

## Acne and Research

There are plenty of over-the-counter products, often heavily advertised, to treat acne. Some can be found in the department stores or cosmetic specialty stores, some others are offered through the mail-orders and TV purchases.

While many of them can bring relief and some improvement to the acne-prone skin, the true acne treatment should be entrusted to a medical doctor and prescription medicine.

Acne is an inflammatory disease, generally starting in early puberty and continuing for several years, but it can be also identified in adult population. Severity of acne is assessed by the number and types of lesions: papules, nodules, and cysts.

Mild acne may require only topical treatment; more severe cases of moderate acne usually receive a dual therapy: topical and antibiotics. In addition to the actual medical therapy, daily hygiene requirements involve anti-inflammatory wash, non-oily moisturizer, and careful elimination of some lesions by a skilled and licensed medical professional. What is really not recommended is self-help through picking, scratching, or squeezing out lesions.

Young (and not only young) patients would like the therapy for acne to work overnight. Unfortunately, this is not possible. Therapies are long and often have to be repeated for weeks and months, mostly due to the long-lasting, almost chronic course of the disease itself. In other words, resolving the problem of acne for a week or two does not prevent new lesions to form.

It is extremely crucial to develop new medicine for acne. The goal of the acne-related new treatments is to identify medicines that work quicker than the previous ones, are safer, especially for younger patients, and can be continued for long periods of time. Developing new acne drugs may potentially lower the cost of treatment as well. It is not infrequent to see disappointed parents spending several hundreds



dollars on a small tube of topical acne cream lasting for a couple of weeks.

Dr. Michael Bukhalo at Arlington Dermatology has developed multiple medical agents for acne, both brand new and generics. Our research team seeks new acne studies participants on a regular basis. This kind of research experience is particularly beneficial to younger patients: they receive all medical services at no charge, they learn how and why new drug is being developed, they get the study drug to try for free, and they are being offered a stipend to participate in the studies. Educational support from the research team introduces young study participants to the general research system, allowing them to explore the rules and paths of development from the discovery to the approval by FDA.

Participation in studies is totally volunteer-based and can be a lot of fun supplementing the real medical science.

If you have any form of acne and would like to learn more about the disease, possible treatments, and participation in research, please, call Arlington Dermatology research center at 847 392 5440 or visit our website at [www.arlingtondermatology.net](http://www.arlingtondermatology.net).

Michael Bukhalo, MD

**Arlington Dermatology**

1100 W. Central Road, Suite 200, Arlington Hts. IL 60005.

Tel. 847 392 5440. | [www.arlingtondermatology.net](http://www.arlingtondermatology.net)