



## Easy does it in the treatment of acne

One of the world's most common and widespread skin diseases - and the bane of many teenage lives - is also one that can be treated effectively if patients comply with treatment recommendations.

Gentle cleansing and moisturising play an important role in the treatment of acne and should not be understated, delegates have heard at the Annual Scientific Meeting of the Australasian College of Dermatologists in Darwin.

Additionally, many acne patients need to manage their own expectations and realise that improvement in their condition may take time, even if using a well designed treatment plan, according to Dr James Del Rosso, Dermatology Residency Director at Valley Hospital Medical Centre, Las Vegas.

"I'm a strong believer that skin care needs to be gentle, especially in acne patients, as acne is an inflammatory disease," says Dr Del Rosso.

"A gentle cleanser and a moisturiser are crucial as part of an overall acne management program.

"Patients in particular shouldn't be afraid of using moisturiser, as it helps to maintain the skin barrier function, and reduces irritation that may occur from other aspects of the treatment.

"Some studies have shown that moisturiser applied before or after other topical acne treatments does nothing to reduce the efficacy of that treatment."

Acne sufferers also need to understand that it may take one to two months before they will start to see any improvement in their skin.

"Patience is key, as acne treatment is a marathon, not a sprint," says Dr Del Rosso.

"Patients should be sure to stick to their treatment plan, and realise that they may not see results for a little while.

"Improvement in acne is measured by how the skin feels as much as its appearance, so patients will often be able to feel that their acne is becoming flatter and less inflamed before they notice a visible reduction in spots.

"Once the acne has cleared, it's also important for patients to not neglect their maintenance treatment plan, to ensure the condition doesn't return."

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