

# Objective Measures Needed for Cosmetic Care

LAS VEGAS — When it comes to charting the success of various cosmetic procedures, dermatologists rely too much on standard clinical photos, ill-defined measurement scales, and other subjective measures, Albert M. Kligman, M.D., declared at the 13th International Symposium on Cosmetic Laser Surgery.

Such measurements “often involve vague ratio scales of 1, 2, 3, 4, or scales of various ratios that show much pigment has change or that erythema has gone down by 2 points,” said Dr. Klig-

man, emeritus professor of dermatology at the University of Pennsylvania, Philadelphia.

“All of this is highly suggestive and highly unreliable, and the results are inconsistent. We need more quantitative estimates of what we have done. The real changes are under the surface” of the skin.

He also called for a consistent “physical definition” of skin texture. “Every woman knows what texture is when they’re looking at a piece of silk or cloth, but so far, we have no real assessments of what tex-

ture is in physical terms,” he reported.

Dr. Kligman listed the following technologies as more appropriate ways to measure clinical changes in the skin: UVA photography, ultrasound, polarized light, cross-polarized microscopy, blue light fluorescence, porphyrin fluorescence, glyphic lines by cyanoacrylate video imaging, fringe projection, Luna stain, Cutometer, using Sebustape to measure sebum production, optical coherence tomography, and laser Doppler imaging.

—Doug Brunk

## VERBATIM

*‘We’re not being very good at making this diagnosis, and we need to try to improve this now that enzyme replacement therapy is available.’*

Dr. Cate H. Orteu, on the delay to diagnosis of Fabry’s disease, p. 28

### LUSTRA-AF®

(HYDROQUINONE USP 4%)

**Rx Only**  
**For External Use Only.**

#### INDICATIONS AND USAGE:

*Lustra-AF* is indicated for the gradual treatment of ultraviolet induced dyschromia and discoloration resulting from the use of oral contraceptives, pregnancy, hormone replacement therapy, or skin trauma.

#### CONTRAINDICATIONS:

*Lustra-AF* is contraindicated in any patient that has a prior history of hypersensitivity or allergic reaction to hydroquinone or any of the other ingredients. The safety of topical hydroquinone use during pregnancy or in children (12 years or under) has not been established.

#### WARNINGS:

**A. CAUTION:** Hydroquinone is a depigmenting agent, which may produce unwanted cosmetic effects if not used as directed. The physician should be familiar with the contents of this insert before prescribing or dispensing this medication.

**B.** Test for skin sensitivity before using *Lustra-AF* by applying a small amount to an unbroken patch of skin and check within 24 hours. Minor redness is not a contraindication, but where there is itching, vesicle formation, or excessive inflammatory response further treatment is not advised. Close patient supervision is recommended. Contact with the eyes should be avoided. If no lightening effect is noted after two months of treatment, use of *Lustra-AF* should be discontinued.

*Lustra-AF* is formulated for use as a treatment for dyschromia and should not be used for the prevention of sunburn.

**C.** Sunscreen use is an essential aspect of hydroquinone therapy, because even minimal sunlight sustains melanocytic activity. During treatment and maintenance therapy, sun exposure should be avoided on treated skin. The sunscreens in *Lustra-AF* provide the necessary sun protection during therapy. During and after the use of *Lustra-AF*, sun exposure should be limited or sun-protective clothing should be used to cover the treated areas to prevent repigmentation.

**D.** Keep this and all medications out of the reach of children. In case of accidental ingestion, contact a physician or poison control center immediately.

**E. WARNING:** Contains sodium metabisulfite, a sulfite which may cause serious allergic reactions (e.g. hives, itching, wheezing, anaphylaxis, severe asthma attack) in certain susceptible persons.

**F.** On rare occasions, a gradual blue-black darkening of the skin may occur. In which case, use of *Lustra-AF* should be discontinued and a physician contacted immediately.

#### PRECAUTIONS: SEE WARNINGS

**A. Pregnancy Category C:** Animal reproduction studies have not been conducted with topical hydroquinone. It is also not known whether hydroquinone can cause fetal harm when used topically on a pregnant woman or can affect reproductive capacity. It is not known to what degree, if any, topical hydroquinone is absorbed systemically. Topical hydroquinone should be used in pregnant women only where clearly indicated.

**B. Nursing mothers:** It is not known whether topical hydroquinone is absorbed or excreted in human milk. Caution is advised when hydroquinone is used by a nursing mother.

**C. Pediatric usage:** Safety and effectiveness on pediatric patients below the age of 12 years have not been established.

#### ADVERSE REACTIONS:

No systemic reactions have been reported. Occasional cutaneous hypersensitivity (localized contact dermatitis) may occur, in which case the medication should be discontinued and the physician notified immediately.

#### OVERDOSAGE:

There have been no systemic reactions reported from the use of topical hydroquinone. However, treatment should be limited to relatively small areas of the body at one time, since some patients experience a transient skin reddening and a mild burning sensation which does not preclude treatment.

Manufactured for TaroPharma a Division of Taro Pharmaceuticals U.S.A., Inc., Hawthorne, NY 10532

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Covered by US Patent 5,932,612

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## PRESCRIBE

A clinically well tolerated, steroid-free and tretinoin-free formulation with the added benefit of UVA and UVB sunscreens...an important element of dyschromia treatment. Not intended to prevent sunburn.

Hydroquinone may cause unwanted effects if not used as directed. Occasional cutaneous hypersensitivity may occur with hydroquinone therapy. Test skin sensitivity before using *Lustra-AF*. Warning: Contains sodium metabisulfite, a sulfite which may cause serious allergic reactions (e.g. hives, itching, wheezing, anaphylaxis (severe asthma attack) in certain susceptible persons).

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