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dermatology update

by Dr. Debra Price

Questions and Answers

Acne and lasers

What can you tell me about the use of lasers for treatment of acne?

The Smoothbeam laser has been FDA approved for the treatment of acne. Clinical experience has demonstrated excellent improvement of inflammatory acne in several sessions. Following treatments, patients may experience mild redness for several hours. The laser simultaneously improves scarring associated with acne. The treatments are tolerated well and generally patients require only topical anesthesia.

Sensitive to treatment

I am interested in beginning a topical anti-aging regimen but cannot tolerate retinoids. Are there any other topical anti-aging therapies for individuals with sensitive skin.

Niadyne is a new topical therapy that contains Pro-NAD, a patented form of niacin in a unique skin cell delivery system. Research has shown that Pro-NAD treats and prevents sun damage. It works by helping to maintain the DNA structure of skin cells, increasing cell turnover. Pro-NAD allows continuous delivery of niacin into the skin. This stimulates the release of a naturally occurring skin growth factor called leptin, which helps strengthen the skin. Studies have shown an improvement in skin texture, and a reduction in pigmentation, fine lines and wrinkles. It would be interesting to do a

study comparing the results to those seen with retinoids.

New eye treatments

Are there any new treatments for dark circles and puffiness around the eyes?

Dark circles below the eyes result from hyperpigmentation, vascular dilatation, thinning of the eyelid skin and wrinkling. Wrinkling, hyperpigmentation and thinning of the eyelid skin are improved through the use of prescription topical retinoids such as Renova, Tazorac or Differin. Teamine is a new topical agent that has been found to reduce puffiness by increasing microcirculation. It has also been found to increase protein and collagen synthesis and increase the moisture content of the skin.

Hormones

Since the recent highly publicized study linking estrogen/progesterone usage in postmenopausal women with an elevated risk of breast cancer, and cardiovascular disease, many women such as myself have discontinued the use of hormones. I have noticed that my skin appears dryer and more wrinkled since I've been off hormones. Is this possible?

Yes. Women on hormone replacement therapy have increased skin collagen and a concomitant decrease in wrinkles. Estrogen replacement therapy has been shown to thicken the epidermis. The decline in skin collagen that occurs with aging, occurs at a more rapid

rate during the first few years after menopause. Topical estrogen has also been shown to increase skin thickness, collagen and glycosaminoglycans. However, the use of topical estrogen or oral hormone replacement therapy for postmenopausal skin aging is not an approved indication. Anyone contemplating continuing HRT for its esthetic benefits should certainly consult with their physician regarding the potential risks of continued therapy.

Seeing red

Is there any new topical treatments for redness associated with rosacea?

A new novel anti-inflammatory topical therapy called Cutanix has been shown to improve the redness associated with rosacea and other inflammatory skin conditions. It contains a topical anti-inflammatory agent called quadrinone. ■

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