

- Miscellaneous. You can freely use vinegar, spices, herbs, nonfat bouillon, mustard, Worcestershire sauce, soy sauce and flavoring essence.

Foods to avoid:

- Fatty meats and fish. Pork, bacon, sausage; fatty fowl such as duck and goose; chicken or turkey skin or fat; processed meats; luncheon meats such as salami and bologna; hot dogs and fast food hamburgers; organ meats such as kidneys and liver; canned fish packed in oil; shellfish; lobster; shrimp; crab; oysters.
- Egg yolks. Limit use to three per week.
- Coconuts.
- Specific vegetables. Stay away from avocados and olives. If you eat starchy vegetables such as corn, potatoes, lima beans or dried peas or beans, substitute them for a serving of bread or cereal.
- Nuts. Use pecans, walnuts or peanuts sparingly. Have no more than one tablespoonful per day.
- Baked foods made with shortening or sugar. This includes commercial cake mixes that use dried eggs and whole milk, as well as sweet rolls, doughnuts and other breakfast pastries.
- Whole milk and products made with whole milk, such as cream, ice cream, and certain puddings, cheeses and yogurts.
- Butter and saturated fats. Do not use olive, peanut or coconut oil, lard, solid margarine (choose a soft margarine instead), commercial salad dressings, gravies, bacon drippings or cream sauces.
- Snack foods. This includes fried foods such as potato chips, chocolate and other candies, jams, jellies, syrups and hydrogenated peanut butter.
- Sugared fruit juices and soft drinks.
- Alcohol. Limit your intake to two drinks per day (one drink is 1 oz. liquor, 5 oz. beer or 2 oz. wine). If you choose to use alcohol, each serving must be substituted for a serving of bread or cereal.

Remember that even preferred foods should be used in moderation.

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Keith R. Harris, M.D., M.P.H.
Wakitha Griffin, M.D.
James A. Rooney, M.D.

629 Beaver Ruin Road
Suite B
Lilburn, Georgia 30047
770-921-4300

2550 Windy Hill Road
Suite 103
Marietta, Georgia 30067
770-952-0050

970 Joe Frank Harris Parkway
Suite 330
Cartersville, Georgia 30120
770-382-2230

302 West 6th Street
Rome, Georgia 30165
706-291-0505

1150 Hammond Drive
Suite A-1120
Atlanta, Georgia 30328
770-392-1117

1010 Prince Avenue
Suite 186
Athens, Georgia 30606
706-549-7108

Fax 770-381-6451
www.myfamilyderm.com

- Dry mouth.
- Dry nostrils and/or nose bleeds. May be prevented with the application of Vaseline in the nostril or by using a saline nasal spray.
- Cough.
- Headache.
- Abdominal pain.
- Ringing in ears.
- Decreased tolerance to sun exposure.
- Thinning of scalp hair. This is reversible beginning two months after treatment is discontinued or the dosage is significantly reduced.

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While patients should be aware of all of these risks and possible side effects, Accutane is generally well-tolerated and safe for most patients.

How to get started:

Before you will be given a prescription for Accutane, Family Dermatology will require you to have a blood test. If your tests are normal, we will provide you a prescription.

Females will start the medication on the third day of their menstrual cycle. **PREGNANT WOMEN CANNOT TAKE THIS MEDICATION.** Males can begin taking the medication immediately.

After about one month of treatment, you will need to have a follow-up blood test.

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Recommended diet:

Because Accutane can affect your blood lipids (cholesterol and triglycerides), Family Dermatology encourages you to choose foods that will help control your blood lipid levels.

Preferred foods:

- Lean meats such as chicken, turkey, fish, veal and non-fatty cuts of beef with excess fat trimmed away. Opt for broiling or baking.
- Egg whites. Limit egg yolks to three per week.
- Fruits. Have at least one citrus fruit per day. Aim for three servings per day of fresh fruit or canned fruit without added sugar or syrup.
- Vegetables. Eat them boiled, steamed, strained or braised with polyunsaturated vegetable oil. Try to eat one dark green or deep yellow vegetable per day.
- Breads and grains. Good choices include whole-grain or enriched bread, soda crackers, melba toast, pasta, rice or corn.

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- Dried peas or beans. These may be eaten in the place of bread.
- Cereals. Eat a serving of hot or cold cereal each day.
- Dairy products. Choose skim milk, low-fat yogurt and low-fat cheeses, such as farmer's cheese, cottage cheese or mozzarella.
- Fats and oils. Use soft margarine and polyunsaturated vegetable oils such as safflower, soybean, sunflower, corn or sesame.
- Desserts and snacks. Limit these to two per day. Good options are ice milk, water-based sherbet, gelatin, pudding prepared with skim milk, egg white soufflés or unbuttered popcorn.
- Beverages. Choose fresh fruit juices (no more than 4 oz. per day), black coffee, plain or herbal tea, sugar-free soft drinks, club soda (preferably salt-free), cocoa with skim milk, or clear broth. Limit alcohol to two servings per day.

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Accutane

Accutane (isotretinoin) has been used since 1982 to treat patients with severe acne which has not responded to conventional therapy.

How it works:

Accutane is a derivative of vitamin-A. It causes specific changes to the sebaceous glands of the skin. In acne, the sebaceous glands are extremely active and secrete large amounts of oil called sebum. The duct which normally drains the gland to the surface becomes abnormally thickened and the cells compacted. Accutane reduces this abnormal thickening and decreases sebum production by 70-90 percent. In addition, the sebum's composition is changed, making it less inflammatory.

Important precautions:

The most important adverse effect of Accutane is the risk of birth defects in a female who becomes pregnant while using Accutane. As many as 50 percent of such children are born with severe abnormalities. This presents no danger to male patients nor to females who do not become pregnant while on Accutane therapy. Within two months after cessation of treatment, the drug has cleared the body and presents no future risk.

Because of this risk, female patients of childbearing age must practice adequate contraception if they are sexually active. The Food and Drug Administration (FDA) has ruled that females who are sexually active practice "double contraception," using multiple methods of contraception since no single method is 100 percent effective.

Since Accutane is a derivative of vitamin-A, patients should not take additional vitamin-A while using Accutane. Patients who continue to use tetracycline or minocycline with Accutane sometimes experience severe headaches and visual disturbances.

Nursing mothers should not take Accutane.

Other effects associated with Accutane include:

- Depression. Although this is a very rare occurrence, please report to us if you experience symptoms.
 - Ocular effects. Occasionally, Accutane may cause conjunctivitis or scaling or redness around the eyes or eyelids. Rarely, there is a temporary reduction in night vision. The eyes may become dry, which can make wearing contact lenses uncomfortable. In such cases, the patient may want to use artificial tears. If you have any changes in vision, call Family Dermatology promptly.
 - Bone effects. Patients who use Accutane for a prolonged period may experience calcifications in ligaments or tendons. These changes usually do not cause any noticeable symptoms and the significance is not known. This is typically not a problem for patients who use Accutane for a limited time in a limited dose. However, it is fairly common for patients to complain of muscle stiffness or musculoskeletal pain. A combination of rest and an anti-inflammatory will usually control this discomfort.
 - Lipid effects. The abnormality most frequently detected is abnormal blood lipids: cholesterol and triglycerides. About half of patients using Accutane will experience increases in these blood lipid levels. Controlling lipid levels may require changing the Accutane dosage or using a lipid-reducing diet or medication.
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- Dry lips. About 90 percent of patients experience this within the first week or two of treatment.
 - Scaling of palms and fingertips.
 - Fragility of the skin. The skin can become prone to tearing. For this reason, patients should avoid waxing their skin during Accutane therapy and for six months after treatment is completed.

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