

Are lasers appropriate for Hispanic skin? The New Year is here and what's better than to kick it off with the newest laser breakthrough, a secret weapon that only Dr. Shah possesses.

Newer lasers can safely treat hispanic skin, while older lasers can damage the skin in. Those lasers can create loss of skin color and develop scarring. Laser therapy has been a mainstay of dermatologic therapy for more than a decade. However, until recently, most published literature is now focused on the Latino patient. The face of the aesthetic patient is changing to be more representative of the ethnic diversity of the population of the United States. It is imperative that your surgeon not only have an understanding of the concerns of the aesthetic patient but also have an awareness of the unique needs of Latino skin.

Skin complexion among the Hispanic population varies as significantly as Latino heritage. Because of a diverse multicultural background, many Hispanics do not escape a variety of skin conditions.

#### PIGMENTATION ISSUES

While doctors agree there are few Hispanic-only skin issues, one area of concern for the demographic is that of skin pigmentation.

**Melasma:** Overactive melanin in Latino skin can cause hyperpigmentation known as melasma. Melasma through exposure of the skin to sunlight. It is most commonly found on the face and is often symmetrical. Chemical peels and topical steroid creams as well as laser treatments are used to treat the condition, but daily use of sunscreen is the best way to prevent it in the first place.

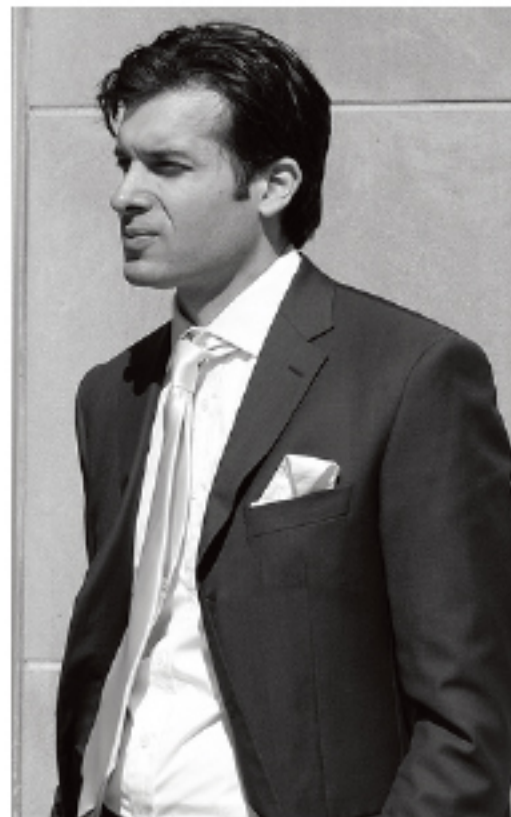
**Vitiligo:** A less-common form of pigmentation issue seen among Latinos, characterized by a loss of pigmentation which leaves white markings on the skin.

**Inflammation:** Another issue Hispanic skin faces is that of hyperpigmentation resulting from inflammation. Acne, insect bites, eczema, psoriasis and burns can all result in hyperpigmentation.

#### ACNE

While Hispanics are not predisposed to acne more so than other ethnicities, acne is a common inflammatory process which may lead to hyperpigmentation issues. In addition to the marks left on Latino skin, acne can also lead to self-esteem issues.

Dr. Shah customizes and tailors treatments to the specific patient and their concerns. There are a series of treatments that you could do, or one very aggressive treatment. This includes making the skin younger, softening or removing brown spots, tightening pores, polish and purify acne scarring, and treating resistant acne. Skin rejuvenation can be achieved in a number of ways, ranging from laser, light and other energy-based treatments to chemical peels and other non-ablative methods. The result is a smoother, clearer, and more youthful appearance to show off your beautiful, glowing Latino skin!



**"Anil R Shah MD is a plastic surgeon renowned for his expertise in beauty**