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Research Center

Management of Acne Vulgaris:

Skin care advice for acne vulgaris patients by NICE guidelines

The current evidence base for appropriate skincare advice for people with acne vulgaris is limited and inconsistent. Existing trials lack uniformity and have variable follow-up durations. Despite these limitations, certain conclusions can still be drawn to guide the management of acne vulgaris. The quality of evidence ranges from very low to moderate, primarily due to bias in individual studies and imprecise effect estimates. Given the complexity of acne treatment and the growing concern over antibiotic resistance, exploring non-antibiotic options, such as effective skincare routines is important.



Recommendations by NICE guidelines

Use of Syndet Skin Cleansing Products	It is recommended to advise using a syndet (synthetic detergent) skin cleansing product for acne-affected areas, ideally twice daily. Syndet products, which are pH-neutral or slightly acidic, are less irritating than traditional alkaline soap bars. These products are effective in reducing both inflammatory and non-inflammatory acne lesion counts.
Choice of Syndet Formulations	Although research has primarily been conducted on syndet bars, other formulations such as liquids or foams are considered similarly effective. It is reasonable to start with the least expensive syndet option available.
Economic Considerations	While there may be economic implications for recommending specific skin cleansing products, incorporating these into existing skincare routines should be straightforward. The focus should be on identifying cost-effective yet efficacious products to minimize the financial burden on patients.
Need for Further Research	There is a significant need for high-quality randomized controlled trials to better understand the efficacy of different skincare products and routines for managing acne vulgaris. Future research should aim to standardize methodologies and follow-up durations to provide more consistent and reliable data.
Addressing Antibiotic Resistance	Given the rising issue of antibiotic resistance, identifying effective skincare products that can reduce the need for antibiotics in acne treatment is crucial. This aligns with broader public health goals to optimize antibiotic use and combat the development of superbugs.
Considering Patient Diversity	Skincare advice should be accessible and acceptable across different socioeconomic groups and cultural backgrounds. Tailoring recommendations to accommodate these variations is important for effective acne management.
Holistic Approach	Recognizing the interactions between the gut microbiome and sebaceous glands, and how diet (especially sugar intake) can influence acne, suggests a holistic approach to acne management. This could involve integrating dietary advice alongside skincare recommendations.

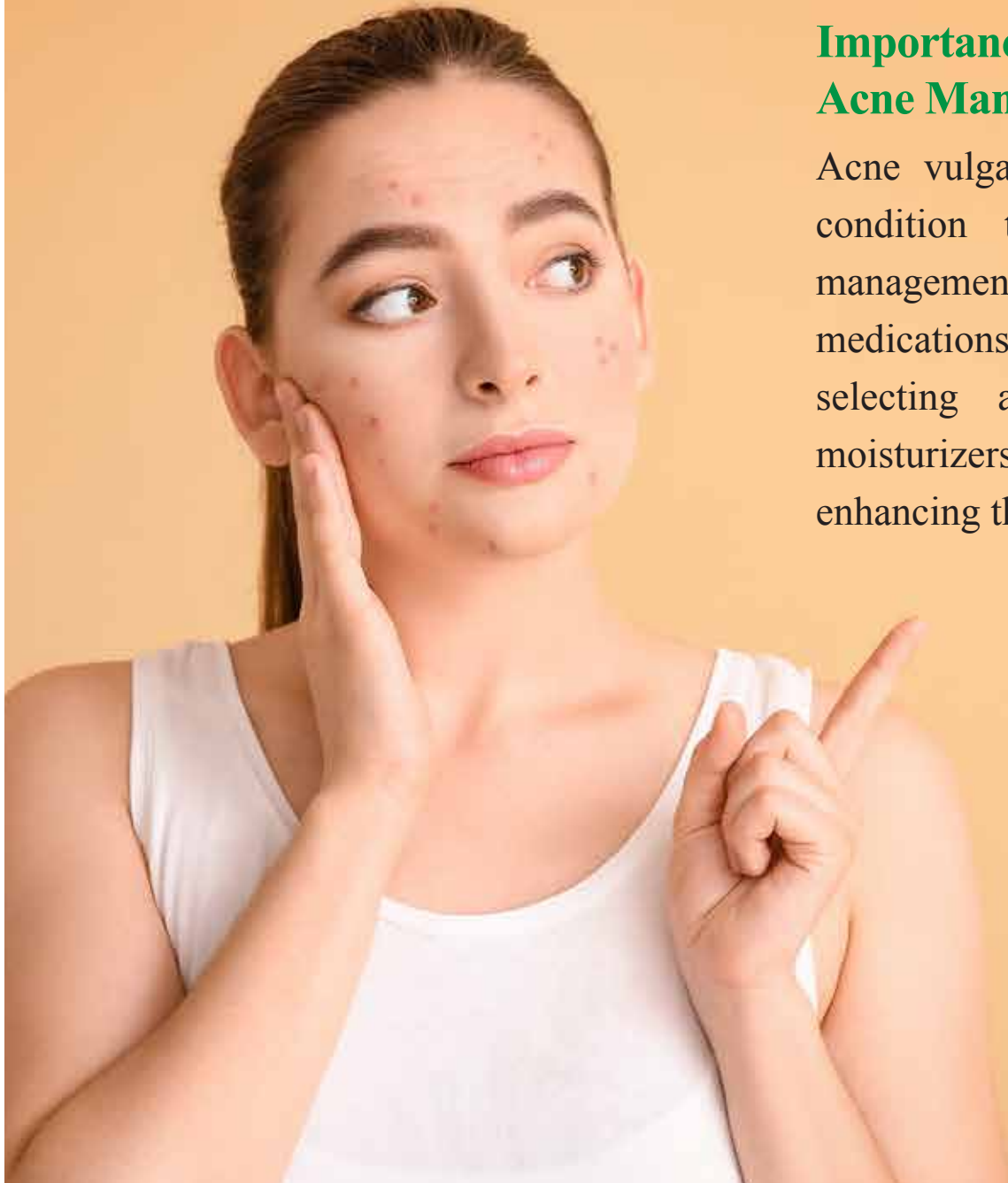
These recommendations emphasize the need for individualized, evidence-based skincare advice that can be feasibly integrated into daily routines, with a broader goal of reducing reliance on antibiotics and improving overall acne management.

References:
National Guideline Alliance (UK). Skin care advice for people with acne vulgaris: Acne vulgaris: management: Evidence review B. London: National Institute for Health and Care Excellence (NICE); 2021 Jun.



Importance of Moisturizers in Acne Management

Acne vulgaris (AV) is a common inflammatory skin condition that affects many individuals. Effective management often involves the use of various topical medications which can cause dryness and irritation. Thus, selecting appropriate skincare products, especially moisturizers, is critical for maintaining skin health and enhancing the tolerability of acne treatments.



Role of Moisturizers

- **Barrier Protection and Hydration:** Moisturizers help reduce transepidermal water loss (TEWL) and increase skin hydration. This is particularly important for patients using topical acne medications like retinoids and benzoyl peroxide (BP), which can be drying and irritating.
- **Sebum Control:** Some moisturizers, such as those containing silica microbeads and corn starch, can absorb excess sebum without inducing dryness, making them suitable for various skin types, including oily and combination skin.
- **Photoprotection:** Incorporating SPF into moisturizers provides an added benefit of protecting acne-prone skin from UV damage, which can exacerbate acne and cause additional skin concerns. SPF 30 is often recommended as it provides adequate protection and is well-tolerated.

Clinical Findings

- **Tolerability:** In studies, a significant majority of patients using a moisturizer with SPF 30 reported reduced irritation and better tolerability of their acne treatment regimen.
- **Reduced Facial Shine:** Ingredients in certain moisturizers can reduce facial shininess by absorbing surface sebum, which is beneficial for patients concerned about oily skin.

Conclusion

Using a well-formulated moisturizer can significantly improve the effectiveness and tolerability of acne treatments. It helps in maintaining skin hydration, controlling oil, and providing necessary photoprotection, thus playing a crucial role in comprehensive acne management.

References:

Del Rosso JQ. The role of skin care as an integral component in the management of acne vulgaris: part 1: the importance of cleanser and moisturizer ingredients, design, and product selection. J Clin Aesthet Dermatol. 2013 Dec;6(12):19-27.

What's New in Acne

1. Skin and gut microbiome modulation in acne – Brigitte Dréno (EADV Symposium, France 2023)

Acne vulgaris is a chronic inflammatory skin disease with complex pathogenesis. Traditionally, it has been linked to altered sebum production, excess keratinization, and the proliferation of *Cutibacterium acnes*. Despite the presence of *C. acnes* on nearly all adults' skin, not everyone develops acne, leading to questions about its exact role.



Recent research has expanded the understanding of *C. acnes* in acne pathogenesis. An imbalance of *C. acnes* phylotypes, particularly the predominance of phylotype 1AI, is now considered a trigger. Additionally, *Staphylococcus epidermidis* has been identified as a contributing factor. Both *C. acnes* and *S. epidermidis* regulate skin microbiota homeostasis. Antibiotics, commonly used in acne treatment, can disrupt this balance and induce cutaneous dysbiosis.

Furthermore, interactions between the gut microbiome and sebaceous glands have been identified, suggesting that diet, especially sugar intake, may influence acne. These insights, combined with the need to reduce antibiotic use, suggest a shift in acne management strategies towards probiotics and prebiotics, which can positively influence the skin microbiome.

References:

What's new in acne: Skin and gut microbiome modulation in acne – Brigitte Dréno (France). EADV Symposium; May 18-20, 2023. Available at: <https://eadvsymposium2023.org/acne-and-hidradenitis-suppurativa/>.

2. Spectrum of severe forms of acne - Clio Dessinioti (Greece) (EADV Symposium, France 2023)

The presentation delves into the different types of severe acne, namely

- Nodulocystic acne
- Acne conglobata (a severe form of acne vulgaris),
- Severe acne variants such as acne fulminans (acne maligna), and
- Severe acne manifesting as part of syndromes, such as SAPHO (synovitis, acne pustulosis, hyperostosis and osteitis) syndrome.

This research paper deals with the clinical characteristics of these conditions, diagnosis, and the different treatment approaches for the same.

References:

What's new in acne: Spectrum of severe forms of acne - Clio Dessinioti (Greece) EADV Symposium; May 18-20, 2023. Available at: <https://eadvsymposium2023.org/acne-and-hidradenitis-suppurativa/>.



Want to use a moisturizer for your acne patients?

Check what American Academy of Dermatology Association says.

When creating an acne treatment plan, it is advisable to use an oil-free non-comedogenic moisturizer that is unlikely to cause acne.

- ✓ Adding such a moisturizer to everyday regimen can help skin tolerate acne medications that tend to dry and irritate the skin.
- ✓ An oil-free moisturizer can also be helpful any time the acne skin feels dry especially during the winter.
- ✓ The right oil-free moisturizer can prevent the skin from becoming dry and irritated and hence prevent more acne breakouts.

References:

<https://www.aad.org/public/diseases/acne/skin-care/moisturizer>



Circle the case crossword on Postinflammatory Hyperpigmentation

							W
			R				O
I	M	P	E	T	I	G	O
L			S				D
U			A			E	S
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X			A				M
	U	L	T	R	A		P

1. One of the most common cause of PIH in dark skin patients
2. Evaluation tool to help distinguish between epidermal and dermal PIH
3. One of the topical treatment of PIH
4. Resolution of _____ PIH is difficult
5. Cream for PIH treatment
6. Year round protection for PIH against _____violet radiation

References:
Lawrence E, Al Aboutd KM. Postinflammatory Hyperpigmentation. [Updated 2022 Oct 3]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK559150/>

Case Report Details:

Managing Acne Vulgaris - The Role of Moisturizers in Enhancing Treatment Adherence and Skin Comfort

Examination

Skin type: Oily with presence of papules, pustules and a couple of nodules on cheeks and chin. Some dry patches were noted over healing acne.

Diagnosis

Moderate acne vulgaris with treatment-induced skin dryness.

Treatment Plan

She should be prescribed a non-comedogenic, oil-free moisturizer with ceramides and hyaluronic acid and was suggested to apply it twice daily, after cleansing and applying acne treatments.

Follow up

Four weeks later, the patient reported improved skin comfort and reduced irritation. Her skin felt less tight, and she noticed fewer dry patches. Her acne lesions were decreased, and overall skin texture was smoother. She was more consistent with her acne treatment regimen due to reduced side effects.



Enhances Acne Treatment Journey Experience

In Acne induced Post-inflammatory Hyperpigmentation & Melasma



In the Treatment of Truncal Acne



Gentle Daily Cleanser for Oily and Sensitive Skin

