

Acne, Boils & Skin Discoloration

Judith had severe cystic acne, skin breakouts, and discoloration of her skin, especially on her face. All this coincided with the progesterone-dominant phase of her menstrual cycle. She had tried all kinds of medications and approaches for this “dermatological” problem, without success. No one had ever checked her hormones!

Medical condition:

Acne, boils, skin discoloration

Judith had severe cystic acne, skin breakouts, and discoloration of her skin, especially on her face. All this coincided with the luteal (progesterone-dominant) phase of her menstrual cycle. She had tried all kinds of medications and approaches for this “dermatological” problem, without success. No one had ever checked her hormones!

When I analyzed the tests, it was clear that Judith’s estradiol was too low, her progesterone was high in the second half of her cycle, and she was producing excessive levels of androgens (DHEA—a chemical cousin of testosterone and estrogen—and testosterone).

She already feels much better and is enthusiastic about all the positive changes she has experienced since beginning a prescription of Yasmin, a new birth control pill that helps block excess androgen effects and also has some mild diuretic actions.

Judith’s Comment

“The Yasmin has changed my life. I am so much better. The discoloration in my face is gone now, I don’t get those blister-like things or the boils and pimples I did before. My skin isn’t dry like it was before. My parents said I am like new person: my mood is so much more stable, I wake up and am a happy person, I am a lot more balanced, and I feel like emotionally a lot has changed in really good ways. I don’t have any problems I need to discuss today — everything is going really well now and I would like to continue what I am doing. I like your advice and have enjoyed working with you, so I would like to follow up with you every six months and stay on track with this.”

- JUDITH, 31 Years Old

Physician’s Comment

Judith is finally getting good ovarian suppression with the Yasmin. Her DHEA is down to the normal range, and she no longer has the excess androgens that were wreaking havoc with her skin and moods.