

As seen in....



Light-Based Acne Treatments

By Inga Hansen

"Increased regulation and consumer concerns about Accutane and its side effects are making light treatments for acne increasingly popular among both physicians and patients," says Patrick Bitter, Jr., MD, Beverly Hills and Los Gatos, California. Concerns about Accutane and birth defects led to the iPLEDGE registry. In addition, research has linked long-term antibiotic use to health risks. These events have resulted in a decrease in Accutane prescriptions and an increase in patient requests for non-systemic treatment options. Manufacturers have responded by offering equipment with wavelengths known to reduce acne breakouts. Physicians are finding new ways to use this equipment to deliver optimal results for their acne patients.

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Aestherna Photopneumatic Therapy (PPx) combines the power of pneumatic energy with the therapeutic benefits of broadband light. It is FDA cleared for mild to moderate papular, pustular and comedonal acne. "The vacuum pulsed light function produces heat, which both destroys the *P. acnes* on the skin and produces a thermal injury to the sebaceous glands. The combination clears 60% to 80% of all types of acne lesions within three to four treatments, much more quickly than oral medications can work," says Girish "Gilly" Munavalli, MD, of Goshen Aesthetic & Skin Center, Charlotte, North Carolina. "In addition to offering quick clearance to most patients, it is also pain free and has no side effects. I have tried ALA-PDT but find it is too unpredictable and produces redness that lasts as long as two weeks. We don't do package deals so my patients could stop any time they were dissatisfied. The really telling thing is that, although the treatments are not covered by insurance, the patients keep coming back."



Photo: Aestherna

▲ The Aestherna offers quick clearance for most patients and has few side effects.