. That was its original use and remains the approved indication. It can take about six weeks for the benefits to take hold.

As good as **Retin-A** may be, it is not unusual to add additional horsepower to fight blemishes. Dermatologists love to use oral antibiotics because they are so effective. But there can be side effects. Women often complain of vaginal yeast infections after a course of oral tetracycline.

Topical antibiotics combat acne without such side effects. Creams, gels and lotions that work well include tetracycline (**Topicycline**) and erythromycin (**A/T/S. Erycette, EryDerm, Erymax** and **T-Stat**). One of the most effective topical antibiotics is **Cleocin T** (clindamycin). This excellent product has one rare but serious drawback. Less than 0.1% of patients may experience severe diarrhea and abdominal cramps. If that happens, call the dermatologist immediately.

Using Retin-A

- Once a day, apply it to dry, clean skin. Wait at least one half-hour after washing before using **Retin-A**.
- Do not get cream too close to eyes (it can sting) or in folds and cracks near nose or mouth.
- Start with a low concentration (0.025% or 0.05%) and eventually work up to the highest you can tolerate. This method will diminish redness and peeling. It may take several weeks for the skin to adjust to **Retin-A**.
- If your skin stays too red and dry (even with daily use of a moisturizer like Purpose), skip a few days between applications or ask for a lower concentration.
- Use sunscreen, but not at the same time. Applying **Retin-A** at night and sunscreen upon arising is one solution.
- After several years of **Retin-A** a maintenance program (two or three applications a week) should suffice.

If you have any questions or comments, feel free to write:

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You may also wish to order one of our many publications or audio cassette tapes.