

## DRUG PROFILE

### THERAPY OF ACNE VULGARIS

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**Abstract:** *Acne vulgaris is common in adolescents though children may also be affected. Topical and systemic drugs are prescribed depending on the severity and stage of the disease in a given child. Pediatricians need to be aware of the various modalities of treatment and must be actively involved in the long drawn therapy. This article reviews the various options and recommendations.*

**Keywords:** *Acne vulgaris, Benzoylperoxide, Azelaic acid, Retinoids, Topical antibiotics.*

### Points to Remember

- *Therapy of acne targets the four factors responsible for lesion formation: increased sebum production, hyperkeratinization, colonization by Propionibacterium acnes and the resultant inflammatory reaction.*
- *Treatment goals include scar prevention, reduction of psychological morbidity and resolution of lesions.*
- *Mild to moderate acne is treated with topical preparations, such as benzoyl peroxide, azelaic acid, retinoids and topical antibiotics.*
- *Benzoyl peroxide is an over-the-counter bactericidal agent that does not lead to bacterial resistance.*
- *Topical retinoids are effective in treating inflammatory and noninflammatory lesions by preventing comedones, reducing existing comedones and targeting inflammation.*
- *Topical and oral antibiotics are effective, more so when combined with topical benzoyl peroxide and/or retinoids which reduces the risk of bacterial resistance.*
- *Moderate to severe inflammatory acne is treated with oral antibacterials, oral isotretinoin or Cycloprindiol (cyproterone acetate with ethinylestradiol) an antiandrogenic drug.*
- *Oral isotretinoin is approved for the treatment of severe recalcitrant acne - requires specialist intervention.*

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