



Posted on **June 23, 2016** by **Deb Chase**

## Are There Any New Treatments for Acne?



**Question:** I've tried everything you recommended, even downloaded your acne guide and I still get breakouts . FYI I'm 33 and too old for this. Have you any new ideas?

**Answer:** June is Acne Awareness Month and the perfect time to answer this question. It does seem totally unfair that at an age when you don't have to do homework or worry about a prom date—you still have problems with teenage style breakouts. But there is good news—there are several new tools for your anti-acne tool box. New York acne guru Dr Gary Goldenberg reports a great success with light therapy, using blue LED lights to kill bacteria in the pores that provoke breakouts. This acts much like Benzoyl Peroxide but without the dryness and irritation. To succeed you will need a series 4-8 20 minute treatments. At this point in time many insurance plans do not cover this FDA approved treatment. 😞

Another form of light therapy takes a nuclear approach to your acne. Called photodynamic therapy (PDT), it combines blue light therapy with photosensitizing medication to crank up the impact. Dr Goldberg explained that PDT acts by shutting down the oil glands. Medication like *Levulen* is applied to the skin and incubated for 60 minutes. Then the skin is exposed to 16 minutes and 40 seconds of LED blue lights. Some people experience pain during the light session. The next day the skin can be red, sore and even a bit swollen. For the next few weeks the skin will peel. This approach can be extremely effective for severe and cystic acne and can even shrink pores and reduce scarring. A usual course is 4 light sessions, 4 weeks apart. Despite all the benefits, not all insurance plans cover PDT therapy for acne. 😞 😞

### New Ideas About Diet and Acne

Fried foods, seafood, iodine enriched salt and chocolate have all been implicated in acne problems—but real proof has proved illusive. Now a new culprit has named. Dr Goldenberg reports that most dairy products are high in hormones that could trigger pimples. If you have tried everything without success try switching to organic milk or even non dairy options eg almond milk and yogurt or cashew cheese. Dr Goldenberg is not a fan of soy based dairy alternatives. He points out that some studies show an increase in breast cancer risk from the pseudo-estrogens in soy. In addition soy can decrease testosterone levels in males fetuses. Acne management during pregnancy is always tricky and soy milk and cheese are not a good option. For more information you can visit Dr Goldenberg's always helpful and informative site.