



THE AUSTRALASIAN COLLEGE OF DERMATOLOGISTS

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Media Statement

New Treatments for Acne

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From the occasional pimple during times of stress to familiar breakouts, acne affects almost every young man and woman at some time in their lives.

Dr Jerry Tan, a Canadian based scientist at the 44th Annual Scientific Meeting of the Australasian College of Dermatologists in Perth this week says while acne commonly develops during teenage years, it can also arise in young adulthood and persist for years.

Dr Tan says studies show women feel more frustrated by acne than men do, adult women even more so than teenage girls however he says effective treatment is available.

“Innovative topical therapies including fixed dose combinations have become increasingly available as treatment options available for acne.

“While combinations of topical antibiotics with benzoyl peroxide (BPO), and retinoids with antibiotics have been available for some time; a missing link, until recently, has been the combination of a retinoid with BPO.

Dr Tan said he is excited about this combination for the treatment of moderate acne as well as its potential use for more severe acne in conjunction with antibiotic pills.

“There have been recent important advances in basic acne research, new innovative topical therapies and additional information about possible risks of some established therapies.

“Recently, we developed and validated the Comprehensive Acne Severity Scale (CASS), a global measure of acne severity incorporating face and torso involvement. This type of grading system, based on one used in clinical research studies, has previously not been validated nor applied to acne on the torso.

“A corresponding global scale for acne scarring (SCAR-S) has also been developed. An acne-specific quality of life index (Acne-Q4) was validated to provide a patient-perspective on severity. These scales provide the basis severity determination with clinician and patient-based observations.”

Dr Tan says for some patients acne can be aggravated by:

- Thick, pore-blocking creams



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- Clothing, hats, helmets, sports padding and long hair that retain sweat or moisture
- Hair conditioners, gels and sprays may transfer to the facial and torso skin leading to pore blockage.

“Some studies have shown that dairy intake and high glycemic diets are associated with acne in some patients. It is worthwhile advising patients that dietary factors are increasingly recognized as playing a role in aggravating acne.”

Fortunately, effective therapy is available to reduce acne, minimize the risk of scars and improve your skin's appearance. Treatment begins with discovering your acne triggers and learning what treatments will help you control the condition. Choosing cosmetics appropriate for your skin is important, too.”

About the author:

Jerry K. L. Tan, MD, FRCPC is an Adjunct Professor, Faculty of Medicine, University of Western Ontario, Windsor, Canada. He is also Director, Acne Research and Treatment Centre, Windsor, Canada. Dr. Tan's area of specialty: acne and rosacea.

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