



spotlight on health

Dispelling The Myth Of Vitamin E And Scars

by David J. Leffell, M.D.

(NAPSA)—While vitamin E has long been touted as a way to smooth and reduce unsightly scars when applied topically, published research has shown that



Dr. Leffell

this treatment may be more myth than reality.

A recent study found that vitamin E applied topically to scars caused discomfort and worsening of symptoms in one-third of participants who used it to soften and smooth scarred skin.

There is no evidence that vitamin E reduces the size, color or shape of a scar. In fact, if the patient experiences an allergic reaction, it could actually worsen the scar. Over-the-counter scar management products, such as Curad Scar Therapy Cosmetic Pads, offer proven, painless alternatives to flatten scars and reduce their visibility.

Scientists believe that this product helps to reduce the appearance of a scar by speeding up the body's natural healing process, since it benefits from the positive effects of temperature and pressure. The scar appears to heal more quickly because less scar tissue is produced in the area. After a period of several weeks or months, depending on the individual, the scar flattens and lightens in color—helping to speed up a process that could have taken much longer.

For additional information on new Curad Scar Therapy Cosmetic Pads, visit www.curadusa.com.

David J. Leffell, M.D., professor of dermatology at Yale University School of Medicine and author of Total Skin: The Definitive Guide to Whole Skin Care for Life.