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Experience of photo-pneumatic therapy in Taiwanese acne patients

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Acne is a disease of the pilo-sebaceous unit affecting both teenagers and adults. The treatment of acne is sometimes frustrating due to the emergence of antibiotic resistance, skin irritation and lack of novel therapy. Light and vacuum devices, also known as photo-pneumatic therapy, have been shown promising as a generally well-tolerated adjunctive treatment of acne vulgaris. We conducted a clinical study using such device to assess the efficacy and safety as an adjunctive treatment of acne in Taiwanese patients. Twenty patients received six sequential treatments every one to two weeks in the facial region. A 4×4 cm² area on cheek was chosen as a control area and was not treated with photo-pneumatic device. Safety parameters and adverse events were recorded. VISIA Complexion Analysis System was used for image analysis on the improvement of four parameters, namely, pigmentation, pore reduction, redness and porphyrin levels. There was an overall improvement in pigmentation, pore size, redness and porphyrin levels on treatment areas. The treatment areas showed statistically significant improvement ($p < 0.05$) in pigmentation and pore sizes compared with the control areas using paired samples T-test. Mild and self-limiting localized adverse events, mostly focal petechiae or mild irritation, were reported. Our study has demonstrated that photo-pneumatic therapy is an effective, safe and relatively well-tolerated procedure in Taiwanese acne patients.

Biography

Haw-Yueh Thong is Chief of the Cosmetic Center at Shin Kong Wu Ho-Su Memorial Hospital in Taipei, Taiwan ROC. After graduating from National Taiwan University College of Medicine, she completed an Internship in National Taiwan University Hospital. Her Residency was in dermatology at National Taiwan University Hospital and her Fellowship was in cosmetic dermatology at the University of California, San Francisco. She had worked closely with Professor Howard Maibach at UCSF. She is also a Graduate of Stanford University with a Master's degree in management science and engineering, focusing on medical decision analysis. She has published numerous articles in professional journals and serves on many advisory boards and committees. Her interest in dermatology include acne vulgaris, cosmetic dermatology and filler injections.

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