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Interview with Dr Barry Lycka & Dr Gordon Telford

Dr Barry Lycka cosmetic dermatologist from Edmonton, Alberta is talking today with

Dr Gordon Telford dermatologist & a leading authority on topically applied vitamins, from Victoria, British Columbia.

This is your number one internet radio show on cosmetic surgery. Right now we are the number one internet radio show on cosmetic surgery, and we have the newest and best topics, stuff you can't find anywhere else, PLUS we have some of the best guests in the world, people who really are on the 'inside' of this information and whom can tell you the honest truth and help you.

We are talking today with our popular repeat guest, and old friend, Dr Gordon Telford, to talk about a new product. Well, it's not new, its been around forever, but it's just hit the press in the last few months. We are taking about Vitamin B3 Niacinamide. It is a vitamin that is normally found in the skin and recently it has been found to be preventative and to help people with skin cancer.

Welcome, Dr Telford!

Tell us how long you have been interested in Vitamin B3?

Oh we have been 'playing' with vitamins for about 5 years! But the way this news is presented is the first time to the public.

What has come out Gordon? An article, or something on a prime time TV show?

Well this has actually come out in the New York Times, a newspaper which is well regarded as a source of information. Someone from the paper was sitting at a big international cancer meeting in spring 2015 and picked out a research paper by a well-known researcher from Australia, Dr. Diona Damian, a professor of dermatology at the University of Sydney. And for a bit of background, Australia is THE place for skin cancer, and they have the highest rates in the world. Dr Damian has been interested in using Niacinamide. As you say, Niacinamide is good old Vitamin B3. It is NOT niacin; it is Niacinamide.

That is a very important distinction, Gordon. Niacin is a medication that is used to treat hypercholesterolaemia, and when you give it in large doses to patients with hypercholesterolaemia they feel they are going to die! It is a very tough medication to take. So certainly that is NOT what we are talking about here.

What we want is Niacinamide.

So Dr Damian took 400 patients all of whom had had multiple skin cancers, put them on an oral vitamin Niacinamide, at a dose of a 1000 milligrams a day (we will come back to the dose in a minute) and what she saw over a year was a 25% reduction in the frequency of skin cancer. So how much is 25%? It doesn't sound like a lot, but, if you are doing 4 million surgeries a year in the USA, which is approximately right, then it goes down to 3 million. So 1 million people have been saved from skin cancer surgery. That is a HUGE deal.

So the thing about this Gordon, and we are on the same page about this is that we love pills but a lot of older people are on so many pills that it is hard for them to take yet another one. It is also hard for them to get that medication exactly where they need it which is right in their skin. They only need it in their skin not throughout their whole body. And it has been shown that Niacinamide in large doses such as 1500 milligrams a day can have some toxicity. So many people shy away from that dose and that's why they used 1000 milligrams in this study. But then there is the problem of getting enough into the skin.

Absolutely, so what Dr Telford (at Cloud Vitamin Creams) has done is to put it into a cream. It can be applied and gives the same skin cancer prevention qualities. We get people to apply it after they have had a bath or shower whilst they are still wet, and they take a single pump of cream and apply it to their wet skin, onto face, eyelids, lips, ears, neck and V, back of the hand, and shoulders, (sun exposed areas), and that is as effective for cancer prevention. It is particularly appealing to people that have other skin diseases as well, such as psoriasis, eczema, dry skin, acne rosacea, as they love the B3 for treating those other skin diseases and at the same time preventing skin cancer.

Let's talk about that a bit more, Gordon.

We have seen the paper on the oral dose of it, are there papers showing the creams work too?

Yes, there are, and by the same author. As a general statement they say, 'the creams work as well as the pills. The difference is the pills don't give you the benefit in treating the other skin problems.' So that is a particular advantage, and another advantage is that topical Niacinamide according to Dr Oz, is a great new cosmetic molecule, and they say that because it reverses many of the signs and symptoms of chronic sun damage. So all of those things that make us look old get repaired by using topical Niacinamide. So people who want the topical cream are those with existing skin conditions or who really care about appearance, and want to look well regardless of their age.

How does Vitamin B3 work? Simplified please!

Simplified goes like this...Those people who get skin cancer inherit the probability of getting skin cancer. And what Niacinamide does is to stop that system. It stops the hereditary trait, where it is formed, in the skin.

Both of us have been a big fan of Retinyl Palmitate (the Vitamin A cream) for a long time as well. How does the Vitamin B3 cream fit in with the Vitamin A cream?

Dr Telford thinks it fits in extremely well. With his patients, Dr Telford starts them all on Retinyl Palmitate. Just to remind everyone, Retinyl Palmitate is the natural vitamin A molecule and it acts as a sun filter. It markedly reduces the amount of sun that gets into the skin and then if we add Niacinamide into it then the Niacinamide basically mops up the badness that sneaks through.

That sounds very good Gordon, how do you use them both? One on one day the other on the next? Or both on the same day? Is there a study that shows these work synergistically?

There isn't a specific study, so we have written to Dr Damian and said 'how about it?' and we haven't attracted a lot of interest as yet but Dr Telford thinks this is where we should go. It is exciting that we have two agents that both Dr Telford and Dr Lycka know that they work, they are efficacious, so clearly what we want to do is do the same kind of study with both products, and we have a huge probability of reducing the frequency of skin cancer.

Dr Lycka has been fighting skin cancer for a number of years, and this is something that he feels we have to do. As doctors we can't just be sitting in our offices diagnosing skin cancer, and treating it. We have to get out there, further than what we have been doing, otherwise, we will be making a huge mistake. We have to get to those skin cancers, and prevent them actually before they occur. And since these agents are so nice, and so common, they really have very few side effects. Some people get a little bit of a reaction to them, or a bit of acne, but that has been 1 in 10,000. Just from a cost/benefit ratio these products are far better to be used than not used.

Dr Telford totally agrees and thinks that if we think about it logically that all we are doing is supplementing vitamin levels that is all our parents ever wanted us to do years ago when they were giving us cod liver oil! The idea that by increasing our levels of vitamins we can substantially prevent disease, is what is happening here. Isn't it wonderful and simple?

Yes, that is very important and what we need to do is realize that we are simply using naturally occurring agents to help us. Vitamin A has also been shown that it helps to absorb some of the sunlight not only as a sunscreen but actually absorbing some of the energy that comes from the sun as a first pass effect when people have sun damage on the skin. So again, it is very, very useful. It also works a different spectrum of light than sunscreens do, and so vitamin A is a very useful product working synergistically with sunscreen. Many sunscreens have a little bit in there but not really enough to make a difference.

Exactly. What we are trying to do is raise the bar and do things which are actually therapeutic. And Dr Telford thinks that we ARE doing it!

And we have also been supporters of the Canadian Skin Cancer Foundation for a number of years, and a certain percentage of these products go to the Foundation to help them with their cause – A World Without Skin Cancer. If we can achieve that, Gordon, then we will have a better planet.

We have made 2 large strides towards that. Retinyl Palmitate is first and probably still the most important and this (Niacinamide) is number 2. Over the last 2 or 3 years we have come up with things that are real and all working towards the same idea. We can prevent these diseases – let's do it!

Back to Vitamin B3. You tell me it works on eczema and psoriasis as well. What sort of data is there for that?

Very good actually Barry. There are about 8 different indications for using topical Vitamin B3. The most common, the most needed are for eczema, and also for people that have rosacea, that redness at the center of the face that flush and blush and which may go on and develop into acne. In both of these there is substantial clinical evidence. There are at least 2 major papers on every suggestion that we have made so if you go to the Cloud Vitamin Cream website, you can read the literature. We want you to be an informed person so the research is there, read it, it's really good. <http://www.cloudvitamincream.com>

And are these products expensive?

No. If you say about 10 dollars a month each that's approximately right. The way we make them is that they are \$45 for an airless pump that lasts 100 days. So that's about 3 a year, at a cost of \$130. So as a skin cancer prevention strategy it is inexpensive. If you are using a day cream and a night cream so for example Retinyl Palmitate in the morning and Vitamin B3 at night, then that would double the cost. So you are talking \$20 a month. In this day Gordon, people spend much more on creams and so on that don't last long, and some of these companies charge hundreds of dollars for their products that don't have the efficacy or availability of these creams. Dr Lycka saw a lady today who had just returned from an expensive spa in Germany, who spent over \$250 on products and was wondering if they were better. Dr Lycka commented that she should have consulted a dermatologist beforehand as they could have advised her on what really was best for her skin.

Yes, that's true, and of course we buy 'emotionally' so what Dr Telford has tried to do with Cloud is that he specifically wants people to use the products and so they have tried to price them in a way that makes them readily available to a large number of people. And that is very important, Gordon. You are creating these products and supporting the Canadian Skin Cancer Foundation to get the word out about sun damage and skin cancer. The Foundation educates children in classrooms every year across Canada, trying very hard to get the message about skin cancer prevention out there. Unfortunately, we still don't seem close enough to ending this skin cancer epidemic that we are seeing at the moment. Today for example, about 80% of Dr Lycka's patients had skin cancer history or lesions that were pre-cancerous. It's scary. Women are getting more of these lesions as well which is important that they are aware of the risks as well. And finally this is affecting the young people more and more as well.

Absolutely and Dr Lycka and Dr Telford are both happy to support the Canadian Skin Cancer Foundation because they both support the same vision. It would be great if the doctors could work themselves out of a job and prevent skin cancer rather than treat it! Currently Dr Lycka is booked up with 18 major Mohs surgery cases every week, which is crazy. This is non-sustainable seeing these volumes of people with skin cancer week in, week out. If we can get these numbers down by a third, a quarter and get people to use these products then it will be better. And the thing about people who use these products, Gordon, is that not only does their skin get less pre-cancerous lesions, but they also look better and their skin looks healthier. They are generating healthy skin for the first time in years. Yes, they really do look much better, healthy. The pores are smaller and the skin has a youthful radiance associated with it again. That is really nice to see. Dr Lycka LOVES it when he starts to see results like that happening. Skin is lovely but when it has been damaged by the sun as in so many people, then it is very hard to manage it.

In fact, the sun is the same whether we sunbathe, do outdoor activities, do gardening – it is the same sun and it does the same damage – you don't have to only sunbathe to get skin damage from sun exposure. It is a common misconception and people will very frequently get quite defensive about sun damage to their skin by saying that they have never sunbathed.

The messages from all of this are: there are ways to prevent this, there are great doctors who know how to use these products. Dr Lycka has over a thousand patients who are on the Retinyl Palmitate, and between 50 to 100 on the Vitamin B3 products. So the numbers are growing, not because Dr Lycka wants them to grow but because he really wants to see a difference in people's skin. Dr Telford's experience is that once people see real results then they come back and say 'what else can we do?'

Well fighting skin cancer can be as easy as A, B, C, D, E... we have a vitamin 'soup' to help us.

We have Vitamin A, and Vitamin B3, but what about C, D, & E?

Well we have Vitamin C of course, and Vitamin E is a special one called d-alpha tocopherol and is the only Vitamin E that actually works in your skin, and Vitamin D is the one that is coming... so all of these have substantial clinical effectiveness in reducing the frequency of skin cancer.

It is important to understand that all these have a part to play, you can use one on top of another, one in the morning, one in the evening, if cost is an issue you can alternate days with them which is better than not using them at all. The results won't be as good as if you used both every day, but the results are cumulative and it is not a short term treatment. We expect people to be on this for years.

Some of Dr Telford's patients have been on Retinyl Palmitate for 15 years. They all look really nice and they rarely have the problems that they were suffering with before they started treatment. Most of their actinic keratosis and pre-cancers are not occurring, they now have them occasionally. How nice!

And these products make great gifts too! Not only give the gift of skin health to yourself but to your family members too. It's important to go back to this idea that the major cause of skin cancer is certainly the sun, but the major individual factor is family history. So the folks in Dr Telford's practice who Dr Telford sees – he talks to them about their family, children, grandchildren, that they should certainly bring up the subject of agents such as Retinyl Palmitate and Niacinamide because this is also a hereditary disease – period. If we identify that group of people with family history or personal history of skin cancer, then that is the group we want to treat and it is also the group that we can prevent.

The other thing that Dr Lycka thinks is nice about these products is that many people who have been on them for a long time then their skin also actually gets rid of the brown spots which are also evidence of sun damage. That is also a part of looking better as they get rid of that 'dyschromia' that problem we also call 'liver spots' which have nothing to do with the liver but more to do with the sun.

Dr Telford sees that both agents work well. With the Retinyl Palmitate certainly within four months he expects that half of the brown spots will be gone, and he sees the patients who add in the B3 the topical Niacinamide get rid of even more. Their fine lines and wrinkles start to become smaller and less visible, the surface of the skin looks much healthier, and their brown spots are fading. For example, Dr Lycka has probably spoken today with 20 people about these products and they tell him how much they love them. Also they are great for travelling as they are smaller than the huge sunscreen bottles and so can go in carry-on luggage. Retinyl Palmitate is a sun filter and is as effective as a 20 or 30 factor sunscreen, so when you are travelling it is absolutely enough, unless you are going into intense sun, once per day Retinyl Palmitate is plenty as a sunscreen. And of course if you are in intense sun then you really should try and avoid it in the peak hours of the day anyhow. That is why the siesta was developed.

For further information, the Cloud Vitamin Cream website has lots of information. All the research papers are written in an understandable way (we hope) and if anyone has trouble understanding them then please let Dr Telford know. And the products are available there to purchase if you are interested.

Gordon, thank you again for helping to educate the public about these products. They fill in a wonderful niche for people and also the other thing you should do if you are listening to this, and want to find out more is to check with your dermatologist because many dermatologists stock these products and they can provide it for you.

And Barry thank you for your continued support of the idea of a skin cancer free world – Dr Telford admires that. Well we might not see it in our lifetimes, but we are certainly putting the building blocks in place to do it.

We are making big strides!

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