

CLEAR SKIN AHEAD

Local physicians tackle acne with lasers

SPECIAL TO WEST OF

The most common skin disorder in the United States is acne. People of all ages and races get acne and it can be bothersome, annoying, and painful. Not to mention, it can lead to permanent scarring. Acne affects the face mostly, but can also be found on the back, chest, and arms. Fortunately, advances in the treatment of acne and acne scarring have been made, allowing faster clearance and reduced or prevented scarring.

Acne is caused by a combination of an abnormal thickening of the cells inside the hair/oil gland combinations in the skin called the pilosebaceous units. The oil glands are stimulated to secrete more oil by the action of hormones called

androgens. Meanwhile, bacteria in the skin called *Propionibacterium acnes* act on the oils, breaking them down into substances that cause inflammation. This results in the whiteheads, blackheads, and raised red or cystic nodules that are seen in acne.

Acne scarring results from the inflammation surrounding the acne nodules. Destruction of the skin tissue around or under the nodules occurs and when the nodule finally clears up, a path of damage is left behind. Acne scarring can look like a mountain range with peaks and valleys, like ice-pick marks or like rolling hills in the skin. Often, a combination of these is found. Advances in treatment for acne scars have also been made that allow for significant scar improvement with



Acne is more than embarrassing, it can leave deep, permanent scars. Dermatology & Laser Center of Charleston offers the newest methods of light treatment that can eliminate acne scars.

minimal downtime and fast healing.

Treating acne begins with good skin hygiene. Cleansing with a medicated wash is the first step.

Salicylic acid-containing products are a good first choice as they encourage sloughing of dead skin cells and are safe and effective. Dryness is the

most common side effect. Vitamin A products such as those that contain retinol, retinaldehyde and tretinoin are a *continued on pg. 11*

Is Reading a Struggle?

1 out of 4 children struggle with reading and learning because of undiagnosed VISION problems.



Does your child:

- Have trouble reading?
- Have difficulty with spelling?
- Work Slowly? Have trouble copying?
- Have a short attention span?
- Prefer to be read to?
- Have poor handwriting?
- Reverse numbers and letters?
- Have trouble remembering what was read?

If your child has any of these symptoms, he or she may have a 100% correctable vision problem.

Eliminate Doubt! Schedule a developmental vision evaluation today. **It could make all the difference!**

Being able to see "20/20" is just ONE of OVER 15 visual skills required for reading and academic success.

If reading is a struggle, visit our website or call us today:

Draisin Vision Group

Neil W. Draisin, OD, FCOVD

Jennifer M. Smith, OD

Francis W. Shealy, OD

1470 Tobias Gadson Blvd. ♦ Charleston

556.2020

www.draisinvision.com



Clear Skin Ahead continued from Page 10

logical next step. They work at the cellular level to improve how the cells move from the pilosebaceous units, which prevent clogging. Usually used at night, dryness is also the most common side effect, but irritation and sun sensitivity are also common concerns.

Acne facials, which are a specific service performed by a medical esthetician are used to unclog stuck pores and deep-cleanse the skin so the topically applied products can do their jobs better. Some physicians choose to use a variety of oral antibiotics to reduce inflammation, but a more advanced treatment is called photodynamic therapy.

Avoiding the problems of antibiotic side effects and resistant bacteria, photodynamic therapy uses light to kill the acne-causing bacteria and shrink the overactive oil glands. Results may vary and this treatment works best for acne that consists mainly of red bumps.

Specialized skin peels are often used in combination with these treatments to enhance the results. Peels help the appearance of acne and smooth the skin. More severe cases of acne may require the use of a more powerful medication called isotretinoin. This drug, a derivative of vitamin A, can usually cause even the most severe cases of acne to abate, provided it is administered at the right dose and for long enough.

Isotretinoin therapy also requires frequent lab monitoring and paperwork. Patients must be enrolled in a national registry as mandated by the Food and Drug Administration. Fortunately,

80 percent of patients respond quite well and few experience recurrence.

Acne scarring treatments have come a long way. Now, doctors use special fractional lasers that create tiny holes in the skin on a microscopic level. If you have ever seen how they aerate the lawn at a golf course by driving over it with a machine that makes an array of small divots, you can imagine how the laser works. When the skin heals, the collagen-making mechanism is turned on and healthy, new skin is formed that fills in the scars. Uneven skin texture and color are also improved as is pore size. This laser treatment is usually performed as a series of three to five treatments.

Fortunately, there is not much in the way of after effects aside from mild swelling and pinkness that lasts for a few days and can be concealed with makeup, if desired. (Remember ladies, cleaning make-up brushes and applicators daily prohibit acne bacteria from being spread from your face to the applicator brush or round pad and back again).

There are many effective ways to treat acne and acne scarring today. With the advice of your physician, you can look forward to clearer skin, sooner. ☺

Article provided by Dermatology & Laser Center of Charleston, located at 2093 Henry Tecklenburg Dr. #300 in West Ashley. For more information, call 556-8886 or log onto www.dermandlaser.com



Feel Good, Look Good.

Botox

Facial Fillers:

Evolve . Restylane . Perlane
Radiesse . Sculptra . Juvederm

Photofacial Rejuvenation

Fractional Laser Resurfacing

Fractional Surgical Free Skin Tightening

Laser Hair Removal

Laser Tattoo Removal

Massages & Reflexology

Facials & Peels

Vibradermabrasion

Your chiropractor... the perfect swing coach.

Your golf swing depends on nearly every joint between the tips of the toes and the ends of the fingers— the domain of Chiropractic care for over 100 years.

Consultation and Exam with motion video x-ray
\$49.00!
Less than a round of golf.

We have the tools to help lower your pain...and score!

- Spinal Decompression Therapy
- Class IV Deep Tissue Laser
- Active Therapeutic Movements

LET ROSS FAMILY CHIROPRACTIC DEVELOP A PLAN OF ACTION THAT WORKS FOR YOU.



Ross Family Chiropractic
843-766-4444

874 ORLEANS RD. Unit #2 • ACROSS FROM FedEx/Kinkos
www.RossFamilyChiropractic.com

Todd E. Schlesinger, MD, FAAD

Board Certified in Dermatology
Fellow, American Society for Mohs Surgery
Fellow, American Society for Laser Medicine and Surgery

Rebecca L. Repaire, PA-C

Lori J. Wrightington, Skin Care Therapist

Molly B. Kister, Skin Care Therapist

843.556.8886



2093 Henry Tecklenburg Dr.
Suite 300, Charleston, SC 29414
www.dermandlaser.com

Call the office to schedule your complimentary cosmetic consult to customize a treatment plan for you.