LED photomodulation helps avoid skin reactions, treatment interruptions in breast cancer patients.

**By Diana Mahoney**

New England Bureau

**Boston** — A light-based therapy commonly used in cosmetic dermatology minimizes the occurrence and symptom intensity of radiation-induced dermatitis in breast cancer patients undergoing radiation therapy, according to the results of a recent investigation. The preventive therapy not only minimizes patient discomfort, but also prevents treatment interruptions necessitated by severe skin reactions, said Dr. M. Maitland DeLand at the annual meeting of the American Society for Laser Medicine and Surgery.

Postradiation dermatitis can include reactions ranging from mild to moderate dryness and peeling to significant erythema, hyperemia, and moist desquamation with loss of epidermal barrier, said Dr. DeLand, a radiation oncologist in Lafayette, La. The investigators hypothesized that targeting these areas with pulses of non-thermal low-energy light via arrays of light-emitting diodes (LED) would interrupt the postradiation inflammatory process and stimulate collagen synthesis, and by so doing strengthen the skin’s defenses, she said. In the pilot study, 18 of 19 women who received LED photomodulation therapy following radiotherapy for breast cancer experienced little to no radiation dermatitis, whereas all 28 matched controls who did not receive the light therapy experienced some degree of skin reaction, reported Dr. DeLand.

In the study, which ran from 2002 to 2003, 55 women were enrolled and 50 of them completed treatment. The women were treated with LED photomodulation 2 to 4 days after finishing radiotherapy. The light was applied every other day to the treatment area for 2 weeks and then every day for 2 weeks. The treatment area was cleansed with barrier cream and a small amount of LED photomodulation gel was applied to the skin. The lights were activated for 5 minutes, and then the LED device was removed, and the lights were left on top of the skin for an additional 25 minutes.

The treatment was well tolerated, and none of the patients experienced any skin reactions, cutaneous infections, pain, or complications. The only side effect noted was a transient increase in erythema, which was minimal and present for only a few hours after treatment.

**LED photomodulation**

LED photomodulation is a non-invasive, painless, quick, and easily administered method of therapy. It is a light-based therapy that uses light to stimulate the skin’s natural healing processes. LED photomodulation can be used in a variety of medical settings, including cancer treatment, wound healing, and skin care. It can be used for patients of all ages and skin types, and it is a safe and effective treatment option.

**References**


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Light-Based Therapy Prevents Radiation Dermatitis

**By Bruce Jancin**

Denver Bureau

Hawaii dermatology seminar sponsored by the Skin Disease Education Foundation.

Koloa, Hawaii — Duac, a clindamycin 1%/benzoyl peroxide 5% topical gel containing moisturizers and humectants, offers several advantages for topical acne therapy, Dr. Leon H. Kircik said at the annual meeting of the American Academy of Dermatology in New Orleans, La. The combination of clindamycin and benzoyl peroxide is beneficial because it can be effective in treating all types of acne, including comedonal acne, inflammatory acne, and cystic acne. The combination of these two medications is also effective in the treatment of bacterial infections, such as Staphylococcus aureus and Propionibacterium acnes, which are common causes of acne. The combination of clindamycin and benzoyl peroxide also allows for better penetration of the medication into the skin, which can be beneficial in the treatment of deeper acne lesions.

Dr. Kircik said that the combination of clindamycin and benzoyl peroxide is also beneficial because it can be used in conjunction with other acne medications, such as tretinoin, to provide a more comprehensive treatment for acne. The combination of these medications can help to prevent the development of resistance to individual medications, which can be a problem in the treatment of acne. The combination of clindamycin and benzoyl peroxide is also beneficial because it can help to improve the skin’s barrier function, which can be beneficial in the treatment of acne.

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