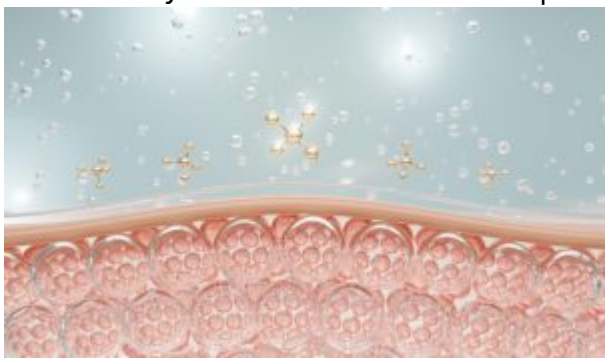
ENCORE: Integrative Dermatology

written by Dr. Ronald Hoffman | January 28, 2025



Integrative dermatology with Dr. Diana Hurwitz, co-author of “Strategies to Treat Psoriasis and Psoriatic Arthritis.” We hear about how her personal journey toward embracing diet and supplements for her patients with skin problems was motivated by the discovery—after many missed diagnoses—that she was suffering from celiac disease. She finds that many skin conditions are ameliorated by elimination of culprit foods, and the overall adoption of an anti-inflammatory diet. Dr. Hurwitz discusses treatment for acne, in light of the fact that while dermatologists are 1% of medical specialists, they dispense 20% of the antibiotics prescribed overall. She updates us on the latest “biologic” medicines for eczema and psoriasis, but claims they work better when complemented with lifestyle changes. Dr. Hurwitz discusses the role of vitamin D, Omega 3s, and probiotics for many skin conditions, as well as niacinamide which reduces recurrence of skin cancer; she also addresses sunscreens and scar treatments.