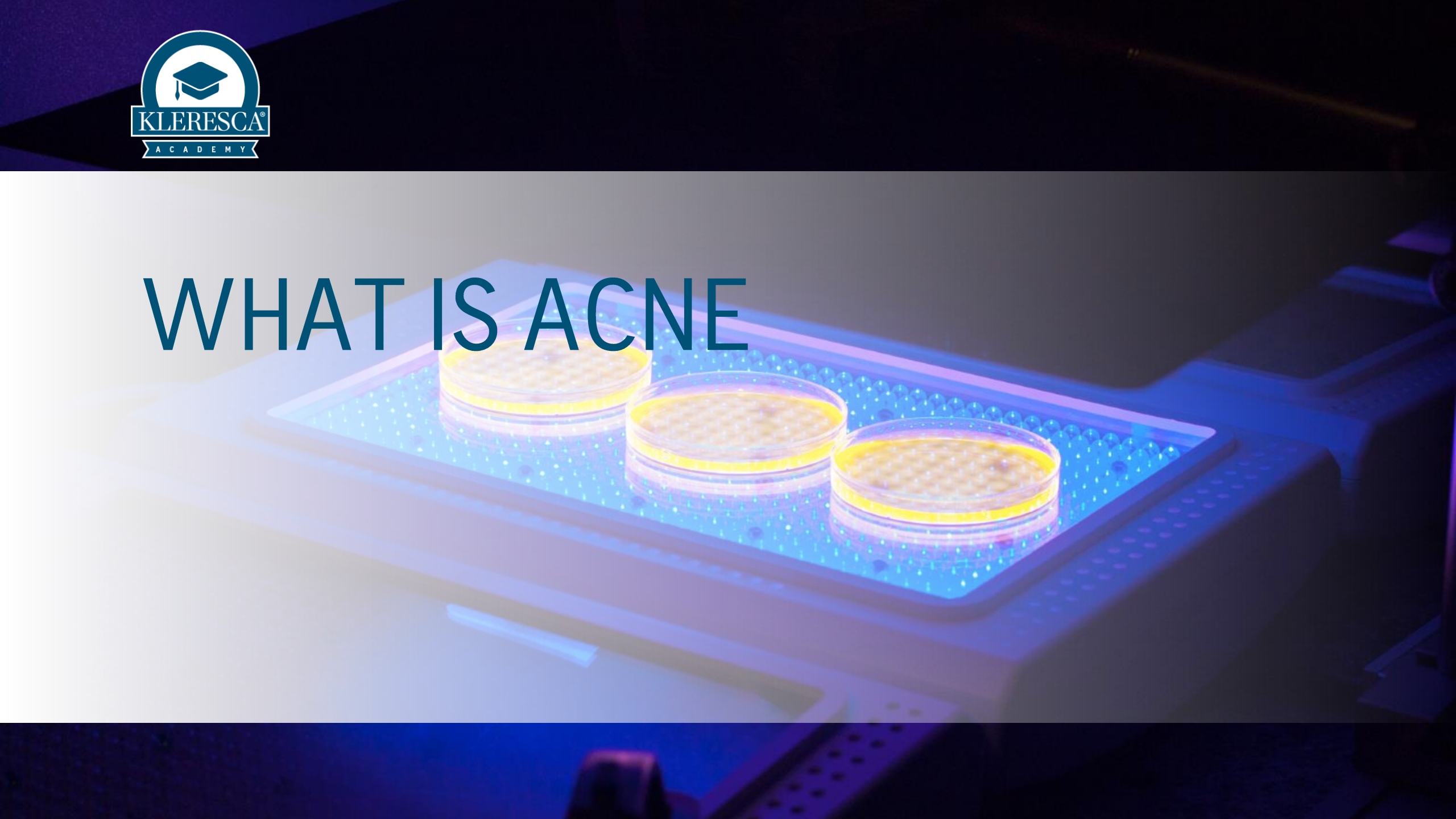
KLERESCA® ACADEMY

DISCOVER ACNE

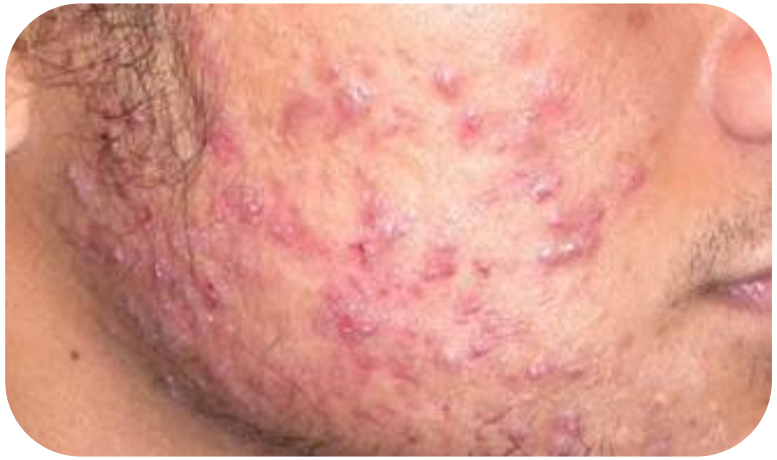
More than a skin disorder

CONTENTS

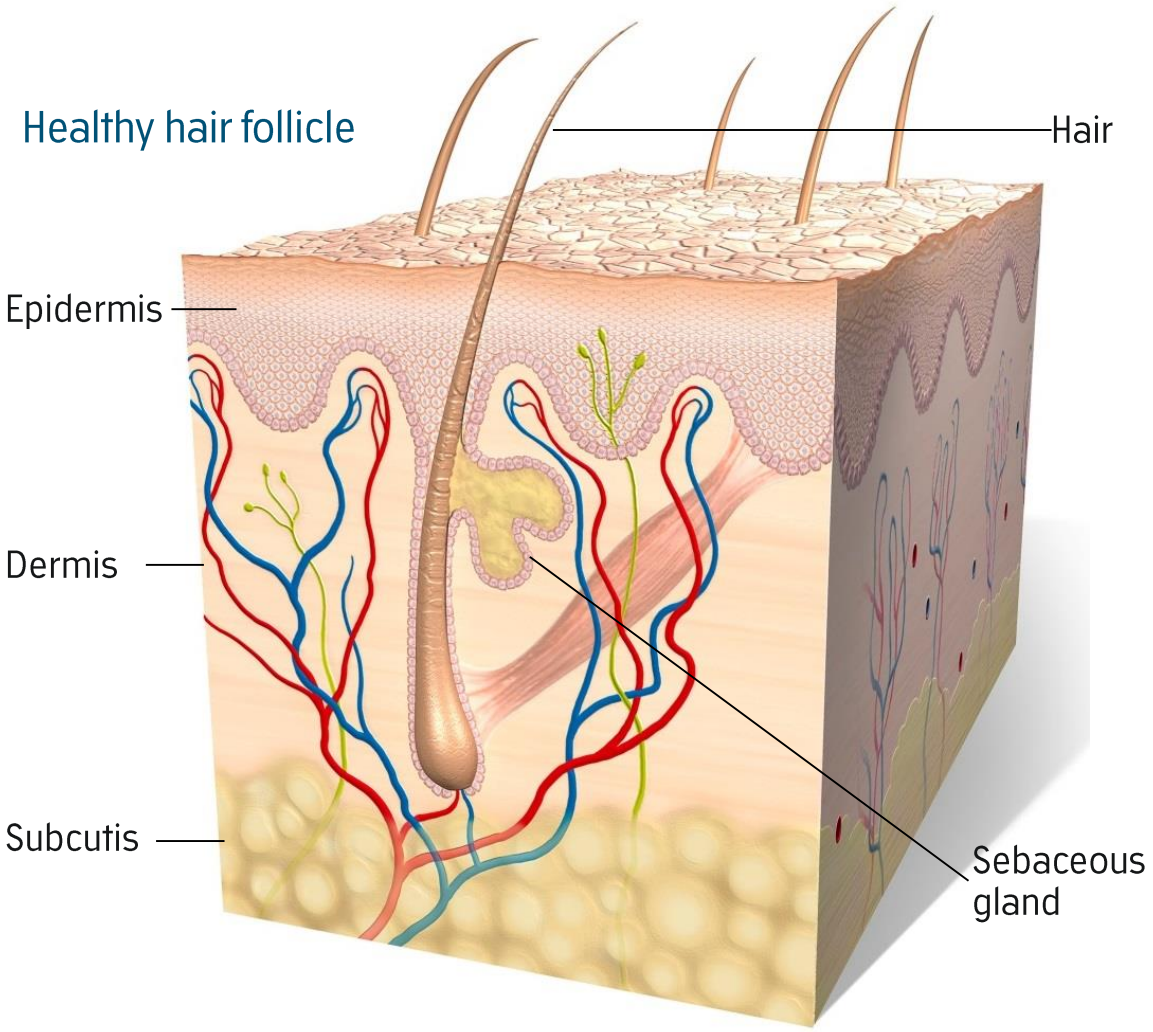
WHAT IS ACNE



WHAT IS ACNE



- Chronic inflammatory disease of hair follicles and sebaceous glands[3]
- Characterised by non-inflammatory and inflammatory lesions[3,4]
- Caused by different factors:[1,5]
  - Increased sebum secretion
  - Hyperkeratosis
  - Increase in *P. acnes*
  - Inflammation
- May leave permanent scarring[1,3,7]

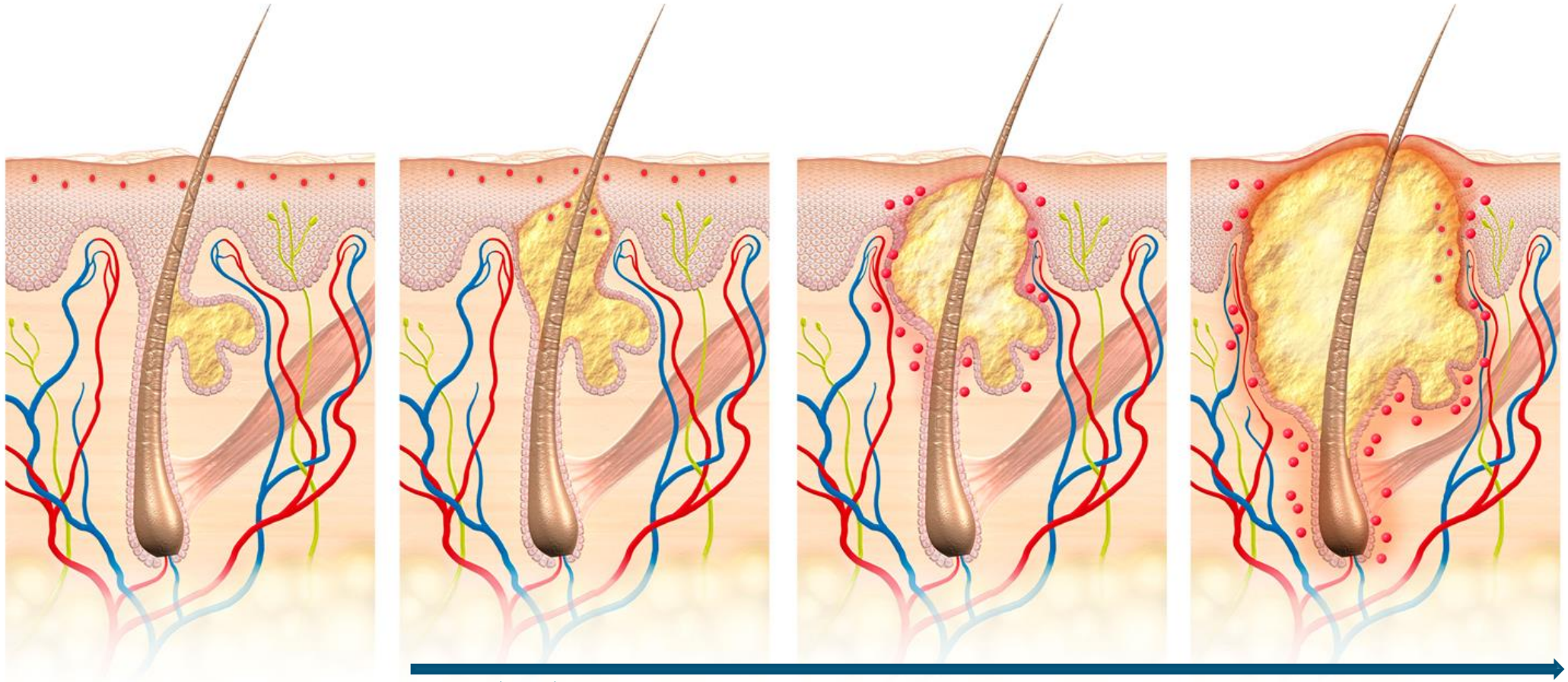


WHAT HAPPENS IN THE SKIN

Normal skin contains numerous hair follicles with sebaceous glands continuously producing sebum (fatty acids)

Kleresca®

Normal skin might be disrupted by different factors, resulting in an inflammatory build-up[1,5]



Healthy hair follicle

Acne development over time

Increased sebum production

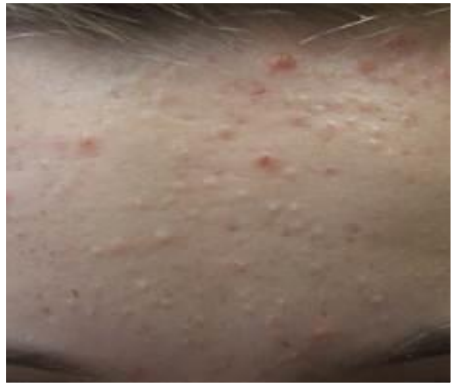
Overgrowth and plugging of the hair follicle

Presence of bacteria *P. acnes* and inflammation

ACNE CLASSIFICATION[12]

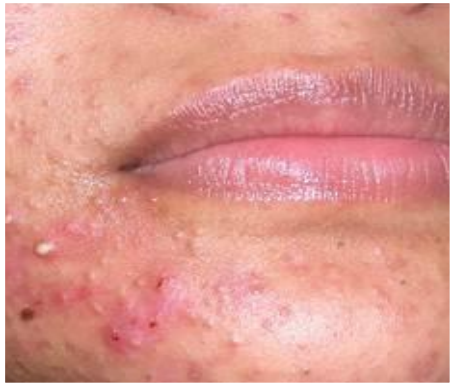
15-20% of young people may develop moderate to severe acne[3]

Mild



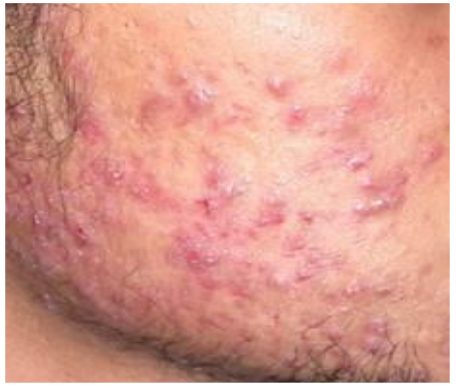
- Main lesions are open and closed comedones (black- and whiteheads)
- Mostly non-inflammatory lesions
- Papules and pustules may be present, but are small and few in number (generally < 10)
- The disease is limited to the face

Moderate



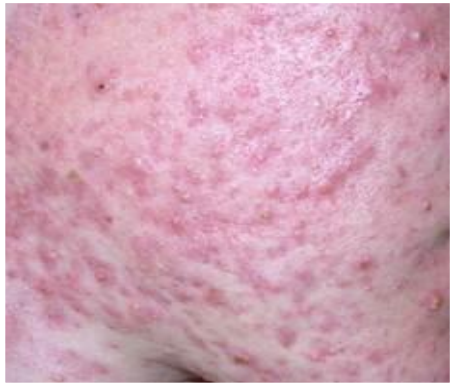
- Moderate numbers of papules and pustules (10-40)
- Open and closed comedones (10-40)
- The disease is limited to the face, but mild disease of the trunk may be present

Moderate/Severe



- Numerous papules and pustules (40 – 100)
- Usually with many comedones (40 – 100)
- Occasional larger, deeper nodular inflamed lesions (up to 5)
- Widespread affected areas usually involving the face, chest and back

Severe



- Nodulocystic acne with many large, painful nodular or pustular lesions
- Many smaller papules, pustules and comedones
- Widespread affected areas usually involving the face, chest and back

12. James, W.D. Clinical practice. Acne. N. Engl. J. Med., 2005; 352, 1463–72

There are other scales. There might be local differences

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OTHER ACNE SEVERITY SCALES

Leeds Revised Grading System[22]

A 12-grade system based on photographic representations of acne severity, with separate grading scales for facial, back and chest acne.

Burton Scale[22]

A 6-grade system based on types of lesions, locations on body, and separating comedones and inflammatory lesions.

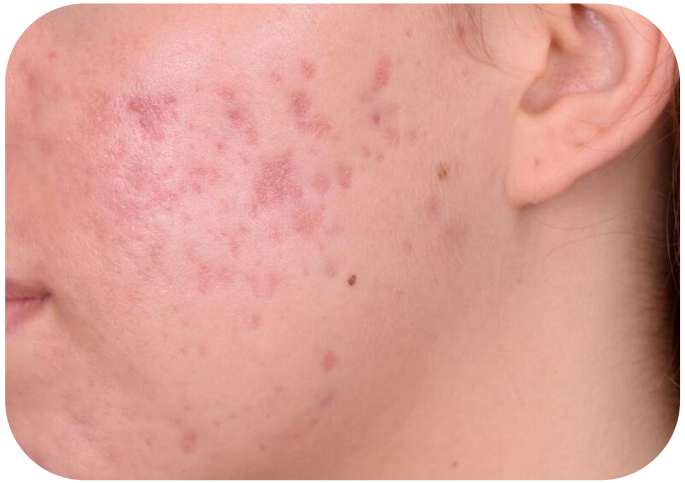
Cook's Scale[22]

An 8-grade scale based on photographic comparisons

Pillsbury Scale[22]

A 4-grade scale based on the severity and location of lesions

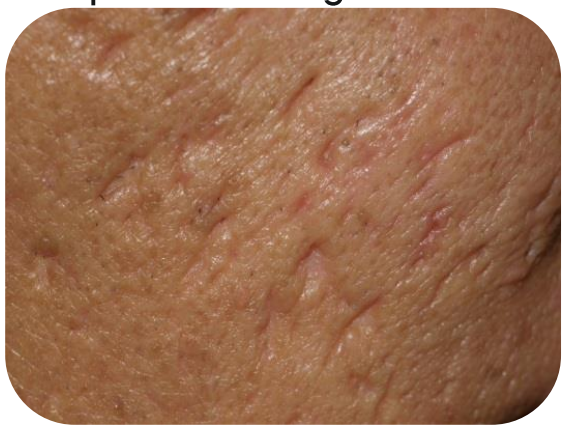
ACNE SCARS



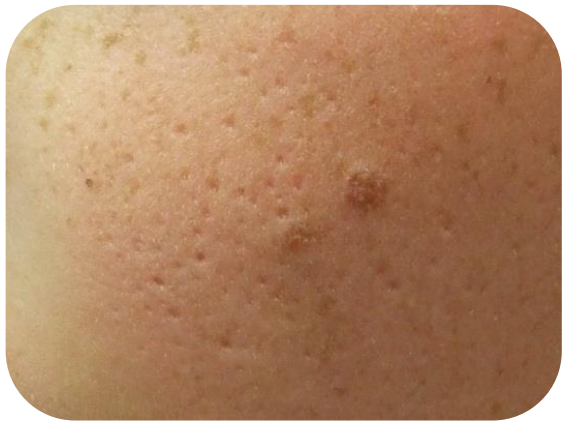
- Acne lesions can result in different types of scars[15]
- It can affect many acne patients[16] and be detrimental to their quality of life[16,17]
- Current acne scar treatments can cause significant discomfort and down-time whilst not addressing the underlying cellular dysregulation[15,28-30]

TYPES OF ACNE SCARS

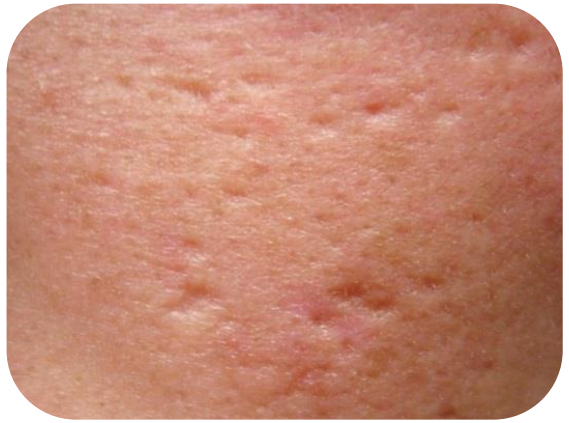
Atrophic scarring



Rolling (m-shaped)

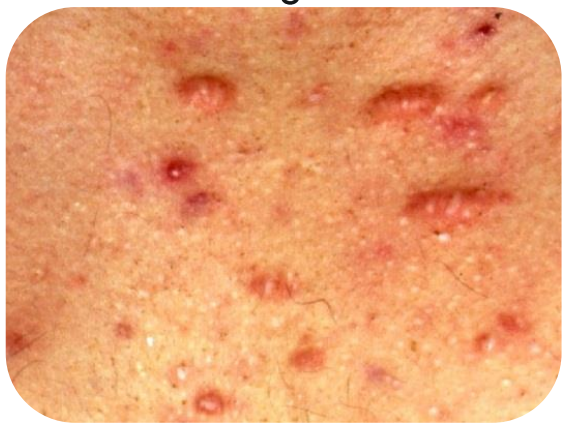


Icepick (v-shaped)

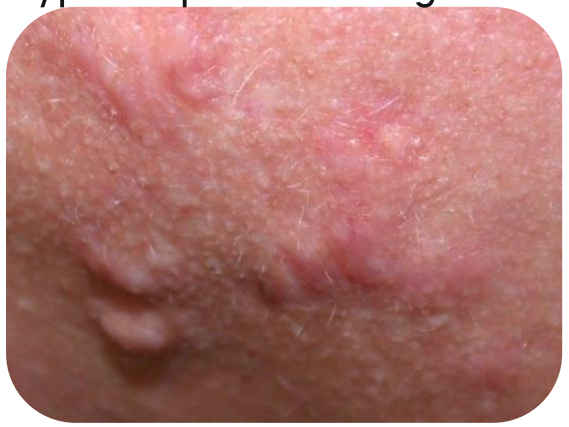


Boxcar(u-shaped)

Keloid scarring



Hypertrophic scarring



Note: Acne scars are sometimes mixed and are not always amenable to simple classification[5]

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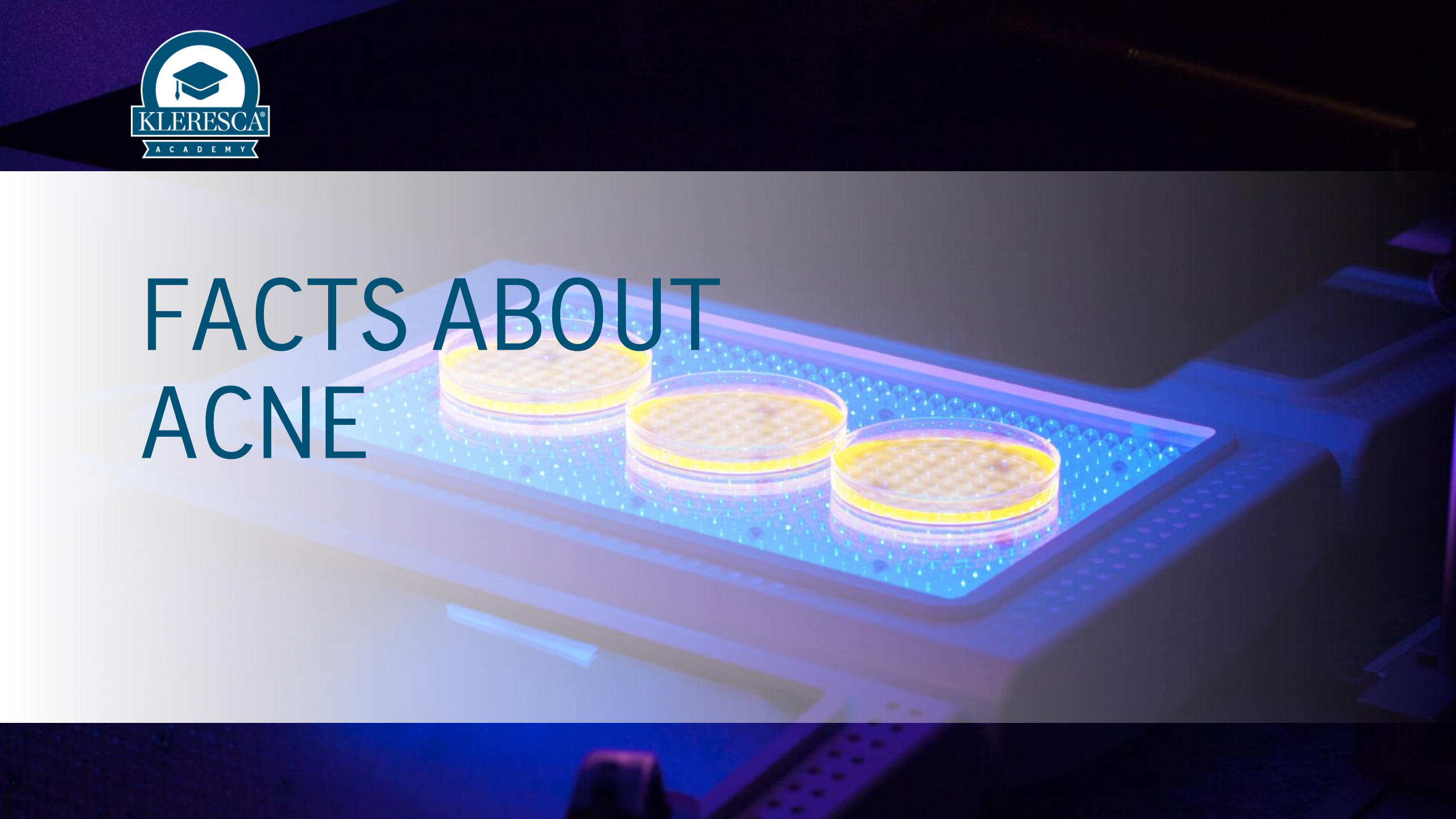
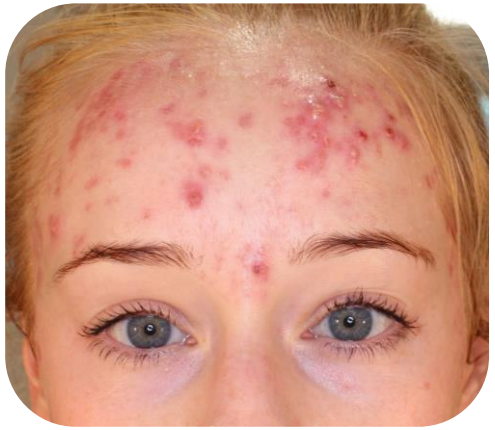
FACTS ABOUT ACNE



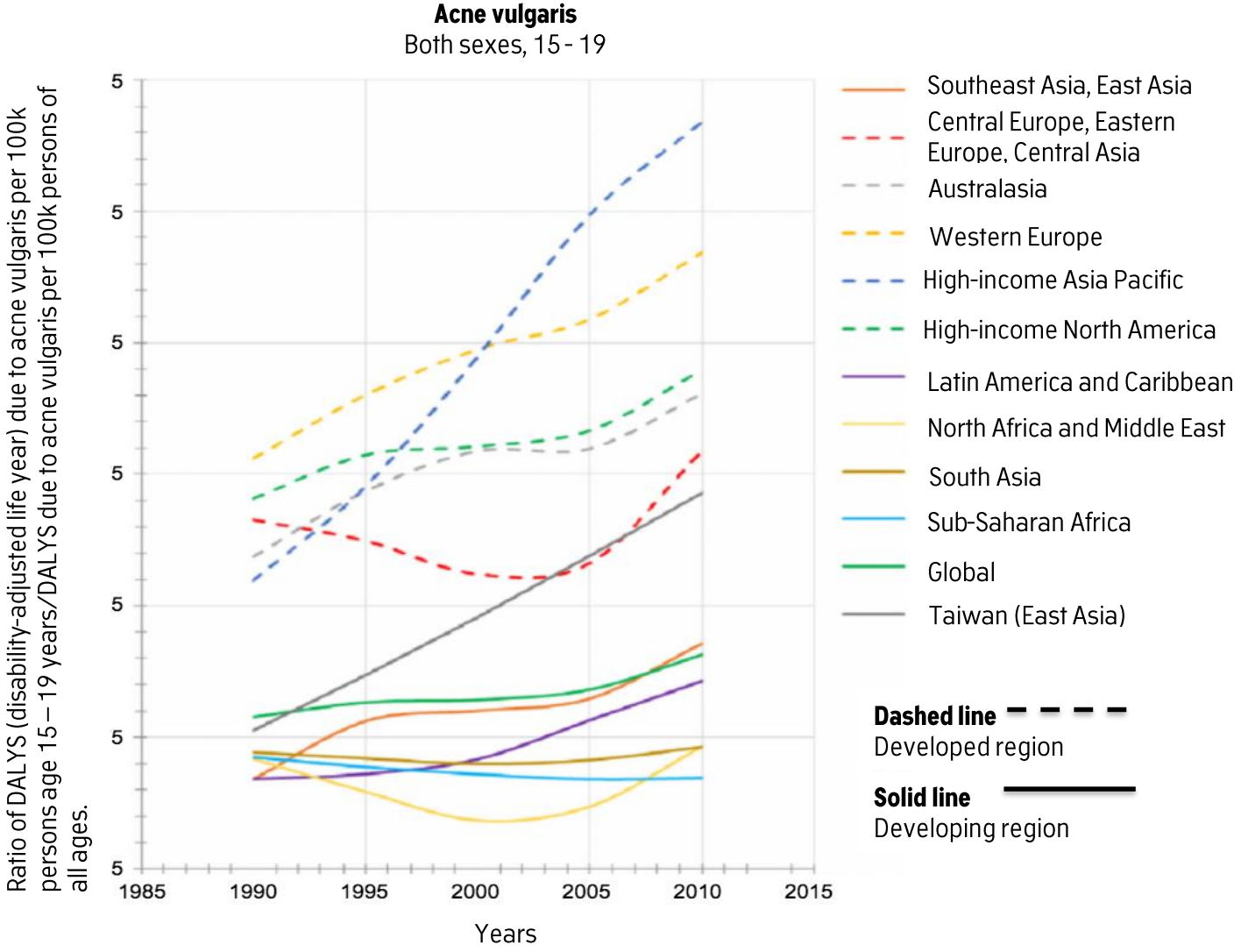
FACTS ABOUT ACNE



- Acne is one of the most common skin conditions[1-2]
- Eight out of 10 people experience it at some point in their life[1-3]
- Often peaks in the teen years, but it can persist into adulthood[1-3]
- People of all genders and skin types can get acne[20]
- Three out of four with acne have a parent that have had acne as well[21]

EPIDEMIOLOGY OF ACNE IN THE WORLD

Studies show that there is a continuous growth in the epidemiology of acne in late adolescence[31]



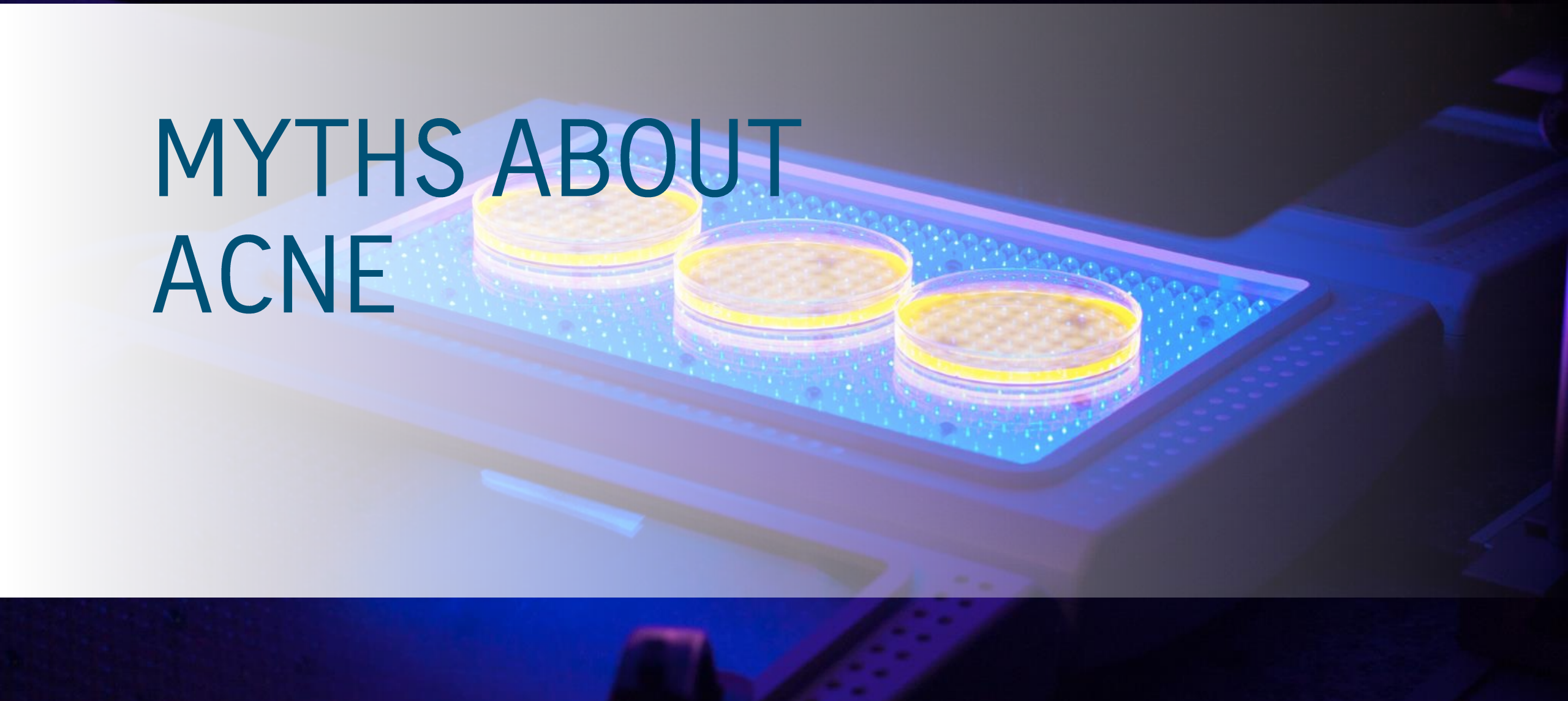
LIVING WITH ACNE

- Acne can be associated with a heavy emotional burden with a negative impact on quality of life[3,5,7,14]
- Associated with[3,7,14]
  - Self-consciousness
  - Anxiety in social interactions
  - Dissatisfaction with appearance
  - Increased risk of depression and suicidal ideation
- Females may be more affected[3,7,14]
- Does not always correlate with acne severity[3,6]

TREATING ACNE

- Treatments for acne pose a range of challenges from low or variable efficacy[8-11] to poor tolerability and side effects[9,11-15]

MYTHS ABOUT ACNE



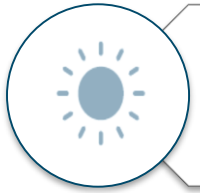
MYTHS ABOUT ACNE[24-27]

- There is a lot said about acne and what you should and shouldn't do
- Many of these claims are actually just myths with no scientific base

FACTS & MYTHS ABOUT ACNE[24-27]

NO GREASY FOODS

Scientific studies in this area do not provide clear evidence. Even when latest studies seem to suggest a correlation between certain dairy products and glycemic food. However, it is best to eat a healthy diet.



SUN HELPS

Sun can be dangerous if there is an over exposure. It can create skin damage and dry and irritate the skin, leading to more lesions. Protect your skin with sunscreen that doesn't clog the pores.

IT IS JUST A TEENAGE PHASE

It is true that acne often peaks in the teen years, but it can also persist into adulthood.

DON'T WEAR MAKE-UP

You can wear makeup that doesn't clog the pores, labelled noncomedogeneic or nonacnegenic. Its best to discuss with your Doctor or treating Clinician for the best cosmetics to use.

CLEAN YOUR FACE

Washing your face helps to remove dirt and excess oil, but washing and scrubbing too much leads to dryness and irritation, causing more acne. Pores don't get clogged due to facial 'dirt'. The process starts with the overgrowing and plugging of the hair follicle, deep within the skin.

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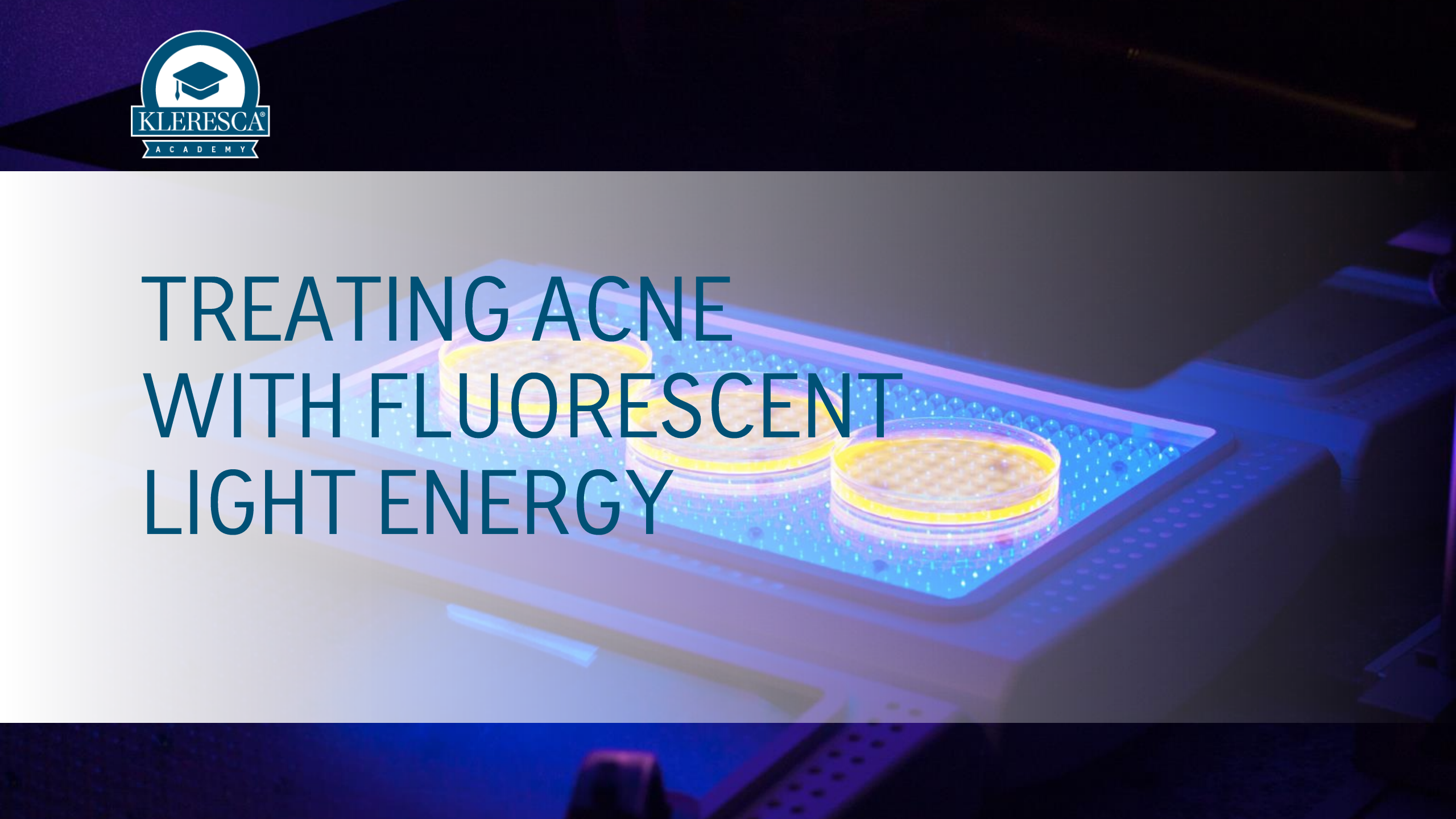
TREATING ACNE WITH FLUORESCENT LIGHT ENERGY



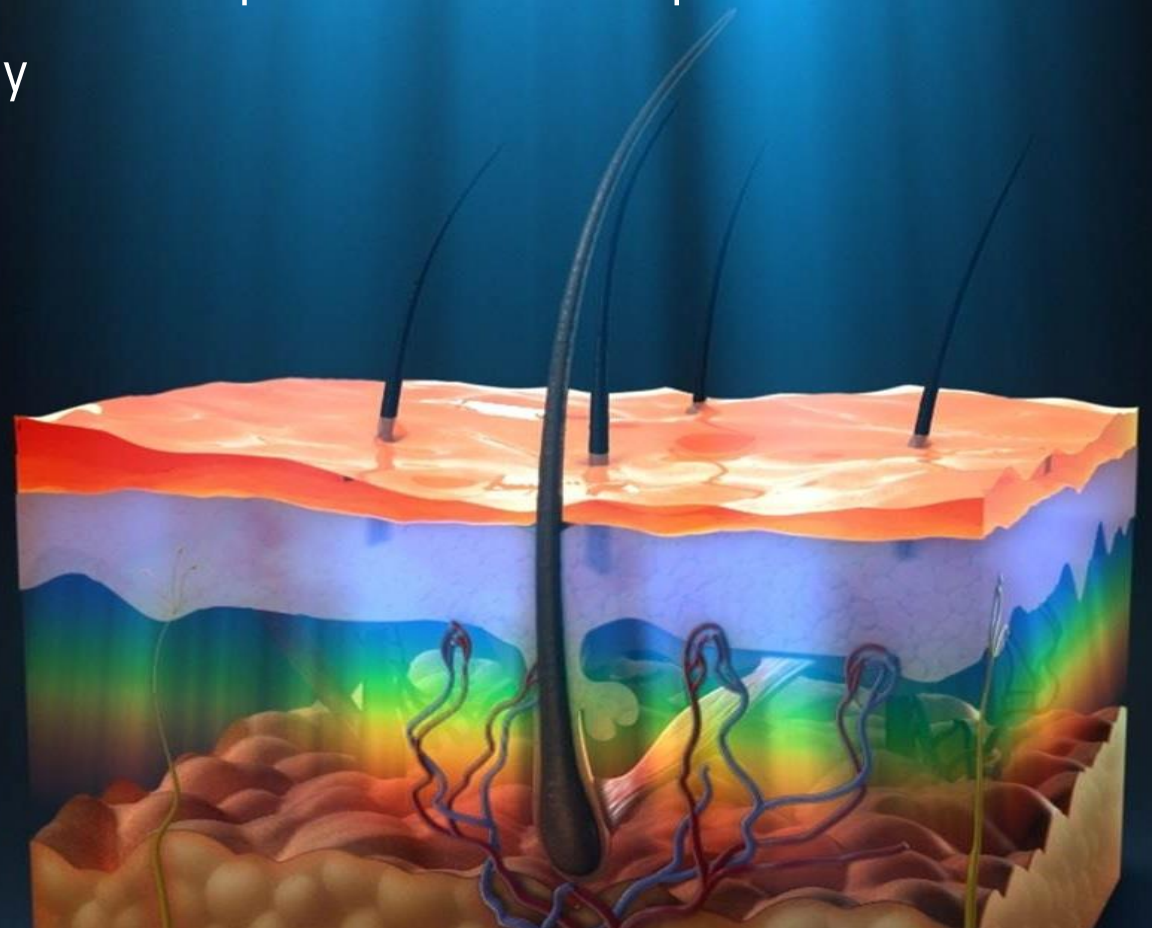
FLUORESCENT LIGHT ENERGY

- Non-invasive biophotonic treatment
- Use of fluorescent light energy to stimulate skin's own repair mechanisms – photobiomodulation
- New mode of action in the field of dermatology

INSPIRED BY **PHOTOSYNTHESIS**

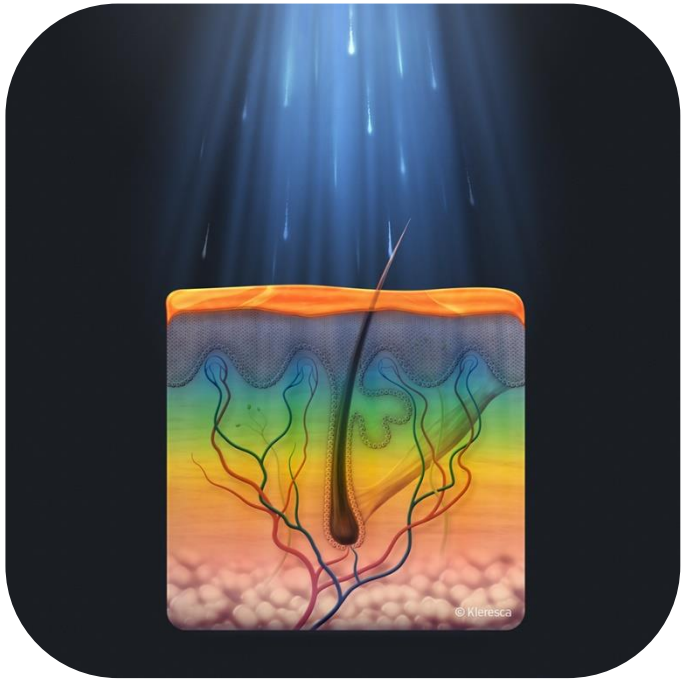
WORKS AT **CELLULAR LEVEL**

MULTI-ACTION TREATMENT



MULTI – ACTION TREATMENT[18,19]

- Kills the bacteria responsible of acne (*P. acnes)*
- Reduces inflammation
- Normalises cell activity
- Increases the build-up of collagen
- Reduces the signs of scarring
- Long lasting effect



EASY TO USE AND PLEASANT[32-42]

The skin is cleaned and Kleresca® gel is applied

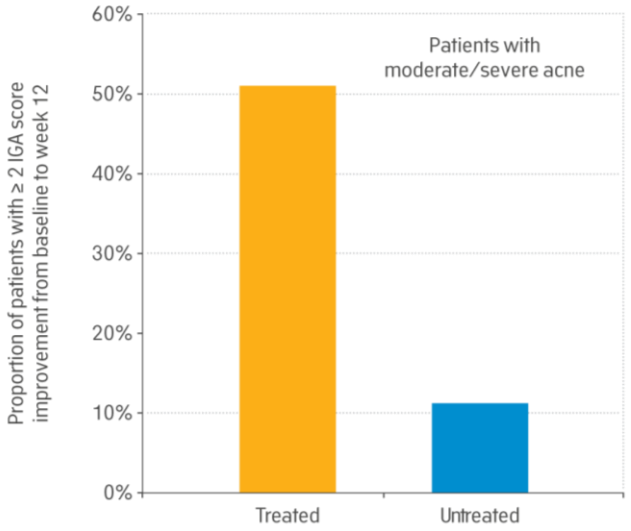
The gel is illuminated for nine minutes using the multi-LED Kleresca® lamp, together creating fluorescent light energy that stimulates the skin

The gel is removed and the skin is cleaned and moisturised. With little to no-downtime, even make up can be applied

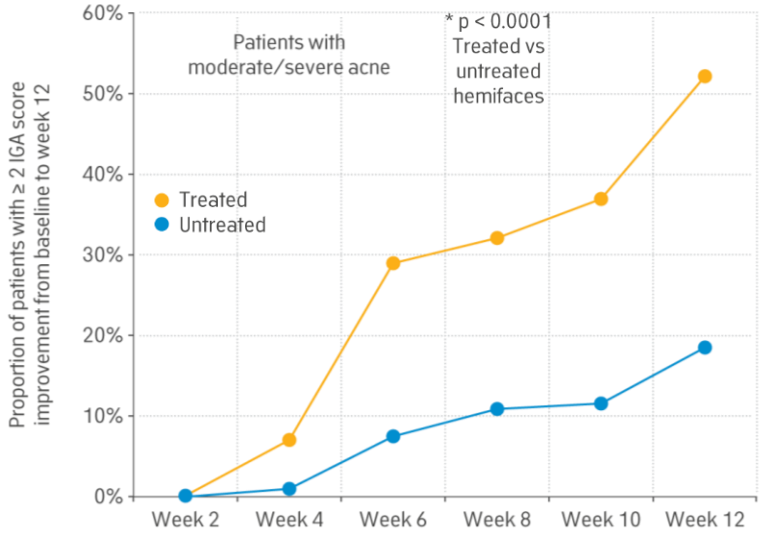
PROVEN RESULTS[18,19]

- A comfortable experience
- Little to no downtime
- Non-abrasive, non-invasive treatment
- High safety and efficacy
- Only few and transient side-effects
- Solid clinical trials with positive outcomes for patients

CLINICAL TRIAL RESULTS[19]



52% of patients with ≥2 IGA grades improvement



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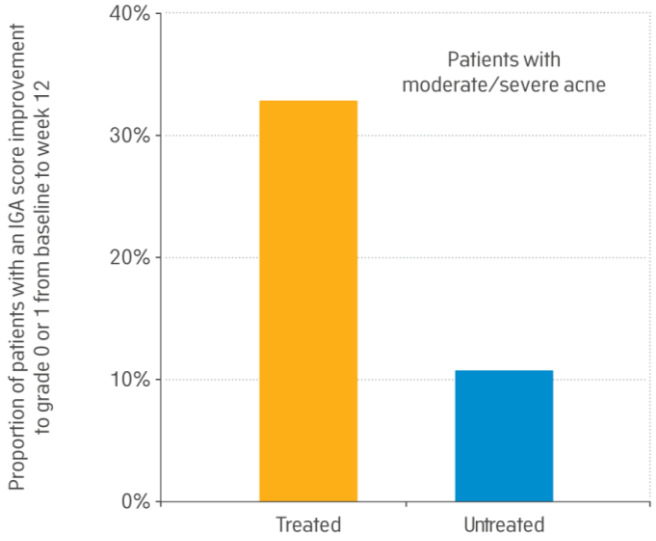


33% of patients reached clear or almost clear skin

89% response rate (patients ≥ 1 IGA* grade improvement)

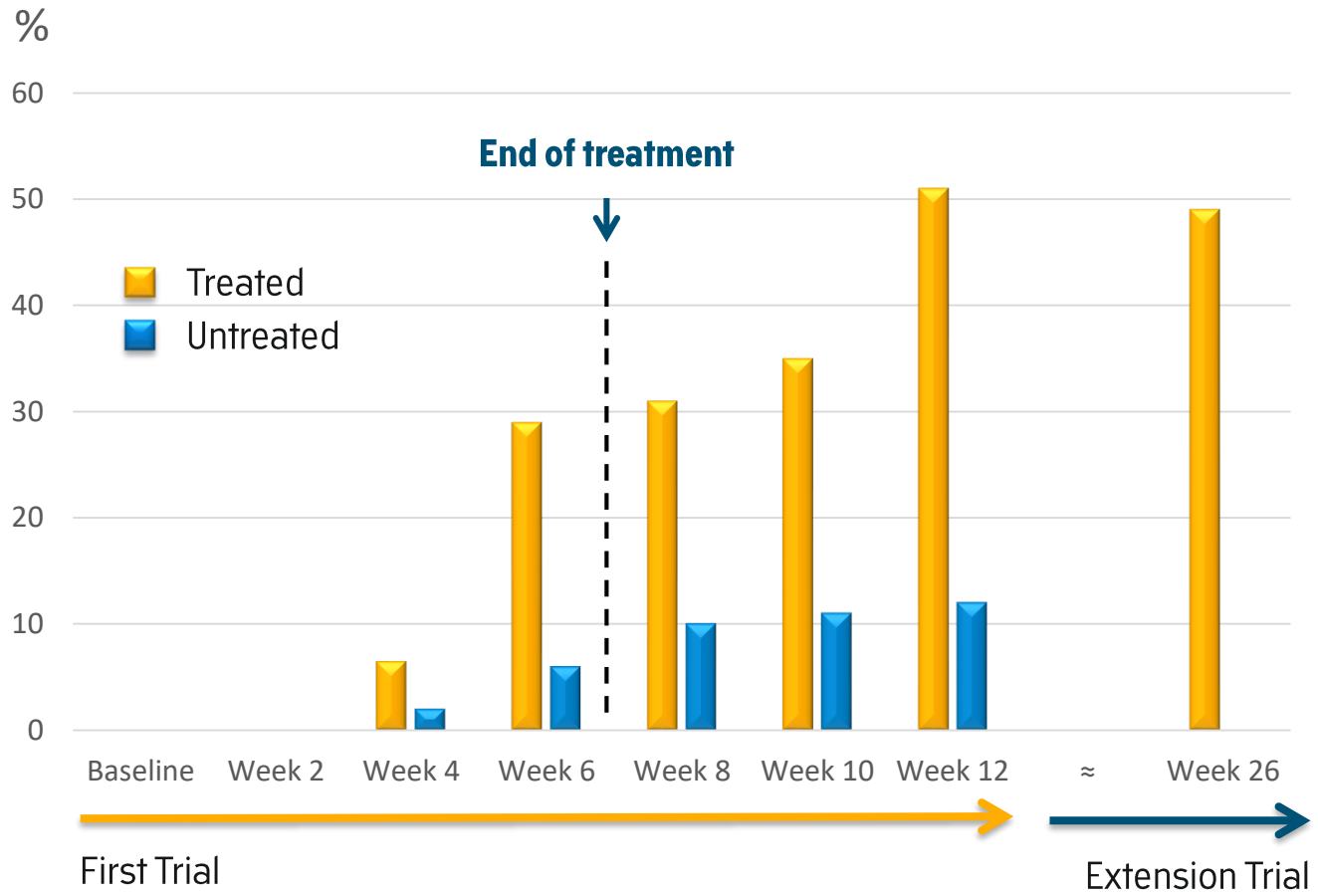
INVESTIGATOR GLOBAL ASSESSMENT[19]

Other scales are used to assess acne severity, but IGA was the one chosen by the researcher that did the clinical trial.

Grade	Severity	Description
0	Clear	Clear skin with no inflammatory lesions
1	Almost clear	No more than one, small inflammatory lesion
2	Mild	Greater than Grade 1, with more than a few inflammatory lesions (papules/pustules only, no nodular lesions)
3	Moderate	Greater than Grade 2; may have some inflammatory lesions, but no more than one small nodular lesion
4	Severe	Greater than Grade 3, may have inflammatory lesions, but no more than a few nodular lesions

IMPROVING WEEKLY[18,19]

Proportion of patients with ≥ 2 IGA grades improvement from baseline to week 12

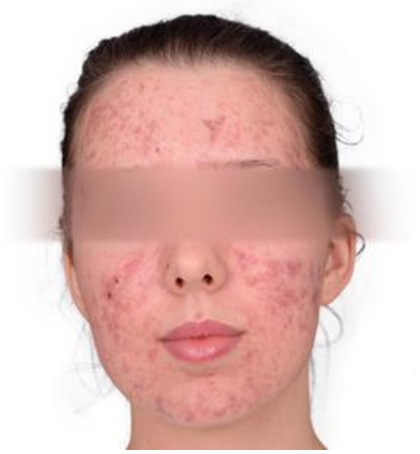


Patients with moderate to severe acne

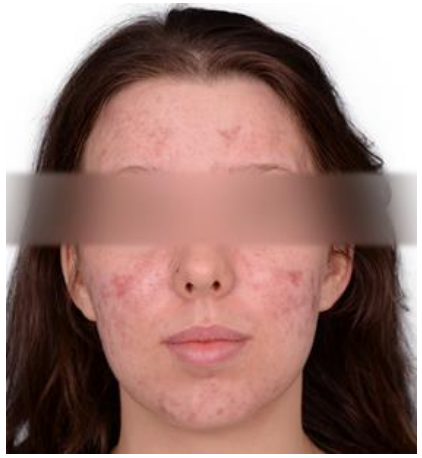
PLEASANT TREATMENT

- Few side effects reported, and none of them considered as serious[18,19]
- Side effects seen include redness, hyperpigmentation (bronzing of an area of the skin) and slight discolouration of hair[19]
- All side effects were temporary[18,19]
- The treatment was considered to be a pleasant and comfortable experience[19]

FEMALE PATIENT WITH SEVERE ACNE

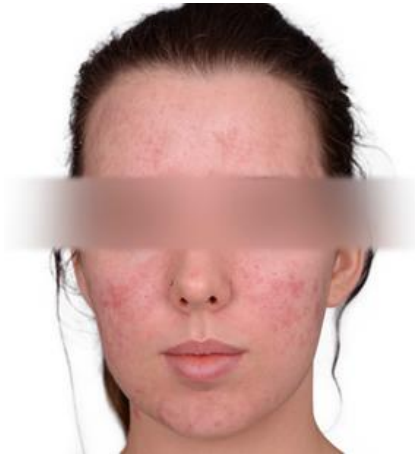


Baseline (Before treatment)



Week 6 (End of treatment)

Kleresca® Acne Treatment



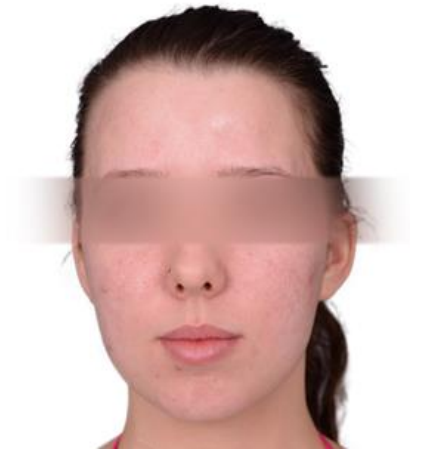
Week 12

Week 18

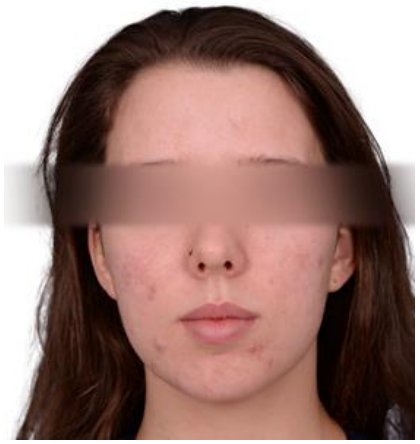
Individual results may vary

*The treating physician decided to give a single booster treatment after 33 weeks

Week 33*

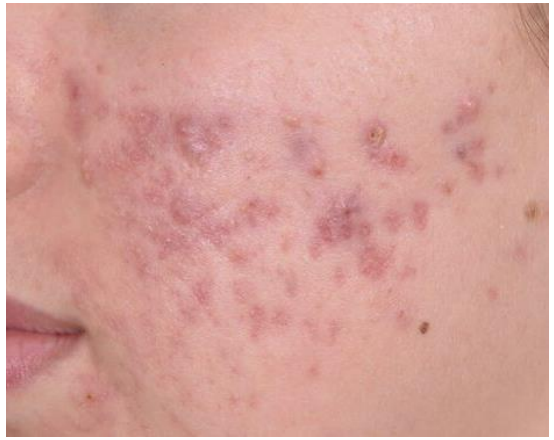


Week 45

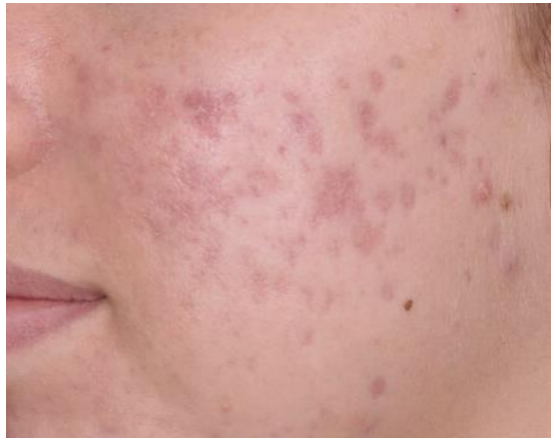


Week 57

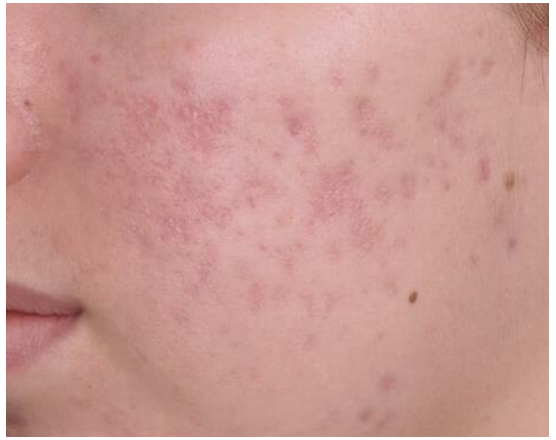
CLOSE UP IMAGES OF LEFT CHEEK



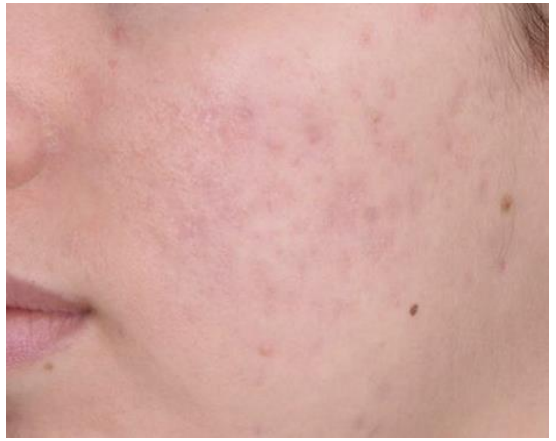
Baseline (Before treatment)



Week 6 (End of treatment)



Week 12

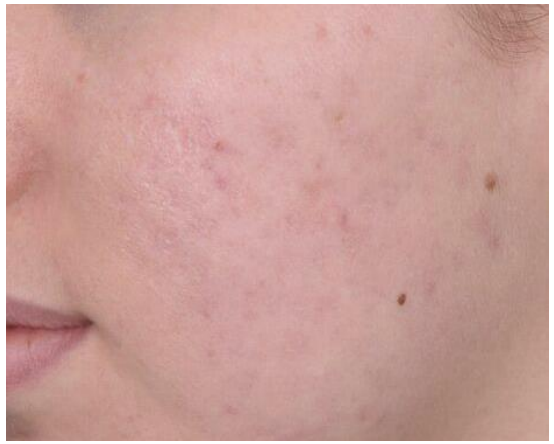


Week 18

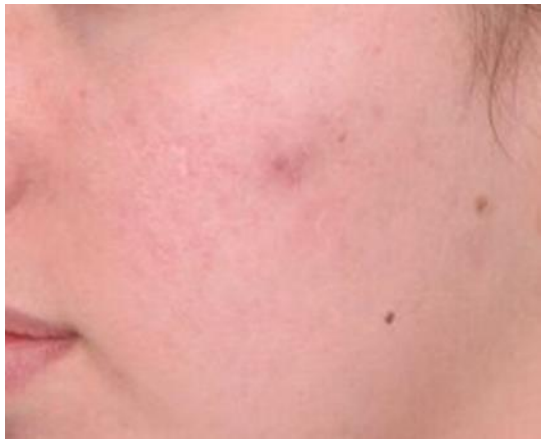
Kleresca® Acne Treatment

Individual results may vary

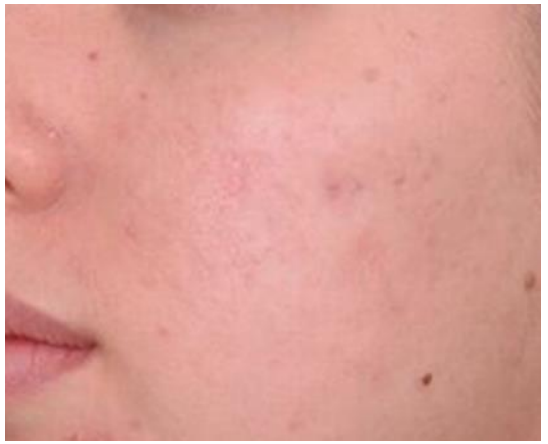
*The treating physician decided to give a single booster treatment after 33 weeks



Week 33

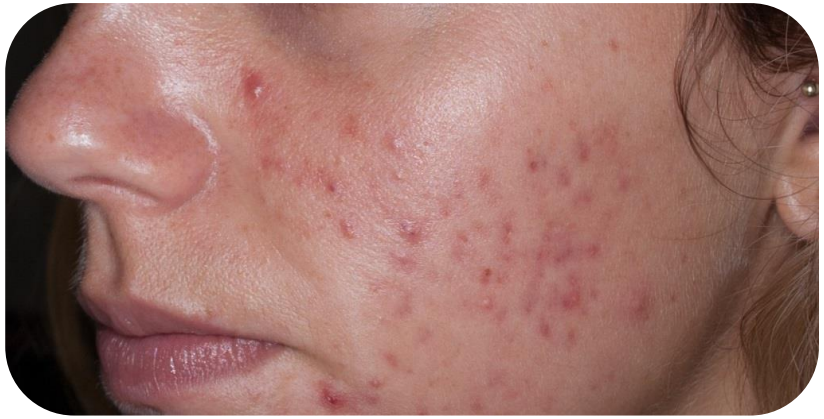


Week 45

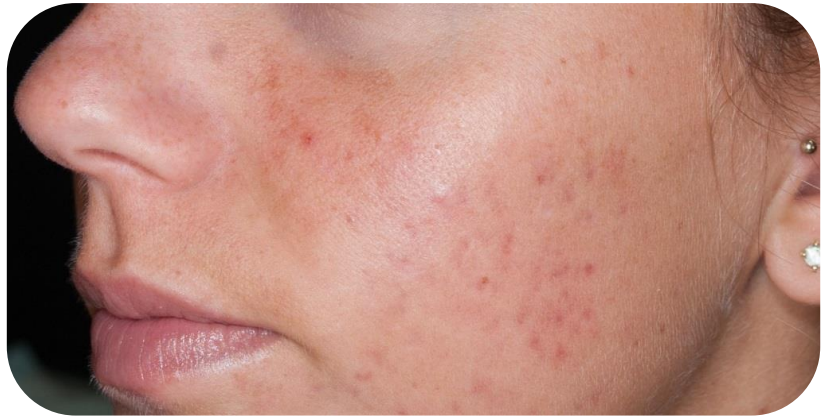


Week 57*

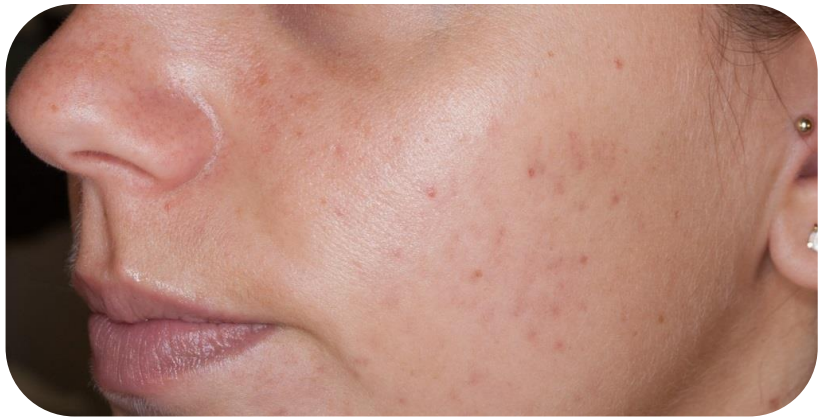
MODERATE PAPULAR ACNE



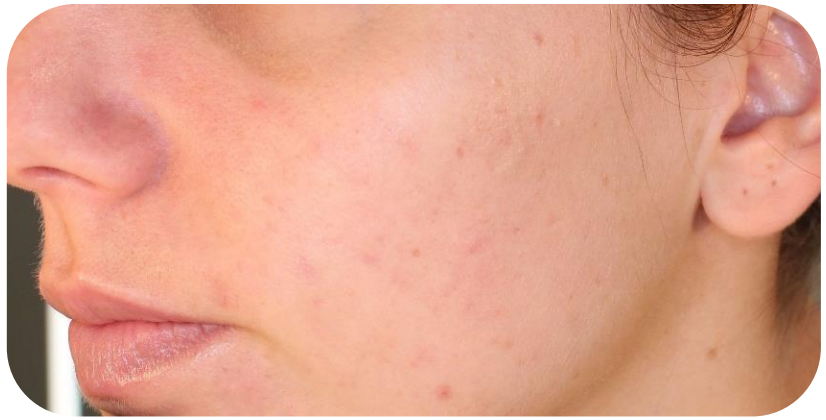
Baseline (Before treatment)



Week 5



Week 12

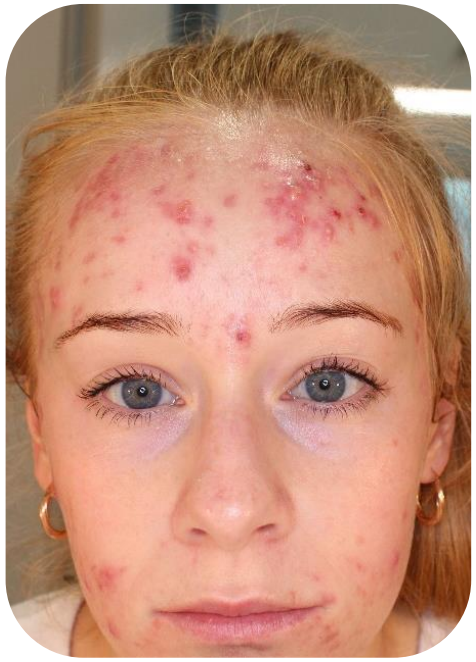


1 year after Kleresca® Acne Treatment

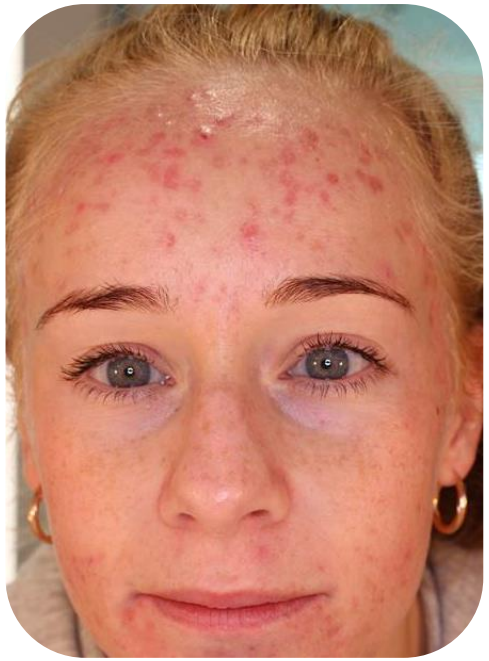
Individual results may vary

KLERESCA® ACADEMY

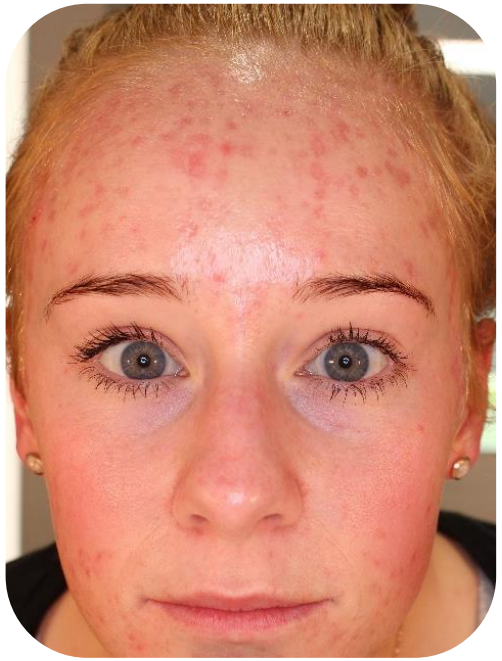
MODERATE TO SEVERE PAPULAR ACNE



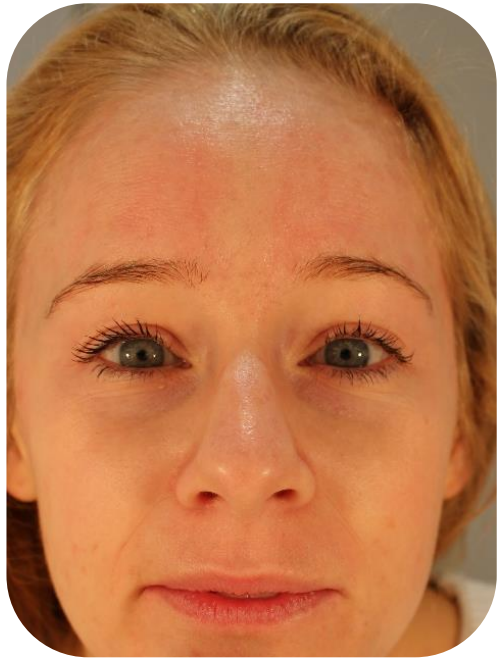
Baseline (Before treatment)



Week 6 (End of treatment)



Week 13



Week 22

Kleresca® Acne Treatment

Individual results may vary

KLERESCA® ACADEMY

TAKE HOME MESSAGES

TAKE HOME MESSAGES ABOUT ACNE

- Acne is a chronic inflammatory disease of hair follicles and sebaceous glands, characterized by non-inflammatory and inflammatory lesions
- It is caused by different factors: increased sebum secretion, hyperkeratosis, increase in *P. acnes* and inflammation
- Acne lesions can result in different types of scars that can affect many acne patients and be detrimental to their quality of life
- Acne is one of the most common skin conditions, affecting 8 out of 10 people at some point in their life
- It can be associated with a heavy emotional burden with a negative impact on quality of life (self-consciousness, anxiety, dissatisfaction with appearance…)
- There are a lot myths about acne, but many of those lack scientific base (e.g. eat greasy food, sun helps, make up, it is just a teenage phase, etc.)

TAKE HOME MESSAGES ABOUT ACNE

- Kleresca® Acne Treatment uses fluorescent light energy and is a non-invasive treatment with a multi-action affect to treat acne with high safety:
  - Targets bacteria responsible of acne (*P. acnes*)
  - Reduces inflammation
  - Normalises cell activity
  - Reduces the signs of scarring by increasing the collagen build-up
- Clinical data has shown that 33% of patients reached clear or almost clear skin, 52% had ≥ 2 IGA grades improvement and 89% had a response rate (patients ≥ 1 IGA* grade improvement)
- Only few side effects were reported and none of them were considered serious
- All side effects were transient and did not require any intervention by the clinic.

KLERESCA® ACADEMY

Do you have further questions?
Send us a mail at academy@klerescа.com

Do you want to check your knowledge about acne? Do the test to see how much you have learned and get your certificate of completion!

TAKE THE TEST

Sharing the knowledge

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