

# Lancet Reports Nlite Acne Tx Study Results

By Bob Kronemyer, Associate Editor

According to a published clinical study, the low fluence, pulsed dye Nlite-V laser system from EU Photonics Ltd. (Llanelli, England) significantly improves inflammatory facial acne up to 12 weeks after one treatment with no serious adverse effects.

**"I was very surprised. About 70% of patients achieved a very good end result,"** said Anthony Chu, M.D., a senior lecturer and consultant dermatologist at Imperial College and Hammersmith Hospital in London. "When the company first approached me and told me that the Nlite seemed to improve acne, I thought they were completely mad. I had never used a laser before and could see no reason why a laser should work for this indication."

Dr. Chu was one of the authors of an Nlite study that appeared last October in *The Lancet*. The investigators recruited 41 adults with mild to moderate inflammatory acne vulgaris. Patients were randomly assigned to the Nlite (n=31) or placebo treatment (n=10). "Neither the investigator nor the patient knew whether they were having laser treatment or not," Dr. Chu said. "We wanted to make it as scientific as possible. The investigator who did the laser treatment did not access the patient. In addition, all patients wore blackout goggles so they could not detect whether their skin was being treated or not."

**A single treatment** lasting five to ten minutes was given at baseline. Patients were then seen at 2, 4, 8 and 12 weeks. The two primary outcome measures were acne severity after 12 weeks and adverse events at any time interval. "Results were very impressive," Dr. Chu reported. "In a high percentage of patients, there was a dramatic improvement in their acne in the first four weeks. Improvement also continued up to three months with a single treatment."



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After 12 weeks, acne severity (measured by Leeds revised grading system) was reduced from 3.8 to 1.9 in the Nlite group. This compared to a reduction from 3.6 to 3.5 in the placebo group. Similarly, total lesion counts fell by 53% in the Nlite group, but only 9% in the placebo group. Moreover, inflammatory lesion counts were reduced by 49% and 10%, respectively. "The most rapid improvements were seen in the first four weeks after treatment," Dr. Chu said.

**Treatment was** also well tolerated. "There were no side effects, apart from two patients who had extremely dark skin," Dr. Chu noted. "With the higher fluences, there was some transient darkening of the skin in one of these two patients, and slight burning sensation in the other patient."

Overall, results were impressive and very quick. "Generally with acne, we expect a slow improvement, regardless of what treatment we use," Dr. Chu said. "But the Nlite achieves observable improvements within two weeks with a single treatment."

On average, results last for three months. "There is an enormous amount of dissatisfaction with treatments available for acne. Patients often feel treatments work too slowly, they don't like taking tablets and they don't like topicals. Given a choice, the vast majority of patients will choose the Nlite laser. I've seen an amazing preference in my own clinic." ■



Before Tx



After NLite-V Tx