

[00:00:00.620] - Intro

Skincare is not one size fits all. At IMAGE, we rely on skincare professionals and clinically-proven ingredients to create solutions that adapt to your lifestyle. But don't take it from us. Just ask the 30,000 plus professionals in over 60 countries across the globe who trust IMAGE Skincare to deliver when it comes to results. And while we got our start with skincare pros, we think it's about time you got to know us better too. Tune into Skinfluenced to hear straight from industry professionals on how to keep your skin healthy, radiant, and resilient through every stage of your vibrant life.

[00:00:38.240] - Jacquelyn Hill

Hello, and welcome back, skincare aficionados to Skinfluenced, a podcast where we chat all things skin. I am Jacquelyn Hill. I am your host, and I'm very excited about today's episode. I hope that you guys got an opportunity to tune into last month when we talked with Dr. Marc Ronert and we really focused on healthy aging. It was one of my favorite podcasts that we've done so far. We talked about everything from mind, body and spirit. So if you didn't get a chance to listen to that, definitely tune in.

[00:01:12.140] - Jacquelyn Hill

But today's topic is really, really near and dear to my heart. Today, we are going to be talking about taking action against acne. So from everything from acne positivity to the best treatments, technologies, what kind of food you can eat, how hormones affect acne, how stress affects acne on your skin. So this is really the reason that I got into skincare. So as a professional skincare therapist for 30 years now, I started because I had acne, and I could not figure out how to take care of my skin.

[00:01:47.600] - Jacquelyn Hill

And so this was part of my skin journey. I said I had acne. But what I want to say is I have acne because it's an ongoing process for me every single day taking care of it. And we have an expert here today.

[00:02:00.540] - Jacquelyn Hill

So our guest here today is Dr. Deborah Longwill, and Dr. Deborah is a board-certified dermatologist. She became board-certified in 1992. And she's bringing her expertise of the very latest treatments that she uses on her patients. She has served the South Florida community for over 30 years.

[00:02:21.570] - Jacquelyn Hill

She also lends her expertise in a lot of different things in the medical industry, from mentoring physicians assistants, nurse practitioners, high school students, medical students. And on a personal note, she is a devoted wife of 37 years, the mother of four, the grandmother of three. And in her time away from her practice, she enjoys outdoors, photography, yoga, cooking and celebrating with her friends and family.

[00:02:49.880] - Jacquelyn Hill

Dr. Longwill, I feel like you have more hours in the day than I have. You have some extra hours to be doing all of these things. So welcome. I'm so excited to have you here with us today on the podcast.

[00:03:01.500] - Dr. Deborah Longwill

Thank you so much for inviting me. It's very exciting to be here.

[00:03:04.570] - Jacquelyn Hill

It's exciting. So this is Dr. Longwill's very first podcast ever. So when she blows up and she becomes world famous, you guys will know that she started here with us at Skinfluenced. So let's get right into it. I wanted to talk about this acne positivity movement. Are you aware of this movement that's happening kind of all over social media?

[00:03:24.960] - Dr. Deborah Longwill

Yes, I am. I'm very excited for it. I have patients that come in and they feel so sad that they have acne, and I feel for them. And now with this positivity movement, they're able to go ahead and feel okay. It's okay to have a pimple, wake up with a pimple, and it's okay not to touch it. And it's okay to feel beautiful all way around with just having a few blemishes on your face or just little red marks or scars

on your face. It's okay. And to feel good...

[00:03:57.480] - Dr. Deborah Longwill
And just the pimples are not you. You are more than that.

[00:04:02.460] - Jacquelyn Hill
I think that's so important. The pimples are not you. So this statistic I thought was really interesting that 9 out of 10 people, age 11 to 30, will experience some kind of acne at some point. So that's almost everybody. So it doesn't really make a whole lot of sense to be shaming people for their skin or having breakouts on their skin.

[00:04:27.040] - Dr. Deborah Longwill
Correct. In my experience, I've seen kids that have acne, and then they become adults because I've seen them grow up. They have no acne as an adult. And then there's the parents that have never had any acne. And all of a sudden, now they're older and they're in their 50s or 60s, and acne is not gonna spare them, they can get that acne, rosacea. So some point in one's life, it appears that you're gonna get acne, whether it's in your teenage years, your midlife or older.

[00:04:57.310] - Jacquelyn Hill
Or you could be like me, and you can have it from your teenage years to your midlife and keep it as you're older. And so it could just be something that is part of who you are. And every day you get to do a little maintenance and take care of it.

[00:05:11.090] - Dr. Deborah Longwill
It's chronic, yes.

[00:05:12.850] - Jacquelyn Hill
Yeah, it definitely is chronic. And my dermatologist when I was 13 told me that it would go away when I became an adult. So sometimes I want to find him. Tell him I did not have-

[00:05:24.510] - Dr. Deborah Longwill
Maybe you just haven't grown up exactly. And you're just having a great time being a teenager.

[00:05:29.210] - Jacquelyn Hill
That could be it. Maybe he meant mentally grow up. And then that's why it's never quite gone away. So we'll...Yeah.

[00:05:35.200] - Dr. Deborah Longwill
Because you look young at heart and all.

[00:05:37.900] - Jacquelyn Hill
Well, thank you. When I read your statistics and I look at you guys, if you could see Dr. Longwill, you would not think she's done anything for 30 years because she is incredibly young-looking.

[00:05:50.470] - Dr. Deborah Longwill
Thank you.

[00:05:51.430] - Jacquelyn Hill
Okay, so let's get into what exactly acne is. I know people think they know what acne is or when I was young, I will just thought it was because my face was dirty, right? So the more I would wash my face, my acne would go away. So let's talk about a little bit what it is first. What causes acne? What exactly causes it?

[00:06:13.640] - Dr. Deborah Longwill
Well, there's a build up in the skin that causes the dead skin cells, and the bacteria can develop inside the hair follicles and your pores. And then you can develop either inflammatory or noninflammatory acne. So the inflammatory would be more of the red pimples, the pustules, the cysts, the nodules. And

then you have the noninflammatory, just those little white bumps that are hard that you just spread your...I'd see patients coming all the time. They spread their skin and they say, "Look, doctor, look. I have all these bumps."

[00:06:46.480] - Dr. Deborah Longwill

And typically the noninflammatory, the little cloud pores that people are seeing underneath their skin, there are patients just love to pick them. And then they can turn into this inflammatory acne. And all these dead skin cells with bacteria develop. And then you develop worse problems after. So acne can develop with little bumps to inflammatory with pustule, cyst, nodules, or even an acne pustular cyst, like a combination.

[00:07:15.270] - Jacquelyn Hill
Right.

[00:07:15.690] - Dr. Deborah Longwill

And then you can develop on your face, your chest, your back, your arms, sometimes the backside.

[00:07:21.830] - Jacquelyn Hill

Right. And is it something that's hereditary? Do you get it from your parents? Is it stress? Is it hormones? Is it food? Is it a combination of everything?

[00:07:30.560] - Dr. Deborah Longwill

Typically, it's a combination of everything you've just said.

[00:07:33.550] - Jacquelyn Hill
Okay.

[00:07:34.790] - Dr. Deborah Longwill

The hormones when you're a teenager are going sky high and you're nervous about all the things that's going on your life. So your cortisol is going high and you're not really stable in your hormones. So then that's where the acne gets developed in the cystic...I mean, that's really genetic. So typically, if you're going to see the real indented scarring, and that's like a parent or somebody in the family has it.

[00:07:56.420] - Jacquelyn Hill
Okay.

[00:07:56.790] - Dr. Deborah Longwill

And then you get away with just the little pustules that go away after a week or so, and they only come when you have your menstrual cycle, or a guy gets it, like if he's playing lacrosse and he has a mask on his face that's rubbing.

[00:08:08.080] - Jacquelyn Hill
Right.

[00:08:08.630] - Dr. Deborah Longwill

That could be just like a cause. And also food, and sugar and dairy are very common causes of acne. And then which I'm sure we'll touch on later.

[00:08:21.260] - Jacquelyn Hill
Those are my two favorite things.

[00:08:23.800] - Dr. Deborah Longwill

Yeah. The PCOS, the polycystic ovarian syndrome, where the women are getting a little bit of acne because of the increase in the male androgen hormones in their system. And that's typically genetic. But also I'm finding it a lot now because of the hormones that are in our chicken and our meat and our eggs and our milk.

[00:08:49.100] - Jacquelyn Hill

And our milk and our cheeses. All of that, it goes kind of across the board.

[00:08:52.970] - Dr. Deborah Longwill

Yeah. And then when formulas, if you look at the main ingredient in a formula, it's supposedly the most natural form to mother's milk. But the first ingredient is corn or corn sugar, or soy. And those sugars, I think...I'm not saying...I haven't done a study or anything, but I think that there's some type of responsibility there for causing a lot of the girls now getting PCOS.

[00:09:22.150] - Dr. Deborah Longwill

And PCOS is not only acting on the acne part, but it's also increasing hair on their face. They're losing hair early on their scalp. They're gaining weight and they're not able to lose it. And they're exhausted and tired. And then it develops into, or can develop into, a diabetic situation.

[00:09:40.930] - Jacquelyn Hill

That's so interesting, because I think that's something that we don't think about. You'd think, well, I ate a healthy form of that. But you don't look at the entire formulation of kind of everything that's in the food that you're consuming, and just one little ingredient can have such a big effect. So those are some of the things that people should look for. Dairy and sugar and soy.

[00:10:03.980] - Dr. Deborah Longwill

And corn.

[00:10:05.060] - Jacquelyn Hill

And corn, and corn syrup.

[00:10:06.650] - Dr. Deborah Longwill

Yeah.

[00:10:06.660] - Jacquelyn Hill

Yes, okay.

[00:10:07.070] - Dr. Deborah Longwill

And then back in the day, we would have a glass milk or have a couple of glasses of milk, and this will make your bones strong.

[00:10:14.630] - Jacquelyn Hill

Of course.

[00:10:15.170] - Dr. Deborah Longwill

We didn't know that this milk was actually making our acne worse.

[00:10:18.920] - Jacquelyn Hill

All right. So those are some really, really good key points. And for my skin therapists who are out there, that might be a really good thing to maybe add to your skin consultation if people are suffering from breakout and acne.

[00:10:33.530] - Jacquelyn Hill

So we talked about some of the things that can cause it. First of all, what are some of the treatments? Are the treatments topical? Are there things that can do at home? Do they need to go in and see a skin therapist, or come in and have laser with you or extractions? I like to watch Dr. Pimple Popper. So what are some of the things?

[00:10:52.160] - Dr. Deborah Longwill

Well, first thing is less is more.

[00:10:54.100] - Jacquelyn Hill

Less is more. I like this.

[00:10:55.390] - Dr. Deborah Longwill

So when you start looking at your face in that high-powered mirror and you start noticing pimples after you've brushed your teeth, you're like...And you can't stop me. You keep picking, picking, picking. You're making your situation worse. So then you're going to make yourself have scars. So the first thing is less is more. So wash your face with a gentle wash cloth with whatever cleanser you like the best that's not overly drying or overly none-cleaning, and dry it well with the washcloth.

[00:11:20.800] - Dr. Deborah Longwill

And if you have pustules that look bacterial, typically in the dermatology world, we will give you maybe a topical antibiotic.

[00:11:30.450] - Jacquelyn Hill

Okay.

[00:11:30.460] - Dr. Deborah Longwill

Or we can give you a topical antiandrogen, which is like a spironolactone. Or we also have benzoyl peroxide, salicylic acid, adapalenes or retinoids. And all these in combination help with different forms of acne with the comedonal or the pustular or the cystic.

[00:11:50.630] - Jacquelyn Hill

Okay.

[00:11:51.200] - Dr. Deborah Longwill

If you have cystic acne consistently, topical is not really going to help you completely. You're going to-

[00:11:56.400] - Jacquelyn Hill

Right. And the cystic, those are the big hard ones under the skin, right?

[00:12:00.960] - Dr. Deborah Longwill

Yeah.

[00:12:01.320] - Jacquelyn Hill

That hurt.

[00:12:01.720] - Dr. Deborah Longwill

And if you can't swing by the office and get a quick injection to make it go down, and if it's chronic, we would technically give you an oral antibiotic for a short period of time. And if it's really bad, I'm sure that the community knows about Accutane. And Accutane's got a lot of side effects, but it's a great medication if you are a candidate for it. Yes.

[00:12:21.960] - Jacquelyn Hill

And Accutane that's for the most severe cases where we've kind of tried everything else. And this is our last effort to really get under control.

[00:12:33.030] - Dr. Deborah Longwill

Also if you have pustular or cystic acne that's causing keloids on the back or preventing future scarring, it's a really good medication to use, if you're perfect candidate. I don't recommend using it right before a teenager is going to go to college in the next several months because we need to keep an eye on the patient.

[00:12:55.520] - Jacquelyn Hill

Right.

[00:12:55.550] - Dr. Deborah Longwill

Because there's lots of blood work that needs to be done, and lots of questions, including birth

control, would have to be important there. As far as in combination, like over-the-counters, there's benzoyl peroxide, salicylic acid. There is now over-the-counter adapalene or different gel. In combination with those, we have things that you could do in the office, which are facials, which are great for cleaning in addition to using your topicals.

[00:13:21.690] - Dr. Deborah Longwill

And we also have lasers that help with the acne marks. So when I have a patient that has pustules and redness and indented areas or hyperpigmentation, I have a laser that's called an N-Lite Laser. It's a vascular laser.

[00:13:34.790] - Jacquelyn Hill

Oh nice, okay.

[00:13:34.790] - Dr. Deborah Longwill

And it doesn't give you any downtime. We do it every month or so. And just after the fourth treatment, there's no marks left on the skin.

[00:13:42.590] - Jacquelyn Hill

So that's kind of rebuilding that collagen. So if you have acne pit scars, or even taking care of pigmentation, you said as well?

[00:13:50.160] - Dr. Deborah Longwill

And also the red marks. So a lot of patients who have those little red marks that are leftover after treatment, first or second month. They don't have any new acne pimples, but they have the marks. And now we're going to work on the marks, and that laser is perfect for that. There's another laser called BBL, Broadband Light, which is like a really strong IPL.

[00:14:09.630] - Jacquelyn Hill

Yes.

[00:14:09.810] - Dr. Deborah Longwill

But it's more gentle and it's more geared to skin type. It's fabulous for acne as well as marks and controlling acne rosacea.

[00:14:18.350] - Jacquelyn Hill

So they just need to come have a consultation because depending on what type of breakout they're getting inflammatory, noninflammatory, and what regimen they do, then these are in support of helping that to take care of the skin.

[00:14:31.080] - Dr. Deborah Longwill

Yes. And we also in the consultation would touch on their diet as well as how they're taking care of their lifestyle, keeping the stress down.

[00:14:41.500] - Jacquelyn Hill

Yeah. I love that. A little bit of yoga.

[00:14:43.770] - Dr. Deborah Longwill

Yeah.

[00:14:44.330] - Jacquelyn Hill

Yoga for acne. I love that. So what do you think are some of the top misconceptions people have about acne or questions that people are asking you that they're getting wrong information regarding acne?

[00:14:57.000] - Dr. Deborah Longwill

So typically a teenager, they'll go to the counter and...Well, before COVID, I guess. But they would go to the makeup counter, and their skin is really oily, and they're told to put a moisturizer on.

[00:15:10.190] - Jacquelyn Hill
Right.

[00:15:10.880] - Dr. Deborah Longwill
I think that's a big a mistake, that not everybody needs a moisturizer.

[00:15:16.350] - Jacquelyn Hill
Okay.

[00:15:17.070] - Dr. Deborah Longwill
And there's not going to age just because they're not using a moisturizer. And also picking and having to get rid of every clogged pore is not a good thing either. And overly drying your face and putting tons of retinol or Retin-A every single night is also not a great choice to do. You could get the benefits of using it by using it a couple of times a week.

[00:15:38.990] - Dr. Deborah Longwill
And then it's also the genetic thing. It's not your fault for getting the acne.

[00:15:46.090] - Jacquelyn Hill
Oh, I love that. Right.

[00:15:46.060] - Dr. Deborah Longwill
A lot of patients will think it's their fault, and it's really not their fault. It's just that they have to understand how to take care of their own face and skin on their body.

[00:15:56.700] - Jacquelyn Hill
I think it's just a little bit different for everybody, there can be different causes. Right now, there's a lot of mask. Still we're going to be wearing a mask, I think, for a little bit now. Are you seeing more inflammation or mask-ne or breakout underneath those masks? And what are you suggesting for that?

[00:16:13.160] - Dr. Deborah Longwill
So I feel so bad with everyone having to wear the mask now. I mean, me included. But the acne gets... You're sweating in there, you're breathing into the mask. The mask has either chemicals or detergent on it. And then you're putting that back onto your face, and there's friction rubbing, and it's clogging your pores and causing more of the dead cells and bacteria to build up. But you can't not wear a mask.

[00:16:37.700] - Jacquelyn Hill
Correct.

[00:16:37.540] - Dr. Deborah Longwill
So what do you do? So you have to find a mask that are more comfortable for you.

[00:16:41.850] - Jacquelyn Hill
Okay.

[00:16:41.860] - Dr. Deborah Longwill
And then during the middle of the day if the kids are in school, maybe if they can watch their face in the midday, and then get a new mask to put on. They can put some medications on midday if they're able to do that in school. And I find that the disposable mask can cause allergic reactions more so than just regular mask that we have, cloth mask.

[00:17:04.900] - Jacquelyn Hill
Okay, that's interesting.

[00:17:06.270] - Dr. Deborah Longwill

And then if you put like, certain detergents in the mask, like Shout, to get the stains out, that chemical, if it stays in there, you're breathing that chemical in, and it's going on your skin. So that can cause an irritant allergic reaction or a more irritant acne as well. So-

[00:17:23.450] - Jacquelyn Hill

So maybe like the baby washing powder, remember that? Like Dreft.

[00:17:27.920] - Dr. Deborah Longwill

Right.

[00:17:27.930] - Jacquelyn Hill

Really clean and simple.

[00:17:27.930] - Dr. Deborah Longwill

Or an all free and clear or-

[00:17:30.990] - Jacquelyn Hill

Yes.

[00:17:31.200] - Dr. Deborah Longwill

Some of the masks, you can just put in the washing machine and put on delicate, and it's made of a material that you can work out in. Those are probably a good choice.

[00:17:40.080] - Jacquelyn Hill

Okay, so more breathable, gentle detergents on there as well.

[00:17:44.880] - Dr. Deborah Longwill

Yes. I've seen the kids when they will play lacrosse.

[00:17:48.020] - Jacquelyn Hill

Yes.

[00:17:48.180] - Dr. Deborah Longwill

Or baseball and they would have to wear their helmets and masks. Those kids also are getting constant acne. So now, that's the same kind of thing with adults now are having to wear a mask day in and day out. They never had acne, and now they don't know what to do with themselves.

[00:18:04.320] - Jacquelyn Hill

Right.

[00:18:05.190] - Dr. Deborah Longwill

And it's part of an acne rosacea or perioral dermatitis that's actually causing this problem.

[00:18:10.950] - Jacquelyn Hill

Okay, so those are some great tips. I know too. When I was working in the treatment room, I worked on a lot of African American people. And the oils that we put in our hair or the gels that we use on it, sometimes those can cause acne. So can we talk a little bit about product like cosmetic acne? You can get it from blushes or foundation or hair products. So those are things that people should look for.

[00:18:37.720] - Dr. Deborah Longwill

So if you notice that you're getting more of a bumpy acne around the hairline.

[00:18:40.680] - Jacquelyn Hill

Yes.

[00:18:40.490] - Dr. Deborah Longwill
That's what we call pomade acne.

[00:18:42.810] - Jacquelyn Hill
Okay.

[00:18:43.000] - Dr. Deborah Longwill
And I find that a lot of the leave-in waxes or gels in the hair, and the kids or adults, they don't wash their hair often. And all they need to do is not wash all their hair. If they don't want to wash all the hair, they can just wash maybe a centimeter around the hairline.

[00:18:58.570] - Jacquelyn Hill
Okay.

[00:18:59.030] - Dr. Deborah Longwill
Dry that, and then be able to cleanse their face and put their medications on. Again, the same thing, less is more. So if you want to put leave-ons in your hair, maybe put it a little bit further away from your face and more on the ends. And be careful of the bottom of the hair if it's long. And don't let it hang on your back, you want to lift your hair up.

[00:19:18.930] - Jacquelyn Hill
Right.

[00:19:18.850] - Dr. Deborah Longwill
And men have long hair too. So now, instead of-

[00:19:22.240] - Jacquelyn Hill
They do, they do.

[00:19:23.130] - Dr. Deborah Longwill
Yeah, so we're finding that there's men having acne in their upper back from their hair.

[00:19:28.680] - Dr. Deborah Longwill
And then if you're spraying hairspray or any type of leaving oil or something, you just want to make sure it doesn't hit your face. And you try to keep your hair off your face as much as you possibly can.

[00:19:39.910] - Jacquelyn Hill
And does that go the same for touching your face with your hands during the day, or if you have to wear a hat? Can all of those things contribute?

[00:19:49.360] - Dr. Deborah Longwill
Yeah, so under the hat area, can cause that irritation or suffocation of the follicle. As well as when you're touching...A lot of people touch the spot on their face to see if it's still there.

[00:20:00.840] - Jacquelyn Hill
Right.

[00:20:00.850] - Dr. Deborah Longwill
And it is still there.

[00:20:02.950] - Jacquelyn Hill
Right.

[00:20:03.280] - Dr. Deborah Longwill
You could look in the mirror to see if it's still there. But if you touch it, it'll get bigger.

[00:20:07.950] - Jacquelyn Hill

Right.

[00:20:07.960] - Dr. Deborah Longwill

And then when you squeeze a pimple, also you're touching, touching, and you squeeze, only a quarter comes out and three-quarters can rupture under the skin. So that little tiny, almost invisible bump now comes very visible. And then you're more self-conscious of it. So if we just left our hands off our face from picking, it would help a lot.

[00:20:26.170] - Jacquelyn Hill

I see a lot of stuff on social media with people either putting heat on inflamed blemish or icing it. Do you have any kind of at-home tricks for people if they want it to go away a little faster besides just leave it alone and let it run its course?

[00:20:41.490] - Dr. Deborah Longwill

So the heat and ice are okay. But they can also burn if you leave it on too long.

[00:20:48.610] - Jacquelyn Hill

Okay.

[00:20:49.050] - Dr. Deborah Longwill

Also some people will take a salicylic as a toner. And I've seen it where they've soaked it in a cotton ball and then left on for a long period of time. That actually burn their skin, like a chemical peel. And if you leave it on too long, I had a patient that left it on her cheek and went to sleep with it, and she had a hole under the fat the next morning.

[00:21:11.160] - Jacquelyn Hill

Wow.

[00:21:11.170] - Dr. Deborah Longwill

That's how strong that toner was.

[00:21:12.960] - Jacquelyn Hill

Wow.

[00:21:12.970] - Dr. Deborah Longwill

So you have to be careful with what you do. But there are people talk about toothpaste, an old-fashioned trick I used to use when I was a kid because I had acne a little bit when I was a child. It was milk of magnesia, the magnesium sulfate, which it doesn't...It's not invisible. But-

[00:21:30.020] - Jacquelyn Hill

Right.

[00:21:30.150] - Dr. Deborah Longwill

We took a little cotton ball and put it on, and we had little white dots on our face. And then by the next day, it was all dried up.

[00:21:35.590] - Jacquelyn Hill

It was all dried up.

[00:21:36.690] - Dr. Deborah Longwill

Yeah.

[00:21:37.000] - Jacquelyn Hill

All right. So all the milk of magnesia is going to be gone off the shelves.

[00:21:40.880] - Dr. Deborah Longwill

Yeah.

[00:21:42.560] - Jacquelyn Hill

After this podcast, they're going to have a spike. So buy some stock, guys, because it'll probably going to have a little spike.

[00:21:49.300] - Dr. Deborah Longwill

I wonder what's going on.

[00:21:50.590] - Jacquelyn Hill

I wonder what is going on.

[00:21:53.700] - Jacquelyn Hill

So is there any way at all to prevent acne for people who are like, "I've never had it and I don't want to get it." Is it something that's preventable, or is it just treatable and maintainable?

[00:22:03.440] - Dr. Deborah Longwill

Well, if you know all of a sudden, you're noticing you're getting more flushed or red, and you're living in South Florida and it's hot outside, the heat can actually aggravate your acne and make your acne get worse or start it. As well as certain foods like red wine, chocolate, spicy food.

[00:22:25.020] - Jacquelyn Hill

All the good stuff, is what you're saying?

[00:22:26.750] - Dr. Deborah Longwill

Yeah. Actually, believe it or not, healthy food too, like spinach, avocado-

[00:22:31.420] - Jacquelyn Hill

Really?

[00:22:31.980] - Dr. Deborah Longwill

And some melons.

[00:22:33.980] - Jacquelyn Hill

Okay.

[00:22:34.300] - Dr. Deborah Longwill

And also soy. Certain things like that like soy sauce, spicy foods, can actually aggravate your acne. And also, if you know your family has a propensity to having acne, then usually you'll have an idea and you're kind of always taking care of it.

[00:22:50.740] - Dr. Deborah Longwill

But cleansing your face twice a day is also very helpful. And if you're in South Florida where it's hot, you might want to wash your face a third time at the end of the day, because if you're outside and you want to get some of that pollution off your face, and oils. Even if you're living in New York too, I mean, it's all the same thing, hot and humid and-

[00:23:09.520] - Jacquelyn Hill

And pollution.

[00:23:10.060] - Dr. Deborah Longwill

Mm-hmm.

[00:23:10.140] - Jacquelyn Hill

And a lot of pollution.

[00:23:12.600] - Jacquelyn Hill

All right. So we did a little social listening and we asked some of our IMAGE Skincare followers on

Instagram some questions. So is it okay if I ask some of the questions that our listeners sent in?

[00:23:26.980] - Dr. Deborah Longwill
Sure. See if I can help you.

[00:23:28.440] - Jacquelyn Hill
All right. So the first one is, oh, I really love this one, this is a great one. What supplements can people take to help with acne? So is there any vitamin or anything I should be taking?

[00:23:39.260] - Dr. Deborah Longwill
So there's zinc and selenium, are two really good vitamins. It's also helpful for maintaining your immune system. Also your acne can get worse if your immune system goes down.

[00:23:52.120] - Jacquelyn Hill
Oh okay.

[00:23:52.570] - Dr. Deborah Longwill
If you're not feeling so good and all of a sudden you have a big mama pimple there.

[00:23:56.680] - Jacquelyn Hill
Yeah.

[00:23:56.840] - Dr. Deborah Longwill
And also vitamin C is helpful. And it seems to be all the antioxidants that are good for your immune system are also going to be good for your skin.

[00:24:06.110] - Jacquelyn Hill
All right. And is there a certain amount that they should be taking, or just take it like in the multivitamin that's okay?

[00:24:11.940] - Dr. Deborah Longwill
I'd start with a multivitamin, and there's some combinations like Airborne.

[00:24:16.820] - Jacquelyn Hill
Oh I love Airborne, yeah.

[00:24:18.740] - Dr. Deborah Longwill
You can put that in a little drink. You don't have to be flying anywhere, which I don't think many people are flying very-

[00:24:23.750] - Jacquelyn Hill
No.

[00:24:24.570] - Dr. Deborah Longwill
But you can take that. And that seems to be very helpful.

[00:24:27.140] - Jacquelyn Hill
Okay, I love airborne. All right. So we spoke earlier about you can have acne on different parts of your body, not just your face. Is the body treated the same with acne as you treat on the face?

[00:24:39.670] - Dr. Deborah Longwill
So it can be typically the chest and the upper back are a little bit more oily than the face.

[00:24:45.120] - Jacquelyn Hill
Okay.

[00:24:45.130] - Dr. Deborah Longwill

So I'll recommend a retinoid or Retin-A or tretinoin or glycolic acid, a little stronger for the back, or maybe use it a little more often than the face. And everyone has a different T-Zone area that they might need a little extra help. And on the sides, they don't need as much. So it's kind of more personalized, and I would help the patient if they came in for a consultation, what to do in that regard.

[00:25:10.720] - Jacquelyn Hill

All right. So that skin tends to be a little bit more resistant, so you might have to pop it up a notch from what you're doing.

[00:25:15.910] - Dr. Deborah Longwill

A little bit if you're more oily, yeah. And also be careful of picking those areas too because they can scar.

[00:25:20.950] - Jacquelyn Hill

All right. So this question is really good. Is there a way that you can control hormonal acne better?

[00:25:28.610] - Dr. Deborah Longwill

By yourself, would be diet.

[00:25:31.620] - Jacquelyn Hill

Okay.

[00:25:32.120] - Dr. Deborah Longwill

Making sure that your meats and chickens and your milk, or if you're drinking milk, are organic.

[00:25:38.470] - Jacquelyn Hill

Okay.

[00:25:38.790] - Dr. Deborah Longwill

Your eggs are organic.

[00:25:40.230] - Jacquelyn Hill

Okay.

[00:25:40.470] - Dr. Deborah Longwill

And lots of plant-based would be good to eat. Lots of water.

[00:25:46.460] - Dr. Deborah Longwill

And then as far as topical hormonals, we have some special-made prescribed medications that we do tailor-made to the patient in the office with spironolactone or dapson, those are two medications that we use for hormonal acne. And then there's other oral medications where depending on your blood results, it would be oral spironolactone or metformin.

[00:26:10.640] - Jacquelyn Hill

Okay.

[00:26:10.830] - Dr. Deborah Longwill

Or a type of birth control that will lower the androgens.

[00:26:14.370] - Jacquelyn Hill

Okay. So to really determine that that acne is being caused hormonally, you need to see your physician and have some blood work.

[00:26:23.540] - Dr. Deborah Longwill

Typically I like to have a baseline blood work because if the DHEAS is high and the serum-free and total testosterone is high, then we really need to lower that. And then I'm going to need the patients help with lowering their own cortisol levels by not being so stressed out, drinking lots of water and

yoga and meditation. And not eating sugar and controlling all the high glycemic food intake.

[00:26:51.100] - Jacquelyn Hill

I love how you're talking about, it's just not a one fix, right? It's not just wash your face or just apply this cream or serum or medicine. You really have to have a whole lifestyle in order to be able to be treating your acne effectively.

[00:27:06.190] - Dr. Deborah Longwill

Yes, you need to. But exercise and sweating and then cleaning the sweat off, that's part of it because it's helping with the stress. And then what you put into your body that's nutritious is going to help with your skin as well.

[00:27:20.920] - Jacquelyn Hill

Okay, all right. And this is the final question that we had. What are some ways that you can treat the hyperpigmentation and acne scarring? So I know we went into that a little bit. Can you talk a little bit about what that hyperpigmentation is or why we would get that scarring?

[00:27:37.930] - Dr. Deborah Longwill

So there's post-inflammatory hyperpigmentation. So after-

[00:27:41.780] - Jacquelyn Hill

Which I get.

[00:27:43.120] - Dr. Deborah Longwill

So after inflammation like if you're cooking, you burn your arm, you have a red mark and there's a dark mark. Some people's dark marks will go away faster than other people's, and some people need a little assistance. So same thing goes with picking a pimple on your face or having a leftover inflammatory pimple. If you pick it so far that it's down to an area of white or hypopigmentation, in addition to hyperpigmentation, there's no hope or help for hypopigmentation.

[00:28:10.590] - Jacquelyn Hill

Right.

[00:28:11.350] - Dr. Deborah Longwill

So don't pick them.

[00:28:12.560] - Jacquelyn Hill

So stop picking.

[00:28:13.970] - Dr. Deborah Longwill

Yeah. And then as far as the hyperpigmentation, we have lighteners with azelaic acid.

[00:28:20.450] - Jacquelyn Hill

Nice.

[00:28:21.040] - Dr. Deborah Longwill

Which are by prescription, or Finacea, which is the brand name. It comes in different formulations with gels or foams or lotions or creams.

[00:28:31.110] - Jacquelyn Hill

Okay.

[00:28:31.330] - Dr. Deborah Longwill

And depending on if your skin is oily or dry. And then there's hydroquinone, which is a prescription medication. It depends if you want to lighten everything or just pinpoint your pigmentation. And the most important thing for pigmentation or lightening pigmentation is sun avoidance with a sunblock that has titanium dioxide and zinc oxides, with more of a mineral sunblock and not a chemical

sunblock.

[00:28:58.200] - Jacquelyn Hill

All right, okay. I love that. And then what about the scars? How do we prevent or treat those scars?

[00:29:04.230] - Dr. Deborah Longwill

So there's different kinds of scars. There's ice pick scars, there's more indented scooped-out scars.

[00:29:10.430] - Jacquelyn Hill

Yes.

[00:29:10.620] - Dr. Deborah Longwill

We have a variety of different things. We have lasers to help with them. The whole thing is to be able to be able to continue your lifestyle so you're not interrupted, and not healing for two months trying to get rid of one or two scars. What you want to do is do it gradually because that's how skin changes. So we have the N-Lite or vascular laser I was telling you about that helps with those purple, indented, or hyperpigmented scars that look like purplish and brown. And then that also builds collagen.

[00:29:42.980] - Dr. Deborah Longwill

And it's a slow process, but after several treatments, the patients put on...They put makeup on and they're all smooth and they're happy. And some of them are walking around without makeup, which is great.

[00:29:51.460] - Jacquelyn Hill

We usually are acne go, right?

[00:29:54.160] - Dr. Deborah Longwill

Yes, yes.

[00:29:54.980] - Jacquelyn Hill

To not have to cover everything up with acne. I know at the beginning of my acne journey when I was learning more about skin, one of the things that really helped me was having chemical peels, I had a series of chemical peels. How do you feel about chemical peels to be able to maintain or treat or take care of the skin and acne?

[00:30:12.550] - Dr. Deborah Longwill

So some chemical peels are...It depends on your skin types. So there's different varieties of types of skin peels with resorcinol or glycolic or salicylic TCA. You just don't want to do something too aggressive. The first things first is everyone just says, "Just take off all my skin, doc. And then I get new skin." But then it may look good for two weeks, but then after that, you could be hyperpigmented later.

[00:30:35.800] - Dr. Deborah Longwill

So you want to go slow and you don't want to have a peel. You don't have to be like where your skin's coming off in sheets to have a good result. You can do a light peel where you're molecularly peeling slowly, and then improve with other things in addition at home, applications at home.

[00:30:54.600] - Dr. Deborah Longwill

And so it depends on your skin type and how much sun exposure you're going to have.

[00:31:01.210] - Jacquelyn Hill

Right.

[00:31:02.220] - Dr. Deborah Longwill

The peel that you should choose for your skin. I mean, I like peels. I would do peels in the office.

[00:31:07.900] - Jacquelyn Hill

I love that you said that. I think one of the biggest misconceptions people have too, is that I've had this condition for a long time and then I'm going to come into your office and you're going to fix it.

[00:31:21.090] - Dr. Deborah Longwill
One visit.

[00:31:22.400] - Jacquelyn Hill
One visit, one cream, and we're never going to have to try anything else. So I love that you say be slow, because acne, it could be a little nerve-racking and people want to be more aggressive. So I definitely love that you like to say be slow, and it's going to take time.

[00:31:39.890] - Dr. Deborah Longwill
Well the other thing is today, your hormones and everything are the way they are today.

[00:31:45.320] - Jacquelyn Hill
Right.

[00:31:45.330] - Dr. Deborah Longwill
Tomorrow, you could be completely different.

[00:31:48.810] - Jacquelyn Hill
Right.

[00:31:49.340] - Dr. Deborah Longwill
And then a couple of months from now, who knows? We could have a pandemic or not have a pandemic, you know? I mean, you'll never know.

[00:31:56.590] - Jacquelyn Hill
The stress could be big or it could be a little stress.

[00:31:59.550] - Dr. Deborah Longwill
Could be perfectly fine, right? So you don't know. And your body is going to respond to whatever environmental influences are going on.

[00:32:07.680] - Jacquelyn Hill
Right. And that's why you may need to change up your products or your regiment or your treatment program. And I think the most thing is for everybody to be patient and to still have that acne positivity. If you get a couple breakouts, I love what you said, you are not the pimple.

[00:32:23.720] - Dr. Deborah Longwill
Right, and it's controllable, and it's okay. You are more than that pimple.

[00:32:29.600] - Jacquelyn Hill
Yeah, sometimes it's hard. I get there. I'd look in the mirror at it, and I'm fixated on it, so-

[00:32:37.090] - Dr. Deborah Longwill
Well, you can cover it, and there is a benefit of a mask today.

[00:32:41.730] - Jacquelyn Hill
Oh, that's true.

[00:32:42.430] - Dr. Deborah Longwill
Yeah? Got to look at the positive with the mask.

[00:32:44.790] - Jacquelyn Hill
Some days I need a ski mask, but-

[00:32:46.380] - Dr. Deborah Longwill
I don't think so.

[00:32:49.370] - Jacquelyn Hill
But yeah, as long as we can cover it up. All right. So this was amazing information. I learned so much stuff. I always learn so many things. Now if someone wanted to come to your office and have a consultation, how do they reach you? How would they get in touch with you?

[00:33:06.150] - Dr. Deborah Longwill
Well, we have our Instagram, we can DM. It's @miamidermatology.

[00:33:10.020] - Jacquelyn Hill
Okay.

[00:33:10.460] - Dr. Deborah Longwill
And our phone number, if you're going to call, we make appointments that way too. It's 305-279-SKIN, 7546.

[00:33:20.440] - Jacquelyn Hill
Okay, I like that. Easy to remember.

[00:33:23.890] - Dr. Deborah Longwill
And we also have a website, Longwillderm.com.

[00:33:30.270] - Jacquelyn Hill
Okay.

[00:33:32.210] - Dr. Deborah Longwill
Longwillderm.com.

[00:33:32.210] - Dr. Deborah Longwill
And just reach out. And you can also look me up, Deborah Longwill, L-O-N-G-W-I-L-L.

[00:33:38.890] - Jacquelyn Hill
All right. So all things acne, I think we covered everything. Is there any little acne nugget that you want to leave our listeners with today?

[00:33:49.780] - Dr. Deborah Longwill
Just be kind to yourself, you are beautiful. And throw away that mirror, the high-powered mirror.

[00:33:57.190] - Jacquelyn Hill
Especially those magnifying-

[00:33:59.200] - Dr. Deborah Longwill
The magnifying mirror, you got to get rid of it. Brush your teeth and run.

[00:34:02.130] - Jacquelyn Hill
Brush your teeth in the dark.

[00:34:03.550] - Dr. Deborah Longwill
Yeah.

[00:34:04.190] - Jacquelyn Hill
All right. Well, thank you so much for being with us today, Dr. Longwill. Thank you guys for listening today. And of course, you want to make sure that you tune in every single month. So follow us on social media at IMAGE Skincare, and we are going to see you here next month.

[00:34:24.970] - outro

Thank you for listening to Skinfluenced. If you are skincare-obsessed just like us, don't forget to subscribe and rate this podcast. We also love hearing from our skincare fans. So send us your questions and comments to Skinfluenced@imageskincare.com.