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Precision Dermatology: Moving Beyond the One-Size-Fits-All Approach

Shigeo Akashi*

Department of Dermatology and Venereology, School of Medicine, Keio University, Japan

***Corresponding author:** Shigeo Akashi, Department of Dermatology and Venereology, School of Medicine, Keio University, Japan.

Commentary
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Abstract

Dermatology is undergoing a significant transformation with the emergence of precision medicine, shifting clinical practice from conventional treatment approaches toward individualized patient care. Traditional management strategies often rely on standardized therapies that may not produce optimal outcomes for every patient because of differences in genetic background, immune responses, environmental exposures, lifestyle, and disease characteristics. Precision dermatology seeks to address these variations by integrating molecular biology, genomics, biomarkers, digital technologies, and artificial intelligence to guide diagnosis and treatment decisions. This approach has already influenced the management of inflammatory skin diseases, melanoma, and rare genetic disorders through the development of targeted therapies and personalized treatment strategies. Although important challenges remain, including high costs, limited biomarker availability, and unequal access to advanced diagnostics, precision dermatology represents an important step toward improving therapeutic effectiveness and patient-centered care. This commentary discusses the evolving role of precision medicine in dermatology, highlights its clinical significance, and considers future directions for its successful implementation in routine practice.

Keywords: Precision dermatology; Personalized medicine; Biomarkers; Genomics; Artificial intelligence; Biologic therapy; Dermatology

Introduction

Dermatological diseases are highly heterogeneous in their clinical presentation, severity, and response to treatment. Patients diagnosed with the same skin disorder frequently demonstrate considerable variation in disease progression and therapeutic outcomes, indicating that a universal treatment strategy is often insufficient [1,2]. Historically, dermatology has relied on standardized management protocols in which similar therapies are prescribed to most patients regardless of their biological differences. Although this approach has benefited many individuals, it may expose others to ineffective treatments, unnecessary adverse effects, and repeated therapeutic failures.

Recent advances in genomics, molecular biology, immunology, and digital health have introduced the concept of precision dermatology, an approach that aims to provide the right treatment to the right patient at the right time. Rather than treating all patients identically, precision dermatology considers genetic susceptibility, molecular biomarkers, immune pathways, environmental influences, and individual clinical characteristics to optimize patient management. This paradigm shift has the potential to improve diagnostic

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accuracy, treatment response, and long-term disease control while minimizing unnecessary interventions.

Commentary

The transition toward precision dermatology reflects one of the most significant advances in contemporary dermatological practice. Increasing knowledge of disease-specific molecular pathways has fundamentally changed how clinicians understand and manage chronic inflammatory skin diseases, autoimmune disorders, and skin cancers. Instead of focusing solely on clinical appearance, dermatologists now have opportunities to incorporate biological information that provides deeper insight into disease mechanisms and therapeutic responsiveness.

Psoriasis represents one of the most successful examples of precision medicine in dermatology [2-4]. Improved understanding of immune pathways has enabled the development of biologic therapies targeting specific cytokines such as interleukin (IL)-17 and IL-23, resulting in remarkable improvements in disease control for many patients. Similar advances are being observed in atopic dermatitis, where targeted therapies directed against key inflammatory pathways have transformed treatment options for patients with moderate-to-severe disease. These developments demonstrate that identifying disease-specific molecular mechanisms can lead to more effective and individualized therapeutic strategies.

Precision dermatology also extends beyond pharmacological treatment. Advances in genomic technologies have improved the diagnosis of inherited skin disorders, while molecular profiling has enhanced risk assessment and therapeutic decision-making in melanoma. Biomarkers capable of predicting treatment response, disease progression, and recurrence are becoming increasingly important for selecting the most appropriate therapies and avoiding unnecessary exposure to ineffective medications [5,6].

Artificial intelligence and digital dermatology further strengthen the concept of precision medicine. Machine learning algorithms can analyze clinical and dermoscopic images, assist in disease classification, estimate disease severity, and support treatment monitoring. When combined with clinical expertise, genomic information, and biomarker analysis, these technologies may contribute to more personalized clinical decision-making and improved patient outcomes. Importantly, AI should function as a supportive clinical tool rather than replacing physician judgment [7-10].

Despite these promising developments, several challenges continue to limit the widespread implementation of precision dermatology. Many molecular diagnostic tests remain expensive and are unavailable in low-resource healthcare settings. Biomarkers suitable for routine clinical practice have not yet been fully validated for numerous dermatological conditions. Ethical issues related to genetic information, patient privacy, and equitable access to advanced therapies also require careful consideration. Furthermore, successful implementation demands collaboration among dermatologists, geneticists, pathologists, bioinformaticians, and other healthcare professionals.

The future success of precision dermatology will depend not only on technological innovation but also on ensuring that these advances are accessible, affordable, and clinically meaningful for diverse patient populations. Continued research, physician education, and evidence-based implementation strategies will be essential for translating scientific discoveries into routine dermatological care.

Future Perspectives

Future progress in precision dermatology is expected to be driven by advances in genomics, transcriptomics, proteomics, metabolomics, and artificial intelligence. The discovery of reliable biomarkers may enable clinicians to predict treatment response more accurately, allowing therapies to be tailored according to individual patient characteristics. Integration of electronic health records, molecular diagnostics, and AI-based decision-support systems may further improve personalized treatment planning. However, achieving these goals will require standardized clinical guidelines, large multicenter validation studies, equitable access to precision technologies, and ongoing collaboration between researchers, clinicians, and healthcare policymakers. As these innovations continue to evolve, precision dermatology has the potential to redefine the future of dermatological practice [5,8-10].

Conclusion

Precision dermatology represents a major shift from conventional treatment models toward individualized patient care. By integrating molecular biology, genomics, biomarkers, and digital technologies into clinical practice, dermatologists can provide more accurate diagnoses and more effective therapeutic strategies tailored to individual patients. Although important scientific, economic, and ethical challenges remain, the continued evolution of precision medicine offers significant opportunities to improve clinical outcomes, reduce unnecessary treatments, and enhance patients' quality of life. Embracing this patient-centered approach will be fundamental to the future advancement of dermatological care.

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