
BLU-Light

What is acne, and why is it so hard to control?

There are many types of acne. The most common is called acne vulgaris. Almost everyone goes through a period of acne at one time or another. Just beneath the surface of the skin lie hundreds of tiny glands called sebaceous glands. Their function is to collect and excrete the oily substance called sebum, to keep the skin healthy. However, the tiny pathway for the sebum to escape often becomes clogged, and a bacterium called *P. acnes* grows inside. In a short time, the area swells up, and forms a pimple on the skin. At certain times of life, this process becomes very active, troublesome, and hard to control.

Is there a new way to control moderate acne?

There are many treatments for moderate acne — creams, washes, medications — mild ones and very strong ones. However, your doctor may decide that certain medications, such as antibiotics, aren't right for you. Your case of moderate acne may not be responding to medications or other conventional treatments. It may be hard for you to keep up with complicated routines of skin care. Maybe it's time to consider something new.

What's the Blue Light Treatment? How does it work?

There is now a new treatment available that doesn't depend on medication. It's called the BLU-U Blue Light photodynamic Therapy Illuminator Model 4170. The BLU-U is a very special blue light that can kill the *P. acnes* bacteria in your skin. Treatments are simple — you simply sit down with your face to the light for a short time at a schedule set up by your doctor, usually a 15-minute session about once or twice per week. The treatments may go on for five weeks or so. It's very safe, it's not hot, and it's not painful at all. After some weeks, the blue light can control your acne, or clear it up for a very long period. The BLU-U was cleared by the FDA in 2003 for the treatment of moderate inflammatory acne vulgaris.