



**BEAUTY IN DC SPECIAL INTERVIEW WITH
NATIONALLY KNOWN DERMATOLOGIST
DR. AMY WECHSLER.**

Dr. Wechsler sat down with Beauty In DC recently when she was in town for a lecture and one on one consultations sponsored by Clinique at Macys in Tysons Corner.

Q: Dr. Wechsler, you are one of only two doctors in the country who is board certified as both a dermatologist and psychiatrist—how does this help you in your dermatology practice?

A: Since many of the patients I see in my office have skin problems related to stress I think my psychiatry degree helps in terms of addressing the feelings that contribute to these stress and skin issues. I probably spend extra time speaking to patients because of my background which might help them feel more comfortable and open about talking about the cause of the problems.

Q: What do you prescribe for women who are experiencing stress related skin problems?

A: Stressed skin is usually more sensitive so it's important to use fragrance free products that are allergy tested and to avoid harsh and aggressive treatments.

Q: Is this why you like Clinique products?

Q: I like that Clinique puts a lot of money into research and development. All Clinique products are allergy tested. Allergy tested means they have been clinically tested, under the supervision of dermatologists. They'll test 7,200 applications on a total of 600 people and if just one person in the test group demonstrates an allergic reaction the product is not released for manufacture and is then reformulated.

Q: What can we do to keep our skin in good condition?

A: Obviously don't smoke and of course limit your sun exposure. Avoid tanning salons and use broad spectrum sunscreens. Clinique has two products that fit the bill—City Block Sheer SPF 25 can be used as a daily moisturizer under your makeup and Super City Block SPF 40 is a good sunscreen for the beach or for more daily protection.

Q: What do you think about some of the anti-aging treatments like Botox?

A: I think Botox is a good treatment if it's not overdone because it helps a woman's self-esteem when she smoothes the furrows between her brows—those lines which can make her look worried or angry.

Q: Are there any new treatments you're excited about?

A: In my office in NY I've started using a machine called Portrait from Rhytec with good results. It is not a laser, radio frequency, or light-based treatment. It is a completely new plasma energy technology that works both on and below the surface of the skin to modify the skin's architecture so that new collagen is generated. Portrait[®] is effective in reducing the look of fine lines and deep wrinkles, treating sun-damaged skin, improving skin elasticity and texture, improving acne scars and tightening skin. It works on a variety of skin types.

A family dermatologist practicing in New York City, Dr. Amy Wechsler is board certified in both dermatology and psychiatry. With a philosophy that draws on her diverse experiences, she has come to be recognized for a method that is as professional as it is approachable.

Equally respected by her peers and her patients, Dr. Wechsler has been honored with the American Medical Women's Association's Scholastic Achievement Award. She is a member of The American Academy of Dermatology, the American Psychiatric Association, the American Academy of Child and Adolescent Psychiatry, the Independent Doctors of New York and The Skin Cancer Foundation.

Dr. Wechsler has been featured on the Tyra Banks Show and Today Show as well as in Glamour, Cosmopolitan, Oprah Magazine, InStyle, Self, Shape and Marie Claire. www.dramywechsler.com.