

# SKIN SENSE

## Scars Don't Have To Mark Your Skin

(NAPSA)—The scar you received when you fell off your bike at age 12 or from a recent car accident may be a constant and painful reminder of the event. While you may not feel any physical pain from these wounds, scars can make you feel self-conscious or embarrassed, particularly if they are located on exposed skin.

Scars are an abnormal healing response of the skin to injury. Scars occur with equal frequency in men and women, although they most often develop between the ages of 10 and 30.

“The way a scar forms is affected by an individual’s age and its location on the body or face,” says dermatologist Tina S. Alster, M.D., clinical professor of dermatology at Georgetown University. “Younger skin makes strong repairs and tends to overheat, resulting in larger, thicker scars than does older skin. Today, dermatologists are using the latest therapies, including lasers, to fade or remove all types of scars.”

Traumatic skin injuries, particularly those from an abrasion or embedded foreign materials, which leave a depression, can benefit from a variety of laser treatments. Even infants and children can be treated with the new generation of lasers that cause only minimal discomfort.

Other treatments may combine laser surgery with medical treatments, such as dermabrasion, to



**Dermatologists now have many treatment options that can significantly reduce scars.**

achieve the best overall results. Injectable collagen, a natural animal protein, or hyaluronic acid also can be used to elevate indented, soft scars.

“Patients should seek help early if they are concerned about their appearance or have a skin condition that is making them self-conscious,” states Dr. Alster. “A dermatologist can assess a scar, review treatment options with the patient and select the most effective therapy that will maximize results.”

For more information, contact the American Academy of Dermatology at 1-888-462-DERM or [www.aad.org](http://www.aad.org).