

SIMULTANEOUS USE OF ACUPUNCTURE AND BLUE LIGHT  
VERSUS BLUE LIGHT/ACUPUNCTURE ALONE  
IN THE TREATMENT OF ACNE

REFERENCE ONLY  
DOES NOT CIRCULATE

A Capstone Project

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by

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## ABSTRACT

Background: Two emerging acne treatment options, acupuncture and blue light therapy are studied. It has recently been observed that both of these treatments show promise in treating acne. This pilot study was performed to determine if using these two treatments simultaneously would yield better results than both treatments done individually.

Methods: A repeated measures counterbalanced study design was used. Nine patients ages 25-50 with an initial acne severity of 5 out of 10, according to the *Leeds acne grading technique*, were recruited for this study. Each patient was given, acupuncture, blue light, and simultaneous treatment with both therapies. These therapies were split into 2-week sections. Patients were treated with one of the three treatments twice per week. Acne condition was recorded after each 2-week section.

Results: Statistical analysis of this study demonstrated that the simultaneous use of both treatments is more effective in treating acne than either treatment done alone.