

BEAUTY AND THE BEAM: PHOTODYNAMIC THERAPY GIVES A JOLT TO SKIN REJUVENATION USING LASER/LIGHT THERAPY

PhotoDynamic Therapy (or PDT) for treating aging and sun damaged skin is emerging as a powerful new tool to enhance the results of non-ablative laser and/or light therapy. PDT works by applying a light-sensitizing solution to skin marred by scaly lesions, skin blotchiness and enlarged pores prior to delivery of light treatment. Though in early stages of use this modality appears to enhance cosmetic rejuvenation by improving skin tone, skin texture and pore size.

Dr. David Goldberg is an internationally renowned dermatologist, laser-skin specialist, and Director of Laser Research and Mohs Surgery at Mount Sinai School of Medicine. He is also the author of the recently released book "Light Years Younger." He is one of a handful of surgeons now using PDT in their practice. He reports that, "patients have been thrilled with the clinical 'boost' they receive with the addition of PDT to their non-ablative laser or light treatment because of minimal downtime, safety and its ability to treat a large area." Another inherent patient bonus is that using PDT as an adjunct to laser/light therapy often means fewer treatment sessions may be necessary in order to achieve the desired cosmetic results. Dermatologists are also investigating the clinical benefits of PDT and light therapy for sebaceous conditions like inflammatory acne and rosacea.

Various laser and light sources are currently being used to activate the solution, including pulsed dye lasers and intense pulsed light. Dr. Goldberg explains that, he selects the laser or light source that is best suited to the patient's primary indication, skin type and target body site. He adds, "The primary advantage of utilizing PhotoDynamic Therapy is greater improvement in skin rejuvenation plus the combined benefits of controlling acne, clearing actinic keratoses and possibly preventing skin cancer all in one procedure." He is careful to warn patients to be extremely careful of sun exposure immediately after treatment when the PDT drug is active. Also, he cautions that there can be some mild redness and peeling for about one or two days following treatment.

PDT in combination with laser/light treatments was discovered by dermatologic surgeons who observed its cosmetic effects on the skin's appearance while treating patients for actinic keratoses and chronic chapped lips, two pre-cancerous skin conditions associated with chronic exposure to sunlight. For nearly five million Americans, years of overexposure to the sun's powerful rays leave behind actinic keratoses (AKs), the thick, scaly patches on the skin that sometimes progress to dangerous skin cancers. Despite warnings by dermatologic surgeons to carefully monitor and remove AKs, many people ignore these potentially pre-cancerous lesions because they dread the treatment process itself. PDT is gaining popularity among dermatologists and patients alike as a promising alternative to cryosurgery (freezing with liquid nitrogen) and topical chemotherapy

About Dr. David Goldberg

David J. Goldberg, M.D. is a Board-Certified Dermatologist who has been in practice since 1985. The Skin Laser & Surgery Specialists of New York & New Jersey, directed by Dr. Goldberg, have been the site of exciting pioneering FDA research on laser hair removal and skin rejuvenation. Dr. Goldberg has been instrumental in bringing this technology to the public. He is a Clinical Professor, and Director of Laser Research and Mohs Surgery, in the Department of Dermatology at Mount Sinai School of Medicine. He is also a co-Vice-President of the Skin Cancer Foundation. Dr. Goldberg earned his medical degree from Yale University

and completed his dermatology residency and dermatologic surgical fellowship at New York University Medical Center. The first recipient of the prestigious Leon Goldman award, Dr. Goldberg has published over 75 academic papers and contributed to 9 academic textbooks.

Societies & Memberships

Chief of Dermatologic Surgery at New Jersey Medical School, Director of Laser Research, Mt. Sinai School of Medicine, Faculty, Fordham University School of Law International Society for Dermatologic Surgery, American Society for Dermatologic Surgery , American College of MOHS Micrographic Surgery, American Society for Laser Medicine & Surgery, Medical Advisory Committee of the Skin Cancer Foundation, American Academy of Dermatology, New Jersey Dermatologic Society , Association of Academic Dermatologic Surgeons , Editor in Chief of Lasernews.net , Co-editor in Chief of "Journal of Cosmetic and Laser Therapy", Contributing Editor to "Dermatologic Surgery", Editorial Board member of "Lasers in Surgery and Medicine"

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