

THE 60-SECOND PARENT



Q "My 17-year-old daughter keeps pleading with me to let her get a peel for her acne scars. She no longer has acne, but how safe and effective are peels?"

Marissa, Encinitas

A "If your teenager has mild scarring, I'd suggest a micro dermabrasion. This type of peel works by 'sanding' off very fine layers of skin. Micro dermabrasions are virtually painless, but can take several sessions before your teenager sees a distinct difference in skin tone or complete removal of deep scar coloring.

Micro dermabrasion is proven to eliminate mild scarring. If your teen's acne scars are severe, and your dermatologist agrees, chemical peels or laser resurfacing may be the best option.

Chemicals peels and lasers act much deeper in the skin to remove scarring. Alphahydroxy acids (AHAs), such as lactic or fruit acids, are the mildest of the peel ingredients and will likely be suggested to your teen to start with. Keep in mind that some healthcare insurance plans cover peels, so look into yours to see if you can take advantage of the offering."

Lorena Balensi is a Licensed Medical Aesthetician at Balensi Spa in Chula Vista. www.balensispaspa.com.

If you have a question that you'd like answered, email us at family@sandiegofamily.com.

FDA Approves New Combination Vaccine

Back-to-school means back-to-the-doctor for kids who require yearly boosters, but multiple injections can make these visits stressful for both children and parents. Health experts recommend combination vaccines to reduce the number of shots children receive in a single visit. Combination vaccines, such as DTP [diphtheria, tetanus and pertussis], have been available and effectively used for almost 60 years. The newest one, KINRIX, combines vaccinations for diphtheria, tetanus, pertussis and polio.

William P. Hitchcock, M.D., assistant clinical professor of pediatrics at the UCSD School of Medicine, says, "By reducing the number of shots given in one visit, combination vaccines like KINRIX may make it easier for kids to meet school vaccination requirements and [Center for Disease Control] recommendations."



Community Hero

When his mother and sister were diagnosed with cancer in the same year, Matt D'Arrigo turned to art to help deal with his grief. After his mother succumbed to the disease, his love of music and painting helped him heal. D'Arrigo founded and now runs the Pat D'Arrigo ARTS Center in Point Loma's Liberty Station. More than 150 children visit ARTS each week to express themselves and learn in a safe and nurturing environment.

ARTS partners with hospitals, residential treatment facilities, shelters, rehabilitation centers, community groups and schools to provide a variety of free experiences in the visual, performing and literary arts. Visit ARTS online at www.artsurvive.org, or call 619-397-ARTS (2787) for more information.

