

ADULT ACNE – IT'S NOT JUST FOR TEENS

New Technologies Offers Solutions

Q: Dr. Goldberg, why am still suffering from acne in my 40s?

A: It is estimated that up to 50 percent of adult women face bouts of acne at some point in their adult lives and nothing can sabotage a beauty routine like an unwanted blemish. Contrary to popular belief, acne is not just for teens. People, especially women can develop acne, or have a recurrence of acne, in their 30s, 40s and sometimes beyond that.

Q: Why doesn't anything seem to keep it at bay?

A: People don't know where to turn when they face acne as an adult. Most of the products out there that treat acne, both over the counter and by prescription, just don't fit the bill for women with recurring blemishes. The options for treating adult acne have traditionally included topical creams like Retin A that may burn the skin, benzoyl peroxide based products targeted for teens, or a course of antibiotics which can lead to unpleasant side effects. The good news is that a new day has dawned as it relates to the treatment of acne. There are new treatments available that are serving as incredibly effective solutions for treating adult acne.

Q: What are they?

A: The first is the **Zeno™** device, a new acne treatment that is a clinically proven portable, hand-held electronic medical device for at-home treatment of individual acne pimples. So how does it work? The **Zeno™** device provides localized heat that kills bacteria that can be associated with acne. That comfortable heat lasts for about two minutes per application. An alarm goes off when the heat cycle is finished. **Zeno™** works best when it's applied shortly after the onset of a pimple and then once or twice more over the next 24 hours. This is the most advanced, physician provided, home based treatment for acne that we have seen in a long time," says Goldberg. **Zeno™** allows the patient to administer treatment that addresses the root cause of acne in a way that they previously could not with topical creams and medication.

The second significant new approach to the treatment of acne is with lasers. Laser acne treatment can improve not only the inflamed acne, but also leads to improvement in acne scars. There are 2 basic groups of acne treating lasers and light based systems. One group of technologies inhibits the growth of the bacteria that is involved in acne lesions. The other group of lasers shrink the sebaceous oil glands that play a pivotal role in acne. By inhibiting oil production, the root of acne, the problem can be markedly improved with successive treatments. Typically 5-7 treatments are required to treat the skin.

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*** Dr. Goldberg on the Road:**

10/1/2005 International Society for Cosmetic and Laser Surgery - Past, Present and Future of Cosmetic Fillers

10/27/2005 American Society for Dermatologic Surgery Annual Meeting, Atlanta - What's New and Hot in Cosmetic Surgery in Europe

10/28/2005 American Society for Dermatologic Surgery Annual Meeting, Atlanta - Fraxel Laser Treatments

10/28/2005 American Society for Dermatologic Surgery Annual Meeting, Atlanta - Radiesse: Studies, Techniques, Length of Correction

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