

# New Therapies in Dermatology

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From time to time new treatments surface for any medical field, and the last couple of years have seen new treatments emerge, or new applications for familiar treatments. I wanted to summarize some of these widely available remedies and encourage you to schedule a visit with me to discuss.

## **Nicotinamide**

Nicotinamide (niacinamide) is a form of vitamin B3. The deficiency of vitamin B3 causes pellagra, a condition marked by 4D's – (photo) Dermatitis, Dementia, Diarrhea and (if left untreated) Death. This deficiency is rare in developed countries, but is occasionally seen in alcoholism, dieting restrictions, or malabsorption syndromes. Nicotinamide does not cause the adverse effects of Nicotinic acid and is safe at doses up to 3,000mg daily.

Nicotinamide at doses of 500mg once or twice daily has been shown to reduce both Actinic Keratosis, Nonmelanoma skin cancer (especially in high risk patients) and possibly a reduction in melanoma incidence as well. An exciting discovery!

## **Vitamin D**

Vitamin D is awaiting large clinical trials but growing evidence suggests

a significant reduction in melanoma in high risk skin cancer patients at doses more than 600 and less than 4,000 IU daily.

## **Polypodium Leucotomos**

Polypodium leucotomos is a Central America fern that is available in several forms, most widely as Fernblock (Amazon) or Heliocare (Walgreen's and Amazon) and others. It is an antioxidant that reduces free oxygen radicals and may reduce inflammation in eczema, dementia, sunburn, psoriasis, and vitiligo. More research is needed but there appears to be few side effects in studies.

## **Marine Complex**

Marine Complex (Viviscal, Imedeen and others) is an anti-aging and anti-hair loss supplement from sharks and mollusks. More research is needed, but preliminary research indicates the skin's quality, structure and appearance may be improved.

## **Antioxidants**

Green tea, pomegranate, delphinidin and fisetin are all under current study for either oral or topical use in the reduction of the incidence of skin cancer, psoriasis and other inflammatory disorders. I'll be sure to keep patients updated.

## **What Are My Own Thoughts?**

I take Vitamin D 1,000 IU and Heliocare personally. Based on new research, I have also added Nicotinamide which I've experienced no ill effects from, and there are people in my family who take the marine complex. I see very little downside. I am reminded of the Biblical truth that we are fearfully and wonderfully made, and to see these remedies in Creation doesn't surprise me at all!

Always feel free to discuss with me your questions about boosting skin health and protecting it as well.

***For more information or to schedule an appointment please call 605-665-1722.***