

eHealth Radio

January 3, 2011 @ 4:57 pm

Where Did You Learn How to Shave Men?



Dr. Brooke Jackson who is a board certified dermatologist and founder/medical director of the Skin Wellness Center of Chicago joined the show. She discusses with Eric Michaels the most common type of cancer, the deadliest type of skin cancer and an interesting trend she sees with darker skin males.

Note: Refer to audio player below to listen to this episode.

Dr. Brooke Jackson is a board certified dermatologist and founder/medical director of the Skin Wellness Center of Chicago. Her specialties include laser therapy, skin cancer treatment and prevention, ethnic skin. As a gifted communicator and highly sought after lecturer, Dr. Jackson's approach to public education of skin health is providing non-jargon practical medical insight that consumers can understand and appreciate. She became the first African-American dermatologist to be awarded laser fellowship training at Harvard where her interests and research helped to pioneer the uses of lasers in ethnic skin. For more information see SkinWellnessCenter.org or get social and visit the Skin Wellness Center of Chicago's Facebook page.

Abbreviated Transcript of Interview with Dr. Brooke Jackson

Eric Michaels: What is the most common type of cancer?

Dr. Jackson: Skin cancer is the most common type of cancer. While skin cancer is the most commonly diagnosed cancer, sadly it's one of the most dangerous.

Eric Michaels: What is the deadliest type of skin cancer?

Dr. Jackson: Melanoma, the deadliest type of skin cancer, causes on average 77 percent of skin cancer deaths a year. Melanoma is a serious threat to everyone and every race. The legendary Bob Marley died of melanoma. There is a skin cancer risk factor for everyone under the sun. I often see sun damage done to patients with darker pigmented since people with darker complexions believe they do not need sun protection. While melanoma is more common in Caucasians, it is deadlier in African-Americans and Hispanics because it's more likely to go undetected and often diagnosed in its late stages of the disease. Patients with darker complexion skin also suffer from other conditions such as high blood pressure, lupus that require medications that make the skin more sun sensitive.

Eric Michaels: What is an interesting trend you see with darker skin males?

Dr. Jackson: Did you know a man will shave on average 20,000 times in his life? Every time you put a sharp razor to your skin there is a chance of risk. Men with darker skin also have different hair follicle textures which leads them more at risk for (PFB) pseudofolliculitis barbae commonly known as razor bumps—Due to curly nature of hair, shaving causes sharp edge and hair re-enters skin causing inflammatory reaction and hair bump. Other issues are scars – from picking and trying to free ingrown hairs, along with discoloration of beard area. Brown skin discolors with irritation. All men are at risk for razor burn on sensitive facial skin with the use of irritation products on skin such as alcohol.

Eric Michaels: What are some proper shaving techniques to avoid these issues?

Dr. Jackson: Pre-shave preparation of your skin. At least once or twice a day use a baby's (soft bristle) toothbrush in circular motion to dislodge any ingrown hairs. Pre-shave exfoliation. At least once or twice a week men need to exfoliate. Do not do this just prior to shaving. This can be inexpensive with items available at the drugstore from companies like Aveeno and Dove cloths. Exfoliating removes dead skin and softens it. Shave less frequently. Use clipper since this will not give you such a close shave. Use chemical depilatories such as Magic shave. Thioglycolate melts hair and allows you to scrape it off. However, men with sensitive skin should not due this since it involves a chemical and can cause irritation. Consider a wet shave: Cleanse skin with a gentle cleanser. Soften and hydrate beard hair prior to shaving. Apply a warm compress to the beard-area for 3-5 minutes prior to shaving, this allows hairs to stand up on skin. Use an non-irritating cream to lubricate face. Again, you can find items at your local drugstore

from Aveeno with vanicream. Use a Gillette Mach 3 allows blade to glide over skin, which is flexible for contours of face. Always remember to shave with grain of hair and do not stretch skin. Its also important to use the one handed method to shave. Shaving against grain can push hair back into skin causing bump. Rinse blade frequently to unclog blade. It's critical to soothe the skin afterward. Consider using a hydrating serum or a hydrapeptide gel. Avoid alcohol containing products that can be too drying and cause irritation. Last but not least but sure to maintain. Use the topical glycolic or kojilac cream. These products can soften the skin and decrease hyperpigmentation on dark skin especially on days not shaving.

Eric Michaels: What are some solutions for continued trouble skin that a dermatologist can provide?

Dr. Jackson: A certified dermatologist and someone trained can provide laser hair removal. The collar area is the most common area for problems. Laser hair removal reduces density of hair, which will lead to the need to shave less often and ultimately reduce irritation. Laser hair removal is very safe for dark skin. This procedure is not as effective for white or gray hair on lighter skin. A certified dermatologist can also provide a chemical peel that will help with inflammation and discoloration found in darker skin. For a certified dermatologist in your area, visit the American Academy of Dermatology at www.aad.org.

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