Therapeutic Recommendations for the Treatment of Acne Vulgaris in the US

James Q. Del Rosso, DO,1; Leon H Kircik, MD,2*; Emily A Tanghetti, MD; Zoe D Draelos, MD;4 April Armstrong, MD, MPH;6 Valerie D Callender, MD, MPH;7 Neal Bhatia, MD, MPH;8 Steven R Feldman, MD, PhD;9 & Steven F Felder, MD, MPH10

1. Center for Dermatology and Laser Surgery, Savannah, GA; 2. Department of Dermatology, University of California, Los Angeles, Los Angeles, CA; 3. Dermatology & Cosmetics Center, Glendale, CA; 4. Howard University College of Medicine, Washington, DC; 5. Therapeutics Clinical Research, San Diego, CA; 6. Wake Forest University School of Medicine, Winston-Salem, NC

SYNOPSIS

A detailed discussion of the pathogenesis and clinical presentation of acne, together with practical and easy-to-use guidelines for the diagnosis and treatment of acne is given. These recommendations, developed by a team of dermatologists, were established to manage patient expectations and treatment outcomes. The recommendations cover the entire spectrum of acne presentation at the time of diagnosis, including the acute, subacute, and chronic presentations. These guidelines are appropriate for the treatment of acne vulgaris as well as for the treatment and management of acne vulgaris in children and adults. These recommendations are intended for use by clinicians who are responsible for the diagnosis and treatment of acne. These recommendations are intended to guide the treatment of acne vulgaris in children and adults. These recommendations are intended for use by clinicians who are responsible for the diagnosis and treatment of acne.

OBJECTIVE AND METHODS

A concise discussion of the pathogenesis and clinical presentation of acne, together with practical and easy-to-use guidelines for the diagnosis and treatment of acne is given. These recommendations, developed by a team of dermatologists, were established to manage patient expectations and treatment outcomes. The recommendations cover the entire spectrum of acne presentation at the time of diagnosis, including the acute, subacute, and chronic presentations. These guidelines are appropriate for the treatment of acne vulgaris as well as for the treatment and management of acne vulgaris in children and adults. These recommendations are intended for use by clinicians who are responsible for the diagnosis and treatment of acne. These recommendations are intended to guide the treatment of acne vulgaris in children and adults. These recommendations are intended for use by clinicians who are responsible for the diagnosis and treatment of acne.

RESULTS

The consensus was that successful acne treatment is contingent upon meeting three core goals: 1) correct diagnosis, 2) proper treatment regimen, and 3) patient adherence and education.

1. Correct Diagnosis of Acne Vulgaris

Acne should be diagnosed using both quantitative and qualitative assessments, taking into consideration the patient’s usual acne presentation (Figure 1). Quantitative assessments include lesion count, lesion type and location, observation, acne related sequelae, and family history of acne. Qualitative assessments determine whether hormone-acne and/or seborrhea are present and how much they impact quality of life. Differential diagnoses should be performed rule out erythematous, urticarial, pustulid, and perifollicular lesions. For most patients, a combination topical treatment containing benzoyl peroxide and a retinoid is recommended to address the multiple acne pathologies (Table 1). Table 2 presents a list of products and treatments that should be considered as part of the combination therapy for acne vulgaris.

2. Proper Treatment Regimen

The main goal of treatment is to clear lesions as quickly as possible. For optimal outcomes, patients should be educated about their treatments and how to treat their skin as effectively as possible. This includes the use of over-the-counter products and prescription treatments. Patients should take pictures of acne/sequelae once per month to help monitor progression.

3. Patient Adherence and Education

Ensure that patients understand: Acne is a chronic disease that requires a treatment phase and a suppression phase. It is important to reassure patients that their treatments and skin care regimens have been personalized where possible. Let patients know: Acne is a chronic disease that requires a treatment phase and a suppression phase. It is important to reassure patients that their treatments and skin care regimens have been personalized where possible. Let patients know: Acne is a chronic disease that requires a treatment phase and a suppression phase. It is important to reassure patients that their treatments and skin care regimens have been personalized where possible.

CONCLUSIONS

This practical guidance aims to assist clinicians in the successful diagnosis and treatment of acne vulgaris as well as patient management and education.

TABLE 1. Recommended Acne Vulgaris Treatments by Clinical Presentation

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<tr>
<th>Acne Severity</th>
<th>Mal</th>
<th>Moderate</th>
<th>Severe</th>
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<tbody>
<tr>
<td>Combination topical a,b</td>
<td>Topical a, b, c</td>
<td>Combination topical a,b, c, d, e, f, g, h, i, j, k, l, m, n, o, p, q, r, s, t, u, v, w, x, y, z</td>
<td>Combination topical a,b, c, d, e, f, g, h, i, j, k, l, m, n, o, p, q, r, s, t, u, v, w, x, y, z</td>
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*PLGA, poly-L-lactic-co-glycolic acid; a, b, c, d, e, f, g, h, i, j, k, l, m, n, o, p, q, r, s, t, u, v, w, x, y, z, combinations are available.

REFERENCES

5. May 31–June 2, 2024. Scottsdale, AZ
7. May 31–June 2, 2024. Scottsdale, AZ
10. May 31–June 2, 2024. Scottsdale, AZ

AUTHOR DISCLOSURES

This practical guidance aims to assist clinicians in the successful diagnosis and treatment of acne vulgaris as well as patient management and education.

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