

Determining Your Skin Type

By Nina Gaetano, BS, PA-C

With so many products on the market, it's still difficult to determine which ones are the best for our skin type. This task can be even more troublesome if you aren't quite sure what your skin type is. Some types are very apparent, such as really oily or really dry. However, most people fall somewhere in the middle with combination skin. In order to accurately determine your specific skin type, here are a few simple steps you can take to customize a perfect skin care regimen.

You always want to start off with a clean base. Therefore, you need to wash your face thoroughly and remove all makeup. Use a face cleanser that truly penetrates your pores to get rid of any dirt and bacteria. After you've washed your face, wait an hour before you apply any products. This will allow you to get a true reading of your skin type because it will revert to its natural state. After an hour, dab your face with a tissue or thin cloth, focusing on your T-zone. If you notice oil on the tissue, then you might have oily or combination skin. If you have dry skin, your face will feel tight and stretched. You'll be able to determine if you have combination skin if your face gets oily throughout the day.

If your face becomes red, flaky, and patchy, then you most likely have dry/sensitive skin. However, if you notice your face is red, oily, and patchy, then you have oily/sensitive skin. Another indicator of skin type is pore size. If you have normal skin, your pores will be visible but not enlarged, as compared to oily skin. If your pores aren't visible at all, you most likely have dry skin. Having different pore sizes is the result of combination skin.

Once you've determined your skin type, you can use the appropriate products. If you have dry skin, you want to use products that are moisturizing. If you have oily skin, you need to cleanse your face every morning and every night. Make sure to use a gentle cleanser, especially if you have sensitive skin. A general rule of thumb for any skin type is to use fragrance-free products to avoid irritation.

Lastly, and most importantly, make sure to drink lots of water and stay hydrated throughout the day – your skin will truly reflect it!

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What the Heck Is a Total Knee Replacement?



By Luis A. Corrales, MD

What is a total knee replacement (TKR) exactly? If you're looking for a medical textbook definition, stop reading because you might get upset. My goal is an easy-to-understand, conceptual explanation. This means avoiding medical jargon that even some doctors find confusing – and maybe even making a car reference.

Let's start with a simple fact: knees bend. When knees bend during walking, bones must glide on one another to produce movement.

Let's start with a simple fact: knees bend. When knees bend during walking, bones must glide on one another to produce movement. If you've ever rubbed your hands together really fast (think of Mr. Miyagi healing the injured Karate Kid), friction and heat are produced, and if you keep going, you'll injure your skin, producing pain. Now imagine your knees producing this amount of friction when the bones glide against one another while bending. You wouldn't get far before your knees would start to burn!

Why doesn't this happen? The answer is: articular cartilage (AC). OK, it's medical jargon, but it's necessary as it's crucial to understanding a TKR. AC provides a virtually frictionless surface for the knee bones to glide during bending without producing friction, heat, or pain. In fact, there's less friction in your knees during bending than there is between two pieces of ice sliding across each other. Amazing, right? Sorry about that nerdy moment, but this is why you can bend your knees, walk, or run without injury or pain.

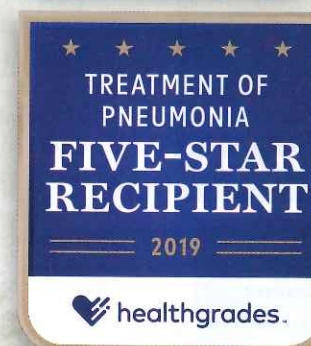
Here's where we encounter problems. If you start losing your AC, commonly due to age and "wear and tear" (called osteoarthritis), you can begin experiencing pain. Once you lose a significant amount of AC and pain is affecting the quality of your life, even after conservative treatment, your doctor may recommend a TKR.

So, what the heck is a TKR? Think about how we reached this point. We lost our AC, which causes pain. Currently we don't have the ability to regenerate AC lost from osteoarthritis; we can only replace it with an artificial surface. During a TKR, all we're doing is removing the worn-out AC and replacing it with new, artificial materials (metal alloys and polyethylene) that reduce friction.

We don't change the muscles powering your knee or the major ligaments that provide stability, nor do we remove large amounts of bone. We merely replace what was lost and restore balance to your knee. Simply put, a TKR is like changing the tread on your car's tire.

Find out why Casa Colina Hospital and Centers for Healthcare recently received a Five-Star Rating in the category of "Total Knee Replacement" based on performance and quality data evaluated by Healthgrades. Join Dr. Corrales for a free community seminar entitled "Setting a New Standard in Total Knee Replacement Surgery" on Wednesday, September 11, from 6:00-8:00 PM at Casa Colina Hospital and Centers for Healthcare. To reserve your space, call (866) 724-4132. For more information on its Revive Joint Replacement Program, visit www.casacolina.org/move.

Celebrating Excellence



Casa Colina Hospital and Centers for Healthcare is proud to offer state-of-the-art medical, surgical, and rehabilitation care in a safe, secure environment. With our commitment to best practices and advanced technology, it's no wonder Healthgrades rates us among the top 10 percent nationally for patient safety—and recognizes us for clinical excellence in two other categories. At the end of the day, our goal is simple: getting you healthy and back to the things you love. Take a look inside to discover *Where Better Begins*.



For employment opportunities, visit www.casacolina.org/jobs

