

**Media Coverage on Dr. Adebola
Dele-Michael and Radiant Skin
Dermatology and Laser
during the month of November 2014**

In Touch Magazine

Dr. Adebola Dele-Michael Published in a Plastic Surgery Article in the December 1, 2014 Magazine Issue - National Print Magazine - National Media - Readership: 600,000

Tamara York Public Relations had two copies of the published December 1, 2014 issue mailed to Radiant Skin Dermatology and Laser to keep on November 24, 2014.



<http://www.intouchweekly.com/>

Medical Daily

Dr. Adebola Dele-Michael and Radiant Skin Dermatology and Laser Published in a Article on the Health Benefits of Sweating on November 7, 2014 - National Media - National Media Website
Readership: 4 Million

Sweat It Out! 5 Surprising Health Benefits Of Sweating That Actually Don't Stink

Nov 7, 2014 09:00 AM By Lizette Borrelli @lizcelineb



Your pores open up when you sweat and that releases the buildup inside them. According to Dele-Michael, “Sweat purges the body of toxins that can clog pores and plague the skin with pimples and blemishes.”

Dr. Adebola Dele-Michael, a dermatologist at Radiant Skin Dermatology and Laser in New York City told *Medical Daily* in an email: “Sweating is the way the body and the skin protects itself from overheating. Sweating also increases the blood circulation in the body.” The drips of perspiration is proof our body has a built-in mechanism for keeping cool, which can help open up and unclog pores. The droplets consist primarily of water, as well as concentrations of sodium and chloride, and potassium to an extent, according to [HowStuffWorks](#).

One of the most efficient ways to detox your body — without the juicing — is to sweat. Sweating can flush the body of substances of alcohol, cholesterol, and salt. The body releases toxins by using sweat as the conduit. “Sweat purges the body of toxins that can clog pores and plague the skin with pimples and blemishes,” Dele-Michael said.

<http://www.medicaldaily.com/sweat-it-out-5-surprising-health-benefits-sweating-actually-dont-stink-309718>

Medical Daily

Dr. Adebola Dele-Michael and Radiant Skin Dermatology and Laser Published in a Article on How Various Alcoholic Drinks Wreak Havoc on Your Skin on November 4, 2014 - National Media - National Media Website Readership: 4 Million

MOJITOS VS. MARGARITAS

Consuming these two drinks can mentally transport you to your own private paradise. However, their sugar and salt content can leave you with more than you bargained for. Dr. Adebola Dele-Michael, a dermatologist at Radiant Skin Dermatology and Laser in New York City, N.Y. told *Medical Daily* in an email, "A lot of mixed drinks contain sugar. Sugar can lead to accelerated skin aging, wrinkles, and acne."

Not everything about the mojito is bad health news. According to Lin, "Mojito actually has some vitamins from the mint, so [it's] more beneficial than pure vodka." She believes what we eat and do while drinking is what plays a pivotal role in how our skin looks — high carb consumption or staying up all night, for instance.

Margaritas are not only comprised of many mixes, they also contain high amounts of sugar and salt — a double whammy. Rather than choosing salt or sugar on the rim, opt for neither and have it on the rocks to reduce calories, salt, and sugar. The [American Heart Association](#) says excess levels of sodium cause increased water retention and may lead to puffiness, bloating, and weight gain.

Pick Your Poison: How Various Alcoholic Drinks Wreak Havoc On Healthy Skin

Nov 4, 2014 06:31 PM By Lizette Borrelli @lizcelineb



SO WHAT IS THE BEST DRINK FOR YOUR SKIN?

Alcohol can affect your nutrition and cause a depletion in healthy nutrients that carry oxygen in your body. It can negatively affect your vitamin A level, which is important in the production of collagen, and lead to a loss of elasticity in your skin. Excess drinking will only speed up the aging process of your skin. The [U.S. Government Dietary Guidelines](#) consider a moderate level of drinking as up to one drink a day for women and up to two drinks a day for men.

There may not be a best drink for your skin because the key to drinking is all about moderation.

BEER VS. WINE

Wine seems to be the alcoholic beverage of choice when it comes our health, but as [Medical Daily](#) previously reported, beer can be just as healthy. Similar to wine, beer contains antioxidants and important B vitamins, like niacin and folic acid. "Beer does have nutritional value," Lin said, I think [it's] better than drinking other high-calorie drinks such as soda and mixed drinks with high sugar content."

However, not everything about beer is good news. Drinking beer can dehydrate the skin and the body as a whole, according to Dele-Michael. Moreover, since alcohol is a vasodilator it can exacerbate symptoms for people with sensitive skin.

Wine can be helpful to the skin, granted if you don't suffer from a skin condition like rosacea. Red wine contains tannin — found in the skin, stems, and seeds of wine grapes — which can irritate sensitive skin in addition to the alcohol content. Its anti-aging compound, resveratrol, is beneficial for those with no skin conditions.

White wine is considered to be the ideal wine of choice for rosacea sufferers. Although "white wine does not cause as much flushing as red wine," Dele-Michael said, "it does not have the health benefits that red wine has been proven to have." In this case, choose the best wine for your skin type.

<http://www.medicaldaily.com/pick-your-poison-how-various-alcoholic-drinks-wreak-havoc-healthy-skin-309366>

Medical Daily

Dr. Adebola Dele-Michael and Radiant Skin Dermatology and Laser was Published in an Article on Health Reasons to use Witch Hazel in Your Skin Care on November 14, 2014
National Media - National Media Website - Readership: 4 Million

What Is Witch Hazel? Plus 5 Health Reasons To Use It In
Your Skin Care

Nov 14, 2014 09:00 AM By Lizette Borrelli  @lizcelineb



Witch Hazel is FDA-approved but should be used with care.

The potent astringent has impressive anti-inflammatory effects due to the high level of tannins in the leaves. "Tannins have the ability to tighten, dry, and harden tissues," Dr. Adebola Dele-Michael, a dermatologist at Radiant Skin Dermatology and Laser in New York City, told *Medical Daily* in an email.

This allows the skin to produce a protective layer that allows for proper blood flow and healing. It also helps reduce inflammation and protect the skin layers from bacteria while also stimulating moisture, producing hormones. Witch hazel, when used in moderation, also tightens pores without over-drying the skin.

<http://www.medicaldaily.com/what-witch-hazel-plus-5-health-reasons-use-it-your-skin-care-310666>