

The Treatment of Acne

What is Acne and How Does it Occur?

Acne vulgaris, is a skin disorder of the hair follicle that occurs mostly during adolescence, but can also develop in adulthood. There are factors that contribute to acne which are :

1. plugging of the hair follicle
2. increased oil secretion, and
3. growth of bacteria.¹

After either of these occur a comedo (pimple) forms which can be raised or not. If the wall of the plugged follicle breaks down, it spills everything into the nearby skin – sebum, shed skin cells, and bacteria – leading to lesions or pimples on the face, neck, back, chest, and shoulders.

What are the Different Types of Acne³

Non-Inflammatory Acne

Closed Comedo/Whitehead

Completely blocked pores trapping oil, bacteria, and dead skin cells, causing a white appearance on the surface.



© Elsevier 2004. Habif: Clinical Dermatology 4E - www.clinderm.com

Open Comedo/ Blackhead

Partially blocked pore, allowing some of the trapped oil, bacteria, and dead skin cells to slowly drain to the surface. The black color is not caused by dirt but is oxidation of oils.



© Elsevier 2004. Habif: Clinical Dermatology 4E - www.clinderm.com

Inflammatory

Papules

Inflamed, red, tender bumps with no head.



© Elsevier 2004. Habif: Clinical Dermatology 4E - www.clinderm.com

Pustules

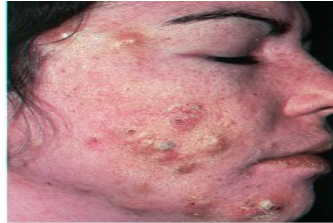
Similar to a whitehead, but is inflamed, and appears as a red circle with a white or yellow center.



Cyst/Nodular

Nodules are large, painful, solid lesions that are lodged deep within the skin.

- Cysts are nodules but contain pus
- severe form of acne



004. Habif: Clinical Dermatology 4E - www.c

Roseca

Seen mostly in those over age 30.

It appears as a red rash on cheeks, nose, forehead and chin. The redness is often accompanied by bumps, pimples, and skin blemishes.



Habif: Clinical Dermatology 4E - ww

Skin Care Tips²

- Clean Skin Gently- use a mild cleanser, in the morning and in the evening, and after exercise. Wash your face from under the jaw to the hairline and be sure to thoroughly rinse your skin. Do not scrub the face.
- Avoid rubbing and touching skin lesions. Squeezing, pinching or picking blemishes can lead to the development of scars or dark blotches.
- Cosmetics and hair products should be oil free and removed at the end of the day before going to bed.

What Inland Compounding Pharmacy (ICP) can do for you?

- The pharmacist will work together with the prescriber and you to find a regimen that works. This Triad is the key to solving the problem and providing maximum benefit to your healthcare.

Formulations compounded by ICP

Tran-Skin Plus Gelcream

Ingredients to treat:

Bacteria

- Erythromycin
- Azelaic acid
- Benzoyl peroxide

Inflammation

- Indomethacin
- Niacinamide
- Azelaic acid

Skin sloughing

- Retinoic acid

Anti-androgenic

- Spironolactone
- Progesterone

Antifungal

- Miconazole



© Mark Parisi, Permission required for use.

Niacinamide and Lipoic Acid

Ingredients to treat:

Inflammation

- Niacinamide

Scarring

- Lipoic Acid

Clindamycin and Glycolic Acid

Ingredients to treat:

Bacteria

Clindamycin

Skin sloughing

Glycolic acid

* when using these products please exercise caution with sun exposure

References

1. Johnson, Betty Anne and Julia Nunley. "Use of Systemic Agents in the Treatment of Acne" Vulgaris American Family Physician, October 2000.
2. "Questions and Answers About Acne" National Institute of Arthritis and Musculoskeletal and Skin Diseases, Jan. 2006. National Institutes of Health. 2001. .
3. "Acne, Rosacea, and Related Disorders" Chapter 7, Habif: Clinical Dermatology, 4th edition, .Copyright © 2004, Mosby, Inc. www.mdconsult.com