

PROLONGED AND FREQUENT SUN EXPOSURE CAUSES DAMAGE ON AND BELOW THE SKIN SURFACE^{1,2}



Fine lines / wrinkles



Rough, dry skin



Dark spots or hyperpigmentation



Loss of skin elasticity

**Have you
noticed any of
these signs on
your skin?^{1,3}**



Broken capillaries

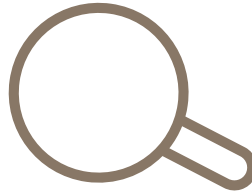
PHOTODAMAGE ASSESSMENT TOOL

ASK



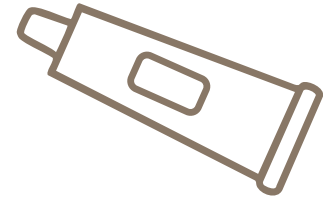
- Do you spend a lot of time in the sun?
- Do you use regular sun protection (e.g., wear sunscreen everyday)?
- Does your sun-exposed (uncovered) skin look different from non-exposed (covered) skin?

ASSESS



- Assess sun-exposed areas for the visible signs of photodamage shown overleaf
- Signs can vary among skin types and ethnicities, with wrinkles predominant in white skin (Fitzpatrick phototypes I–II) and hyperpigmentation in darker skin (Fitzpatrick phototypes III–VI)^{2,4}

DISCUSS



- Daily topical management of photodamage and sun protection measures²

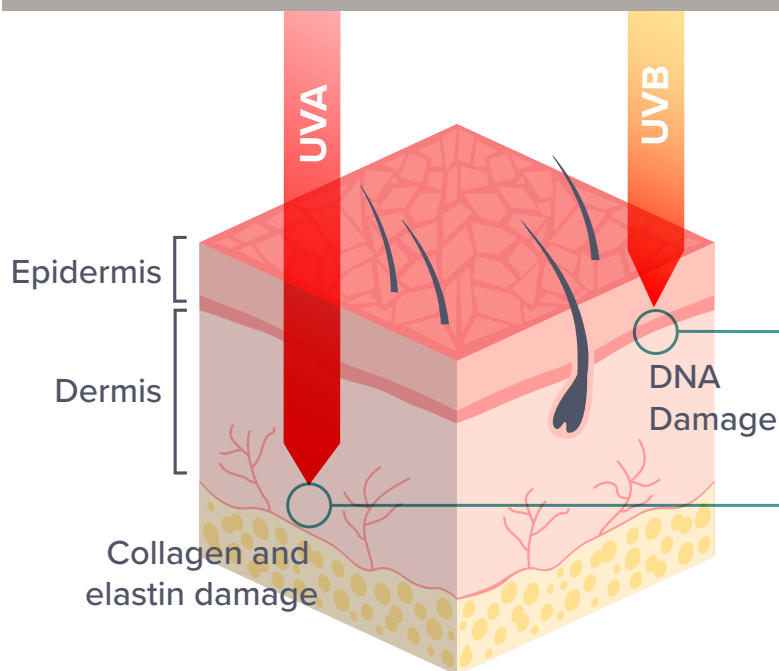
Not all signs of photodamage need to be present before starting treatment

As presenting signs of photodamage vary among individuals, treating at the first visible signs is recommended.

Photodamage is more than a cosmetic concern and may require a medical approach to address underlying skin damage^{2,3}

Prolonged and frequent exposure to ultraviolet (UV) radiation damages cellular structures and functions, which ultimately drives premature skin ageing.^{2,3,5}

UV radiation causes damage on the surface and in deeper layers of the skin via multiple mechanisms^{2,3,6}



UVB radiation is absorbed by the epidermis

- Induces direct and indirect DNA damage
- Elicits an increase in melanin production

UVA radiation penetrates the dermis to disrupt the extracellular matrix in connective tissue and blood vessels

- Upregulates matrix metalloproteinases that degrade collagen fibres
- Suppresses collagen production
- Damages elastin fibres

The first visible signs of photodamage may start to appear as early as in patients' 20s, by which time there is already underlying cellular damage^{1,3}

Help reverse the early signs of photodamage and underlying cellular damage with Australia's gold standard topical therapy^{*7-10}

*Appropriate sun-protection measures should be used during treatment⁸



PBS Information: RETRIEVE is not listed on the PBS.

Please review the full Product Information before prescribing. Scan the QR code to see full Product Information or call iNova Pharmaceuticals on 1800 630 056.



References: 1. The Australasian College of Dermatologists. A-Z of Skin Ageing Skin Factsheet. Available: <https://www.dermcoll.edu.au/atoz/ageing-skin/> (accessed October 2024). 2. Chien AL, Kang S. Photoaging. August 2024. In: UpToDate (Ed: Elmetts CA). Wolters Kluwer. 3. Mukherjee S, et al. *Clin Interv Aging*. 2006;1(4):327–348. 4. Taylor SC, et al. *J Am Acad Dermatol*. 2022;86(3S):S9–S17. 5. Rittié L, Fisher GJ. *Cold Spring Harb Perspect Med*. 2015;5(1):a015370. 6. Choudhary SV, et al. *Cosmetic Dermatol*. 2010;23(10):460–466. 7. Milosheska D, Roškar R. *Adv Ther*. 2022;39(12):5351–5375. 8. Sitohang IBS, et al. *Int J Womens Dermatol*. 2022;8(1):e003. 9. RETRIEVE Product Information. 10. The Australian Register of Therapeutic Goods. Search: "Tretinoin". Available from: <https://www.tga.gov.au/> (accessed October 2024).

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