

medical | news

industry, research, drugs and procedures

FIGHTING FATIGUE An article in the *PCI Journal* examines the results of a study published in *The Journal of Alternative and Complementary Medicine* that analyzed the effects of body treatments that use aromatherapy. The study involved subjects undergoing three varying types of treatments that included massage without essential oils, massage with essential oils and essential oil treatment without massage. The study's results showed that **the use of aromatherapy in body treatments appears to prolong the fatigue relieving effects of massage.** www.pcijournal.org



©ISTOCKPHOTO.COM/MONIKA ADAMCZYK

PSORIASIS MANAGEMENT Based on an extensive review of scientific literature on psoriasis and recognized experts on the disease, the American Academy of Dermatology released **new guidelines of care for the management and treatment of psoriasis with ultraviolet (UV) light therapy.** David M. Pariser, M.D., FAAD, released a statement noting the importance of UV therapy as a treatment option for psoriasis, but notes that due to the delivery of UV light to the skin, clients must be carefully monitored by their dermatologists for the potential risk of skin cancer. www.aad.org

CHOCOLATE ADVANTAGE

A recent study by the Cosmetic Science Group at London University's School of Management and Science found that **regular consumption of chocolate rich in flavanols delivers significant photoprotection to the skin.**

Researchers concluded that the results indicate that the flavanol rich chocolate can be effective in protecting skin from damaging UV rays.

www.interscience.wiley.com



©ISTOCKPHOTO.COM/PAUL PALADIN



©2010 JUPITERIMAGES CORPORATION

SAFETY LAW California governor Arnold Schwarzenegger recently signed into law **California Assembly Bill 1116**, referred to as the Donda West Law, prohibiting elective cosmetic surgery on any patient who has not received a mandatory physical examination and clearance from a medical doctor to undergo the surgery. The bill is intended to potentially prevent unnecessary deaths of patients who are not well enough to undergo surgery. www.plasticsurgerypractice.com

MORE NEWS ►