

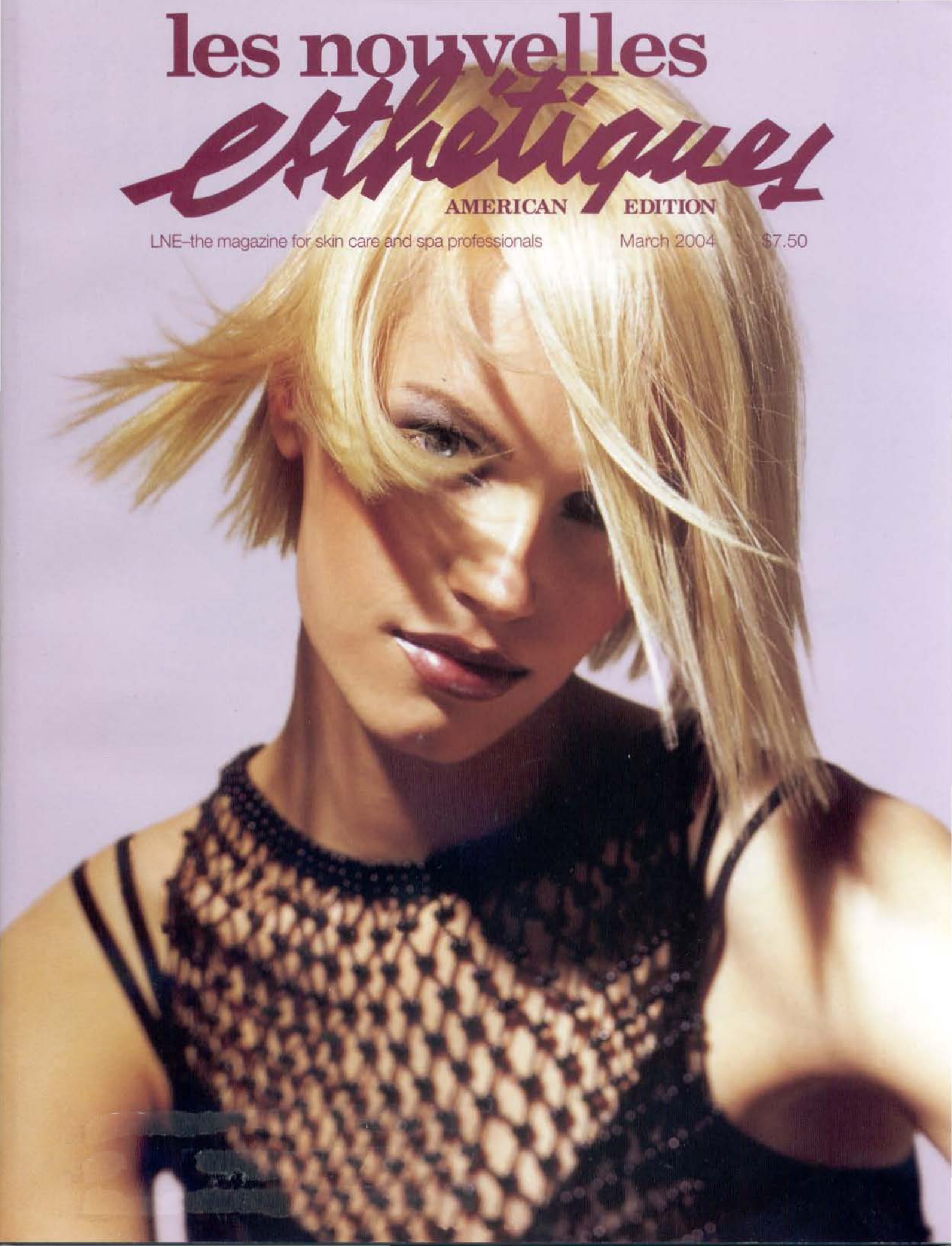
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Questions and Answers

Stress flares acne

Q: What is your opinion about the association of stress and acne?

A: Studies have shown that academic stress flares acne. Poor sleep has also been shown to be a significant factor in acne exacerbations. Certainly, stress reduction techniques during these and other stressful periods may be helpful in lessening acne.

Acne can be a cause of depression and interfere with socialization.

Acne's emotional impact

Q: What is the emotional impact of acne on teens?

A: Acne has a significant impact on a teenager's body image and can frequently be a source of stress and tension. It can also cause depression and interfere with socialization. It is imperative that we encourage teenagers to seek early treatment to avoid the devastating emotional and physical effects of acne.

Light therapies

Q: Are there any other light therapies for acne?

A: Clearlight is an ultraviolet-free blue light that is effective in treating inflammatory acne. Most patients will see a greater than 50 percent reduction in acne after eight

treatments. Another photodynamic therapy utilizing blue light or the Vbeam laser and topical 5 aminolevulinic acid (ALA Levulan) is also effective in lessening acne.

Acne therapy advances

Q: Are there any new medical advances in acne therapy?

A: The Syneron Aurora system is a new technology of treatment of acne that simultaneously uses blue light and radiofrequency energy. On average, patients improve their acne by one grade with treatments twice a week for four weeks. Improvement of skin texture is an added benefit. Modifications in treatment parameters may improve response in the future.

Common misconceptions

Q: What is the biggest misconception teens have about their skin?

A: Many teens underestimate the genetic etiology of acne and place greater emphasis on environmental factors. While both factors play some role, a genetic predisposition is clearly predominant in individuals with significant acne.

Accutane age limits

Q: Is there a minimum age for Accutane therapy?

A: While there is no absolute minimum age for acne thera-



py, dermatologists prefer to treat patients who have completed their bone growth. Nonetheless, Accutane is certainly prescribed to younger patients. It is even used to treat children with ichthyosis and psoriasis. Long-term usage can be associated with bone and ocular side effects.

Help teens understand

Q: When treating a teen, how is it different? Do you have to speak a certain way so they understand?

A: Most teens are concerned about their skin and welcome a therapeutic solution. Teenagers with acne need to understand that you share their concern and distress over their acne. They also need to understand that treatment can often be prolonged, but fortunately with our wide range of therapeutic
continues



Often parents need to be convinced that their teenager's condition is not the result of poor hygiene.

options is most often successful. Like all patients, they need to be convinced that compliance with a therapeutic regimen prescribed is essential to achieve good results. Often parents also need to be convinced that their teenager's condition is not the result of poor hygiene or eating habits.

Teens like lasers

Q: What is the most popular dermatologic surgery for teens?

A: Laser treatment of acne and acne scars is the most common dermatologic therapy for teenagers.

A dangerous trend

Q: What is the worst thing teens often do to their skin?

A: Indoor tanning is the most dangerous thing teens expose their skin to. It is associated with an increased risk of skin cancer and photoaging. Unfortunately, too many young teenagers continue to seek a tan. This is particularly true among teenage females. We need to

continue to educate our youth about the dangers of indoor sun exposure.

Early treatment helps

Q: When is it too early with regard to dermatologic acne treatment?

A: Never; in fact, many dermatologists believe that prophylactic early retinoid therapy in individuals with a family history of acne can lessen future acne. Individuals with acne should seek treatment early to prevent more severe diseases. ■

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