



News from Dr Rosenberg:

- ◆ June was Acne Awareness Month
- ◆ Tanning Salons: Are they safe?
- ◆ Sunscreens and Sun Protection 101
- ◆ Vitamin D and the Sun

June was National Acne Awareness Month

People of all races and ages get acne. It is most common in adolescents and young adults. Nearly 85 percent of people between the ages of 12 and 24 develop the disorder.

For most people, acne tends to go away by the time they reach their thirties; however, some people in their forties and fifties continue to have this skin problem.

Acne is the most common skin disorder in the United States, affecting 40-50 million Americans at any one time, according to the American Academy of Dermatology (AAD).

Although acne is not a serious health threat, severe acne can lead to disfiguring, permanent scarring, which can be upsetting to people who are affected by the disorder.

The exact cause of acne is unknown, but doctors believe it results from several related factors. Factors that can cause an acne flare include: changing hormone levels in adolescent boys and girls; friction caused by leaning on or rubbing the skin; pressure

from bike helmets, backpacks, or tight collars; environmental irritants, such as pollution and high humidity; squeezing or picking at blemishes; and hard scrubbing of the skin.

There are many myths about what causes acne. Chocolate and greasy foods are often blamed, but foods seem to have little effect on the development and course of acne in most people. Another common myth is that dirty skin causes acne; however, blackheads and other acne lesions are not caused by dirt. Finally, stress does not cause acne, but certainly may flare it.

The goals of treatment are to heal existing lesions, stop new lesions from forming, prevent scarring, and minimize the psychological stress and embarrassment caused by this disease. Drug treatment is aimed at reducing several problems that play a part in causing acne: abnormal clumping of cells in the follicles, increased oil production, bacteria, and inflammation.

Depending on the extent of the person's acne, Dr Rosenberg will

recommend one of several over-the-counter (OTC) medicines or prescription medicines that are topical (applied to the skin) or systemic (taken by mouth). She may suggest using more than one topical medicine or combining oral and topical medicines. Commonly, it will take 8-12 weeks to notice an improvement in acne with a new treatment regimen, so patience is a virtue.

Check out the OBAGI Clenziderm Acne system to treat acne. This is a prescription strength three step anti acne system.

Step 1 – Daily Care Foaming Cleanser – Gentle Foaming salicylic acid cleanser removes dirt and acne causing excess oil and exfoliates skin. Leaves skin clean and refreshed.

Step 2- Pore Therapy - Salicylic acid acne treatment unclogs pores and clears away dead skin cells. Contains menthol for a refreshing cool feeling. Prepares pores to deeply absorb the serum gel.

Step 3 – TheriLotion –Highly effective penetrating benzoyl peroxide-

Treatment of Acne Scarring

Treatment for Acne Scars - It is important to not get the chicken before the egg.

Step 1 – Completely clear the acne. Do not pick!

Step 2 – Continue a topical retinoid to help with acne scarring along with other maintenance medications needed.

Step 3- Consider Laser Genesis.

Early aggressive treatment and avoiding picking at lesions is the best way to prevent acne scars. Once scarring has occurred, a laser may be used to treat irregular scars. We use a treatment called Laser Genesis to help stimulate collagen and improve color in acne scars. Another treatment for acne scarring is subcision which involves freeing up the depressed scars from the underlying tissue. Dermabrasion (or microdermabrasion), which is a form of "sanding down" scars, is sometimes combined with the subsurface laser treatment; however, Dr Rosenberg prefers to use more effective and less invasive treatments.



For more information or to sign up for our email

Retin A—Is it Safe?

Topical retinoids include: RetinA, tretinoin, Renova, Atralin, Differin and Tazorac. They are also included in a number of other acne preparations including Epiduo and Ziana.

Topical RetinA was first FDA approved for use in the US on January 26, 1973. Since that time, RetinA and its derivatives have been widely used throughout the world to treat acne, rosacea, photoaging, precancerous actinic keratoses and more. The safety and efficacy has been thoroughly studied, though most studies were done in young adults and teens.

A recent multi-center study was conducted at VA medical centers throughout the US. This study began in 1998 and ended in 2004. It had 1131 participants and the average age was 71 years, 97% were men. The participants used tretinoin 0.1% cream applied to the face and ears. The results of the study were published in the Archives of Dermatology in January 2009. The goal of the study was to look at the effectiveness of tretinoin in preventing skin cancers. However, the study was terminated 6 months early because of an excessive number of deaths in the tretinoin treatment group.

122 deaths in the tretinoin treatment group. **VERSUS** 90 deaths in the non-tretinoin treatment group.

For a scientific study, this was statistically significant. The deaths were caused by all different things: cancer of all kinds, cardiac disorders, respiratory disorders, atherosclerosis, infection, nervous system disorders, injury, liver disorder, gastrointestinal disorders, kidney disorders and more. **There was no clear cut reason for the increased number of deaths in the tretinoin treatment group.**

Given this finding, Dr Rosenberger would like to caution use of topical tretinoin and other retinoids elderly males (>65years) at this time.

If you have any questions, Dr Rosenberger will be happy to discuss this with you **at an appointment.** Dr Rosenberger has thousands of patients who use topical retinoids, so it would be impossible to discuss this with each patient in a phone call.

If you are unsure if you feel comfortable continuing to use topical retinoids, just stop using them. Then set up an appointment for Dr Rosenberger to discuss other treatment options with you.

BOTOX Special—Receive \$100 in Rebates

Allergan, the company that makes BOTOX, has recently announced a new special rebate to celebrate the 7th anniversary of BOTOX Cosmetic.

Now is a great time to get BOTOX for a great summer and fall relaxed look..

Get your initial BOTOX treatment of \$200 or more PRIOR to 9/30/09 and you will be eligible to receive a \$50 rebate from Allergan.

Receive a SECOND BOTOX treatment of \$200 or more 90 days after your first treatment and be eligible to receive an additional \$50 rebate.

LEARN MORE ABOUT BOTOX at www.botoxcosmetic.com

SPECIALS FOR JULY & AUGUST 2009

OBAGI Acne Clenziderm Line

Clenziderm Cleanser 20 , Pore Therapy 20 , and TheriLotion 40

OBAGI Decolletage Kit , Now 100