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Regenerative medicine using platelet rich plasma and stem cells in atrophic acne scars: A case report

For physicians and patients, acne scars is a distressing condition and always disturbs the patient mentally because of its appearance socially. There are many available modalities for its treatment. Some of the modalities are effective but they have long downtime and may have side effects in darker skin types too. Also these modalities may not always be effective in all skin types. Platelet rich plasma and autologous mesenchymal stem cell therapy have been found to be safe and effective treatment modality for treatment of a wide variety of conditions in cosmetic dermatology. Mesenchymal stem cells have anti-fibrotic, anti-inflammatory, anti-apoptotic as well as angiogenic properties which have significant effects in treatment of atrophic acne scars. Platelet-rich plasma (PRP) is defined as an autologous preparation of platelets in concentrated plasma that benefits by promoting collagen deposition by providing growth factors. We report a case of an Indian 25 year's old patient who came to us for treatment of her Grade 3 acne scarring along with moderate pigmentation using regenerative medicine approach. The acne scarring resulted due to her not taking any treatment for her papulopustular acne 4 years back. She was a suitable candidate for stem cell therapy. She was administered three sessions of intradermal injections of mesenchymal stem cell concentrate obtained from her bone marrow along with intradermal injections of platelet rich plasma. She was administered injections of Vitamin C along with Glutathione intravenously as a supportive therapy. She was also given local application of *Aloe vera* and copper peptide as an adjunct with local daily massage of the treated area. We found a remarkable recovery of her pigmentation as well as her acne scars. Therefore we wish to highlight this regenerative medicine approach as another treatment option for those who do not wish to go for conventional therapy or are not advised these treatments.

Biography

Juzer Mustansir Abbasi has completed his MBBS from Rural Medical College, Pravara Institute of Medical Sciences, India. He has achieved distinction in his Master's course in UCSI University in Kuala Lumpur, Malaysia as well as High Distinction in Anti-Aging Medicine and Distinction in Aesthetic Medicine and Regenerative Medicine. He is currently working as a Project In-charge of Anti-Aging Centre at Seven Hills Hospital in Mumbai, India. He is also working in coordination with Dr. Pradeep V Mahajan at StemRx Bioscience Solutions Private Limited in providing the best therapies in Regenerative Medicine for various ailments as well as in many research activities in the field of stem cells and regenerative medicine.

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