

AUSTRALIA AT THE FOREFRONT OF TREATING ADULT ACNE

Dr Jo-Ann See recently presented at The Australasian College of Dermatologists (ACD) Annual Scientific Meeting on the latest developments in the field of acne treatment.

Acne is the most common of skin diseases, affecting 85% of Australians aged 15 to 24 years old. Adult acne is acne that starts in the early 20s in individuals who may not previously have had a problem with acne. It can occur in men, but is more frequently seen in women.

Dr Jo-Ann See, dermatologist with the ACD says: "We are the first country in the Asia-Pacific to be using the new topical agents of dapsons, known as Aczone, for acne, especially adult acne; the new adapalene and benzoyl peroxide fixed combination, called Epiduo forte for severe acne and a biophotonic gel called Kleresca. It is an exciting time to be working in acne as new developments become reality in 2017 after years of research and development."

Angelique Lambros, acne patient says: "Having adult acne is very distressing because it is on the face that you show to the world. People associate acne with puberty and you feel like you look like a teenager. It's uncomfortable and it gets worse as you get older and are still having to deal with the condition. You are very conscious of it in your everyday life and feel like you have to plaster make-up on or wear clothing that covers you up. It affects your self-esteem."

Dr Jo-Ann See is co-founder of All About Acne, a website which provides patient information on acne and is ranked number 1 on Google. Acne and skin care are her main areas of speciality. Dr See's Sydney-based practice continuously adopts innovative treatments and new technology such as photodynamic therapy and biophotonics.

Dr See says: "Acne patients are often distressed because it's a skin condition that is visible and they feel disfigured and ugly. Most of them have tried so many treatments that didn't work. In the world of blogging and social media it is not only confusing, but difficult for patients to really know who the real experts are in the field of acne treatment. There is a very wide range of choices out there and patients often see a dermatologist as their last resort."

Ms Lambros says: "In October last year, my doctor referred me to Dr Jo-Ann See, a dermatologist with a special interest in adult acne. From the beginning, Dr See never looked at me as a specimen or made me feel uncomfortable or embarrassed. She asked the right questions and listened to my answers when I said I didn't want my treatment to involve any medications. Dr See is the most exceptional doctor I've come across and I can't speak highly enough of her. She is personable and a consummate professional."

Dr See says: "Having now been in practice for many years, I have become more astute and better equipped to understand the individual and their particular situation; and I feel that I have a more balanced and holistic approach to their care. I get motivated and inspired whenever a patient says "thank you, you've changed my life" or "I feel so much better." It's a big moment when I see how a patient's acne is cleared. For many acne patients, the return of their confidence and self-esteem is uplifting when you see their skin clear."



Ms Lambros says: “My skin is getting better with every treatment with Dr See. I feel like my skin is visibly cleaner and is breathing again. I don’t think people know a lot about adult acne. They can be judgemental as to what can cause it. Doctors need to listen to their patients and what their primary concern is about their condition. For some it may be feeling less uncomfortable, for others it might be correcting the problem.”

Links to further information

[Dr Jo-Ann See profile](#)

[Angelique Lambros acne patient profile](#)

[A-Z of Skin](#)

[Find a local dermatologist](#)

For further information on the ACD, visit www.dermcoll.edu.au, or see our updates on [Facebook](#) or Twitter at [@DermatologyACD](#) #dermcoll or [LinkedIn](#)

ENDS

About the Australasian College of Dermatologists (ACD):

The ACD is the peak medical college accredited by the Australian Medical Council for the training and professional development of medical practitioners in the specialty of dermatology. They provide authoritative information about dermatology to Government, the media, other health professionals and the general public.

Media enquiries:

For more information, images, or to arrange an interview with a dermatologist, please contact:

Roshan Riddell
Marketing and Communications Specialist
Australasian College of Dermatologists
+61 2 8741 4150
roshan@dermcoll.edu.au