

## DEEP-PORE CLEANSING

**WHAT IT IS** A new, deep-pore cleansing treatment that combines light, to kill bacteria, and suction, to remove debris from the pores

**TARGETS** Oil, bacteria, inflammation

A relative newcomer to the acne treatment scene, Isolaz is getting a lot of attention. During this in-office treatment that takes a mere 15 minutes per session, Intense Pulsed Light (IPL) and vacuum suction are applied to the skin. According to Dr. Tanzi, "The vast majority of patients with even stubborn acne are seeing improvement that lasts more than two months after completing four treatments." In one study, 88 percent of patients treated saw clearing of a variety of types of acne after four treatments. Many patients also see results such as smaller pores, improved surface texture, and drying and flattening of lesions after the first treatment. As opposed to other light-based acne treatments, such as photodynamic therapy (PDT), Isolaz does not cause any post-treatment sun sensitivity or require any downtime—at most, patients may be a little pink for a few hours after treatment. Dr. Tanzi adds that Isolaz is safe for women who are pregnant or nursing, but until more studies are done, she is cautious about using Isolaz on patients with darker skin.

**COST** From about \$250 to \$500 per treatment depending on the location of the practice and the size of the area treated

## PRESCRIPTION: ANTIBIOTICS

## BATTLE BACTERIA

**WHAT THEY ARE** Low doses of antibiotics are used to control the bacteria that contribute to acne

**TARGET** Bacteria, inflammation

Topical and oral antibiotics have been a reliable acne treatment for decades, and options include erythromycin, tetracycline, clindamycin and minocycline, among others. But once-a-day pills come with a host of downsides, including a reduced effectiveness of birth control pills, increased sun sensitivity, upset stomach and possible increased susceptibility to yeast infections. But Washington, DC, dermatologist Elizabeth Tanzi, MD, says there's a new wave of antibiotics in FDA trials that work differently than those that are currently available. "We should have topical dapsones in the next year, which has been used orally for a variety of conditions. Topically, it's fantastic for acne because of the anti-inflammatory effects. It's going to be a nice addition to what we already have."

**COST** May be covered by insurance

## PRESCRIPTION: SPIRONOLACTONE

## STOP HORMONAL BREAKOUTS

**WHAT IT IS** A diuretic used for high blood pressure, spironolactone is an effective treatment for hormonally caused acne

**TARGET** Hormones

"I'm surprised that so many dermatologists aren't aware of this treatment," says Dr. Tanzi. This oral medication (which also goes by the brand name Aldactone) delivers visible acne improvement in two to three weeks, but should not be used by women who are pregnant (or thinking about becoming pregnant). It works by blocking the male hormone receptors within the skin with very little side effects, although menstrual irregularities and breast tenderness are possible, and many doctors like to monitor bloodwork during treatment. Taken long term to manage acne symptoms, "Spironolactone works differently than birth control pills to improve acne, but the results are very similar," Dr. Tanzi explains. Spironolactone is best prescribed by a doctor who has used it extensively for acne, and it will only work if there's a legitimate hormonal cause for your breakouts.



# SUPER-STRENGTH SOLUTIONS

YOUR DERMATOLOGIST HAS ACCESS TO MANY DEVICES AND MEDICATIONS THAT ARE PROVEN TO IMPROVE ACNE. IN ORDER TO ASSESS THE CAUSE OF—AND OPTIMAL TREATMENT FOR—YOUR ACNE, DR. KLINE SAYS THAT DERMATOLOGISTS FIRST LOOK AT THE DISTRIBUTION OF ACNE ON THE FACE, AND THEN DETERMINE THE TYPE OF ACNE BEFORE RECOMMENDING TREATMENT OPTIONS. THEN, BY DISCUSSING YOUR GOALS AND WILLINGNESS TO COMPLY WITH TREATMENT AND ACCEPT SIDE EFFECTS, TOGETHER YOU CAN COME TO A DECISION.