

LOFGREN, M.D. & TERESA MCMILLIN

Photodynamic Therapy

By Teresa McMillin, PA-C | COSMETIC DERMATOLOGY ASSOCIATES, LOFGREN M.D.

For the millions of people who suffer from acne, sun damage or even worse, skin cancer, there is a light of hope – photodynamic therapy or PDT.

Originally approved by the U.S. Food and Drug administration for treatment of skin cancer, dermatologists initially focused on using PDT to treat actinic keratoses, (AKs), the earliest stages in the development of skin cancer. As PDT treatments became refined, the therapy expanded to provide patients with a safe, non-invasive treatment option for acne, sun damage and potentially basal and squamous cell carcinomas, the two most common forms of skin cancer in the world.

What is Photodynamic Therapy? The procedure combines light and a special light-activated topical photosensitizing agent called Levulan. Levulan is a 20% solution of Aminolevulinic Acid (ALA). It is then activated with a specific wavelength of light called Blu-U which takes about 10-15 minutes. This combined interaction of the solution and the light is what gives rise to the term “photodynamic therapy”. ALA/PDT removes sun damaged pre-cancerous zones and spots

that develop from prolonged, cumulative sun damage over the course of your lifetime. Sun damage, fine lines and blotchy pigmentation are also improved. Acne can be treated using the combination of the Levulan and the light or by using the light by itself.

What conditions can be treated with ALA/PDT Therapy?

Photodynamic therapy with Levulan is indicated for:

- Removing pre-cancerous actinic keratoses (AKs)
- Preventing skin cancer
- Improving wrinkles
- Improving skin texture
- Improving pigmentation
- Treating moderate to severe cystic acne
- Treating sebaceous hyperplasia
- Reducing pore size

How many treatments are needed?

To achieve maximum improvement of pre-cancerous sun damage, skin tone and texture, a series may be needed. Some patients with only actinic keratoses are happy with just one treatment. More treatments can be done at periodic intervals in the future to maintain the rejuvenated appearance of the skin. For acne, more treatments are needed depending on the severity of the acne. For patients with mild acne, one or two 15 minute sessions per week for a few weeks using only the Blue Light is all that is needed. For more severe, cystic acne,

combination ALA/PDT every two weeks is more effective.

What are treatments like?

For ALA/PDT, the Levulan is applied to the skin and left on for one hour. It is then activated with a specific wavelength of light called Blu-U. This takes about 10-15 minutes.

Following ALA/PDT, the treated areas can appear red with some peeling for 2-7 days. Some patients have an exuberant response to PDT, and experience marked redness of their skin. It is very important to protect the treated area from the sun for the first 36 hours.

For mild to moderate acne, the Blue Light alone for 15 minutes two times per week does not cause redness or peeling. Patients can have this treatment during the lunch hour or after school and then resume normal activities.

How much improvement can I expect?

As with most anything, results can vary. Patients with severe sun damaged skin manifested by actinic keratoses, rough texture, and tone changes including mottled pigmentation may see excellent results. Active acne can improve dramatically.



Joint Discomfort And Flexible Thinking

For millions of Americans, joint pain means more than just discomfort.

It can prevent sufferers from doing such common, everyday activities as opening a jar and typing on a keyboard; in extreme cases, even walking becomes difficult and painful. When the joints ache, it doesn't matter if you're 35 or 65, it's hard to be at your best.

Fortunately, it's possible to promote joint comfort and movement by nourishing and protecting your joints. Here are a few tips:

- Daily stretches of each joint--as far as each will go without pain--will help you maintain freedom of motion.
- Keep active to stay active. Strength conditioning and low-impact exercises such as bicycling help maintain and

build your mobility.

- Be careful with your hands. Avoid positions that place too much stress on the fingers, such as those that push your other fingers toward your little finger. Finger motions should be in the direction of your thumb whenever possible. And avoid making a tight fist.

- Get a grip. Be aware of how you hold things and the stress you place on your joints when gripping them. Try holding objects in your open palms instead.

- Maintain an optimal weight. When you rid yourself of excess weight, you reduce the pressure on your joints. This means less discomfort, as well as reduced risk for injury.

- Supplement your diet. The combination of glucosamine and chondroitin is frequently recommended to help reduce pain and discomfort. Move Free[®] Advanced combines these supplements with Uniflex[™] and Joint Fluid[™]. This new formulation is two times more effective in promoting joint comfort and usually works in as little as one to two weeks.

To learn more, visit www.movefreeadvanced.com or call (800) 526-6251.

By taking care of your joints, you may be better able to participate in the activities you enjoy.



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Help For Cancer Patients

Scientists have discovered new ways to help people combatting cancer handle one of the worst impediments to getting the treatment they need.

The problem, according to the Journal of Oncology Management, is nausea, an often uncomfortable side effect of chemotherapy. In fact, it can be so bad that it can keep patients from eating properly, which drains their strength when they need it to fight the disease. In some cases, it even discourages people from continuing the treatments.

The U.S. National Institutes of Health found acupuncture can relieve nausea, as can non-invasive acupressure. People nauseated by chemotherapy, motion sickness or other causes can wear acupressure wristbands called Sea-Bands, each with a plastic button that presses gently on the wrist.

Another answer may be fast-acting, great-tasting Anti-Nausea Ginger Gum. A study

at the University of Exeter in Britain found a significant reduction in nausea in leukemia patients who took ginger. Both are available at drugstores and supermarkets or at www.sea-band.com.

Two convenient, noninvasive nausea treatments may make a big difference in cancer patients' lives.



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