



THE OFFICES OF BRADLEY J. CHASTANT, MD, FACS AND JEFFREY J. JOSEPH, MD, FACS

# FACE :: Forward

A SERVICE OF ACADIAN EAR, NOSE, THROAT AND FACIAL PLASTIC SURGERY CENTER



## Dr. Jennifer Daigle Joins Staff

Dr. Bradley Chastant and Dr. Jeffrey Joseph are pleased to announce that Jennifer Daigle, MD, is joining their practice and accepting new patients. Dr. Daigle is a native of Lafayette who received her Bachelor of Science degree from the College of William and Mary in Virginia graduating in 1998 with highest honors. She received her graduate degree, medical degree and performed both her internship and residency in otolaryngology/head and neck surgery at Louisiana State University School of Medicine in New Orleans before returning to Lafayette to begin her practice. She is a member of the American Medical Society and the American Academy of Otolaryngology. To schedule an appointment, call **Acadian Ear, Nose and Throat Center** at 337-237-0650.

## Taking Care of Your Entire Family with One Call.



One call to our medical professionals can address a variety of problems relating to the ear, nose and throat, allergies, skin care, hearing and balance, sinus problems, facial plastic surgery and much more. Here are some common symptoms that we can evaluate and treat in our medical practice.



Bradley J. Chastant, MD FACS  
Board certified otolaryngologist  
and facial plastic surgeon

Jeffrey J. Joseph, MD FACS  
Board certified otolaryngologist  
and facial plastic surgeon

Symptom	Likely Cause
Tickle in throat Non-frequent throat clearing	<b>Reflux laryngitis</b>
Fever, sore throat, tender neck	<b>Tonsillitis</b>
Facial pain/pressure Nasal stuffiness Nasal discharge Loss of smell, cough/congestion	<b>Sinusitis</b>
Equilibrium or balance problems Spinning sensation when head moves	<b>Vertigo</b>
Attacks of spinning sensation Off-balance sensation, nausea Buzzing or ringing in ear Fluctuating hearing loss usually in one ear	<b>Meniere's Disease</b>
Sneezing, burning nose, itchy eyes Coughing and wheezing Productive cough	<b>Allergies</b>
Red blotchy areas of the nose, cheeks, chin, forehead May include pimples	<b>Rosacea</b>

# Your Eyes May Be Telling You Something



If your eyes are itchy, red, tearing or burning, they may be telling you that you have eye allergies. Allergic conjunctivitis is a condition that can occur alone or can accompany nasal allergy symptoms, such as sneezing, sniffing and a stuffy nose. And, while millions of Americans will typically address the nasal allergy symptoms, they often ignore their itchy, red, watery eyes. Allergens that may be present indoors or outdoors can cause eye allergies. The most common outdoor airborne allergens are grass, tree and weed pollens. People who are sensitive to these allergens suffer from seasonal allergic conjunctivitis, the most common type of eye allergy.

Pet hair or dander, dust mites and molds are the most common indoor allergens. These indoor allergens can trigger symptoms for some people throughout the year, resulting in perennial allergic conjunctivitis. Eye allergies can be extremely annoying and uncomfortable, and they may disrupt your day-to-day activities, but they cannot harm your eyesight. If you suffer from itchy, red, burning eyes, call **Acadian Allergy Center** at 337-237-0779 today for a comprehensive allergy evaluation.

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## Protecting Your Skin From Aging



As we age, our skin begins to dry out due to a decrease in natural oil production and general moisture-retention, plus the daily assault of environmental pollutants and the damage caused by exposure to the sun. Our bodies do have several inherent mechanisms in place to help protect our skin, but they also become less efficient with age.

As part of any skin management program, we should incorporate antioxidants into our skin care regimen both externally and internally. Skin care products such as SkinCeutical® CE Ferulic and Phloretin CF contain the “work horse” antioxidants Vitamin E, C, and A, and green tea, which when applied topically are helpful in repairing the damage to our skin from the outside. We also recommend

Neocutis Biogel, which is helpful in repairing damaged skin and, when used in combination with Retin-A, can brighten your skin's appearance.

Also consider the importance of taking antioxidants internally as part of an age management program. Given that most Americans do not eat five or more servings a day of high antioxidant fruits and vegetables, supplementing the diet makes sense. At **Acadian Skin Care Center**, we offer ReNew Skin and Body Pack, our physician-formulated nutritional supplement line designed to support healthy skin from the inside and is available only in our skin care center. Call 337-234-6193 for more information.

### IS MOLD DANGEROUS?

Mold is part of the natural environment. Outdoors, molds play a part in nature by breaking down dead organic matter such as fallen leaves and dead trees, but indoors, mold growth should be avoided. Mold may begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold, and none of them will grow without water or moisture.

### CAN MOLD CAUSE HEALTH PROBLEMS?

Molds are usually not a problem indoors, unless they land on a wet or damp spot and begin growing - then they have the potential to cause health problems. Mold produces allergens (substances that can cause allergic reactions), irritants, and in some cases, potentially toxic substances called mycotoxins. Inhaling or touching mold or mold spores may cause allergic reactions in sensitive individuals. Allergic responses include hay fever-type symptoms, such as sneezing, runny nose, red eyes, and skin rash (dermatitis). Allergic reactions to mold are common and can be immediate or delayed. In addition, mold exposure can irritate the eyes, skin, nose, throat, and lungs of both mold-allergic and non-allergic people.

### HOW DO I GET RID OF MOLD?

By controlling moisture indoors, you can effectively reduce mold growth, but it is impossible to get rid of all mold and mold spores indoors. Some mold spores will always be found floating through the air and in house dust. If there is mold growth in your home, you must clean up the mold and fix the moisture problem or the mold problem will return. **Acadian Allergy Center** has an extensive selection of products that can significantly reduce the presence of allergens in the home. Visit our website or call 337-237-0779 for more information.



### MORE ABOUT ANTIOXIDANTS

The primary source of antioxidants for most Americans is coffee! Only chocolate, dried fruits and dried beans are higher in antioxidants. For this reason, it's not surprising that Hershey's recently introduced a line of dark chocolate bars that are advertised as "good for you" because they contain a concentrated form of antioxidant flavanols found in cocoa beans.

## New Microdermabrasion Process Produces Exceptional Results.

SilkPeel™ is the next generation of microdermabrasion and its unique technology eliminates the need for abrasive particles while allowing for a customized serum infusion to effectively treat not only fine wrinkles caused by dry skin, but also hyperpigmentation and acne.

As SilkPeel™ gently exfoliates the top layer of skin, a targeted serum is delivered, immediately bathing the tissue in skin-plumping hyaluronic acid, clarifying kojic acid, or breakout-banishing salicylic acid. The treatment takes less than an hour without the discomfort and long healing process of more traditional chemical peels.

The soothing, crystal-free procedure rapidly removes uneven patches of skin, signs of sun damage, fine lines, and acne breakout on face, neck, décolleté, hands, arms, back and legs. Additional benefits include reduction of puffiness and firmer muscle tone via lymphatic massage and collagen stimulation. And results are almost immediate.


You may be slightly pink immediately after treatment, but the effects generally subside within a few hours. Several treatments are recommended for maximum effect. To schedule your SilkPeel™, call **Acadian Skin Care**, 337-234-6193.


**Acadian**  
Ear, Nose, Throat and  
Facial Plastic Surgery Center


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## IMPROVING THE LOOK AND FEEL OF YOUR SKIN

If you are in your mid to late 40s and are not happy with the face looking back at you in the mirror, you may want to consider freshening up your appearance. You could improve your diet, exercise or begin a skin care regimen, which will certainly help, but you may also want to consider a few minor non-surgical procedures to improve your skin's texture, remove unwanted hair and smooth out those tiny lines.

Dr. Bradley Chastant and Dr. Jeffrey Joseph of **Acadian Facial Plastic Surgery Center** offer a variety of non-surgical options to improve the look, texture and quality of your face and skin. Professional, comprehensive skin care on-site, Botox, the latest anti-aging dermal fillers and outpatient laser procedures are convenient, produce amazing results and, because they can be done in the privacy of our offices, are almost trouble-free. Best of all, they can help you look your best while putting off a surgical procedure for a few more years. For a consultation about the many options available to enhance your appearance, call 337-237-0650.

