



## **Linacare**

Monday, February 19, 2007

Your skin can really take a beating with the cold dry winter weather. Most products on the market do not offer much relief, but now that may be changing.

Besides winter, medical treatments like chemotherapy and kidney dialysis can also leave your skin feeling dry, painful and itchy. A local doctor however made it his mission to develop a product that cannot only help his patients but everyone else as well.

Gayle Warner is a cancer survivor, but it has been a long road to get to this point. Six months of chemotherapy and three surgeries took a toll on Gayle's body. "You look in the mirror and you just wanna cry, because the effect of the chemo is so harsh," confesses Gayle.

The chemo saved her life, but left her skin dry and painful. She says, "my skin was in the worst shape it's ever been in my life." All the moisturizers she tried did not help. Until she heard about a product created by Dr. Henry Fung.

For years, Dr. Fung worked with patients who suffered from extremely dry skin due to kidney dialysis. He says, "I wasn't thinking of a line of skin care in the very first place, I was a dialysis physician, my background was internal medicine."

However when Dr. Fung saw his patients so dissatisfied with moisturizers, he thought he could make a better product. He says, "I just took a little of the ingredients and took a look and thought that I could reproduce that in the lab, sort of like, give me two days, give me the weekend."

That two days turned into fifteen years of trial. He admits at first, "it really looked awful - like leftover whipping cream, two days old in the fridge."

Yet, Dr. Fung did not give up and the final product was Linacare.

"You take the average product that you have on the market - you would have probably 20 or 30, 30 or 40 different ingredients there - and some there are in my opinion not very helpful", he says.

Dr. Fung says the secret to Linacare is putting water into the skin and making it stay there. He explains, "it can pass through, you know, a number of layers. Skin is quite impermeable to allow things to get down there and let the

water molecule sit there and be made available to dry skin cell."

Gayle has been using the lotion since her chemotherapy ended. She says the Linacare has soothed more than just her skin. She says, "I get this sense of pride level back, and I can be happy in the skin I'm in."

Dr. Fung says, "I'm always impressed with the fact that, you know, just a little bit of skin care can change somebody's life."

### **Dr. Rhonda's Additional Comments:**

*Where can people get Linacare?*

It is available at spas, skin clinics, and other retail outlets in B.C., or you can buy it online. The best way to find a location is to see their website at [www.linacare.com](http://www.linacare.com)

*What are other good moisturizers to use?*

Good moisturizers retain water in the skin, and also attract moisture from the environment. If you have been sunburned or have lost a layer of skin through exfoliation, you will want something that more strongly seals in moisture, but these tend to be heavier or greasy, like Vaseline.

If you have very dry skin, or skin conditions like eczema, you will want one that attracts moisture, so look for ingredients such as glycerin, urea or propylene glycol. Some of the trade names are Uremol, complex 15 or Cetaphil. Remember, the more ingredients in a product, the greater the chance for you to have a reaction. Here are some other tips for keeping your skin moist.

Avoid hot showers or baths, or avoid harsh soaps, which strip your natural oils. Apply moisturizer immediately after bathing and use a humidifier.

*What about drinking more water?*

For seniors, being dehydrated may make your skin look papery. It is good health for everyone to drink enough to stay hydrated, but generally drinking lots of water will not cure dry skin if you are prone to this.



