

Challenges in Acne Treatment

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I have no relevant financial disclosures

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Case 1

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Case 1

- 42 y/o man, he/him
- 1 year h/o "acne" on the face
- Completed a course of Accutane at 40 mg per day



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Isotretinoin

- Indications:
 - Severe acne
 - Moderate acne with relapse after abx
 - Moderate acne causing scarring or psychosocial distress
- Dosing:
 - 0.5 mg/kg/day for first month
 - Increase to 1.0 mg/kg/day

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Isotretinoin

- No significant difference in outcome of 0.5 mg/kg/day and 1.0 mg/kg/day BUT difference in relapse rate
 - Less relapse at 1.0 mg/kg/day
- Less relapse at >120 mg/kg compared to <120 mg/kg
 - Benefit plateaus at ~150 mg/kg

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6 months later...

- WBC (3.8-10.8): 14.9
- Platelet (140-400)
- Neutrophils (1500-7800): 8,806
- Eosinophil (15-500): 775



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Question

- What is the top diagnosis in your differential for this patient?
 - A. Acne conglobata
 - B. Atypical HS
 - C. Deep Fungal infection
 - D. Cutaneous Crohn's Disease

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Case 2


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Case 2

- 22 year old woman, she/her
- Brings in two bags of her products for review
- Read about various ingredients on the Skincare SubReddit

A close-up photograph of a person's skin, showing a large, irregular, reddish-brown lesion. The lesion has a textured, almost crystalline appearance and is surrounded by normal skin. The lighting is somewhat dim, highlighting the color and texture of the lesion.

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Products



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How do you counsel this patient?

- A) Stop all products
- B) Use a particular cosmeceutical
- C) Drugstore recommendations
- D) A and B
- E) A and C

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Skin Surface pH

- Normal pH is acidic (approx. 4-6)
- Maintained by acid mantle
 - Lactic acid in sweat
 - Free fatty acids
 - Phospholipids
 - Lipase activity from resident bacteria

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Skin Surface pH and Acne

- 200 patients in case group 200 patients in age matched control group
- 93% normal pH in control group, 22% normal pH in acne group
- 77% with high pH in acne group, 6% with high pH in control group

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Product pH Matters

- Neutrogena Extra Gentle Cleanser pH 5.6-6.2
- Neutrogena Cleansing bar for Acne prone skin pH 8.7-9.2
- Dr. Bronner Liquid Soap pH 9
- Dial Soap pH 9.5
- Vanicream gentle facial cleanser pH 6.5
- Cetaphil pH 6.3-6.8
- CeraVe pH 6.2