



VIP MedSpa Clinic News

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Medical News

Should You Bandage a Cut or Sore, or Let It Air Out?

Airing out most wounds isn't beneficial because wounds need moisture to heal. Leaving a wound uncovered may dry out new surface cells, which can increase pain or slow the healing process.

Most wound treatments or coverings promote a moist – but not overly wet wound surface. For example, we apply a topical antibiotic ointment to a scrape or small cut, and then cover it with gauze or a bandage. This keeps new skin and other cells alive. It also helps protect the area from dirt, germs and further injury. It's also more comfortable than leaving a wound open. But as is true for most of medicine, there are exceptions. Small dry, scabs from minor cuts and scrapes can be left uncovered. Also, pressure ulcers on the heels can often be left open to dry.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

The Power of Pomegranates

Nutrition-rich fall fruits and veggies are piled high in the produce section this time of the year. If you're looking for something a little bit different that packs a healthy punch, try a pomegranate. Why these juicy, ruby-red fruits can be a great addition to you and to your autumn eating:

However, if you're concerned that a wound looks deep, is not healing, or might be infected, a healthcare professional should examine it.

Is Eyeliner Bad for Your Eyes? Keep Makeup from Harming Your Health?

When we're applying eye makeup, we don't think our pencils, wands and powdery colors are potentially contaminated with bacteria, fungus or other creepy crawlies. Yet, they can become dirty in ways our eyes can't see.

Seven eye makeup safety tips:

1. Throw away eye makeup after three months

Cosmetics do have a shelf life—We advise against keeping eye products for longer than about three months. One way to remind yourself to get rid of older make up products is to use a marker or sticker label with the date you should discard them by.

2. Read labels and avoid harmful ingredients.

Those containing Kohl sometimes contains lead. Other ingredients you should consider avoiding: talc, sulfates, phthalates.

1. Pomegranates are high in antioxidants

Antioxidants are substances that help to protect cells from environmental toxin such as pollution and cigarette smoke. Antioxidants are known to help prevent and repair DNA damage that can lead to cancer. Pomegranate juice alone won't keep cancer at bay, but studies suggest it maybe a nutritious addition to a healthy, plant-based diet such as the mediterranean diet.

2. Pomegranates may benefit prostate health

A 2010 study found that components in pomegranate juice helped to inhibit the movement of cancer to a chemical signal that promotes the spread of cancer. Research from UCLA also showed that pomegranate juice appeared to suppress the growth of cancer cells and decrease in number of cancer cells in men who have had preliminary treatment for prostate cancer.

3. Pomegranate promotes heart health

The antioxidant in pomegranate juice may help to keep cholesterol in a form that is less damaging and also may reduce plaque that already has built up in vessels, some research shows. There are some studies that show pomegranate may help to prevent plaque build up in your arteries. If heart disease runs in your

3. Don't apply makeup inside the lash line.

This practice, sometimes referred to as water lining, blocks the oil glands that secrete oils that protect the cornea. This practice also can introduce bacteria directly into the eye.

4. Just say no to glitter.

The glitter can flake off and add sparkles in your eyes—causing redness and corneal irritation and infection.

5. Sensitive eyes need hypoallergenic cosmetics.

Look carefully at the labels to find products designed for sensitive eyes, as they are less likely to be irritative.

6. Curl your lashes before applying mascara.

If part of your regimen is to use an eyelash curler, do so on clean, dry lashes before you use mascara.

7. Don't apply mascara while driving or riding in a car.

You might feel tempted to save time this way while rushing to work or heading out to meet friends. However, a sudden tap on the brakes or bump in the road could cause you to slip and poke or scrape your eye with the mascara brush or other makeup tool.

family, it might make sense to add pomegranate to your diet.

Slice the pomegranate skin along the ridges that run from the top to the bottom and along the horizontal ridge. Try to score through the skin as deep as the white membrane and avoid slicing into the seeds. Then, using your fingers, gently pull the pomegranate apart. It will fall into a star shape, like a blossom. Spoon out the juicy seeds to eat and discard the white membrane, which has a bitter taste.

If you don't want to eat pomegranate seeds with a spoon, consider sprinkling them atop your salads, oatmeal, quinoa, or yogurt.

Pomegranate also complements poultry such as chicken and turkey dishes.

Half a pomegranate is considered one serving of the fruit, which is in season from October through January.

Happy Holidays

