

PREVENTING SIDE EFFECTS OF ACNE TREATMENTS THANKS TO TWO SPECIFIC DERMO-COSMETIC PRODUCTS

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INTRODUCTION & OBJECTIVES

Acne treatments, like keratolytic and isotretinoin treatments, are known to induce skin side effects (dryness, irritations, burning sensation, tightness...). Keratolytic treatment, becoming more prescribed, alters the barrier function of naturally sensitive and dehydrated acne-prone skin. Compliance with acne treatments by patients is poor, especially in teenage. An international study showed that one in two patients does not adhere to his/her medicated treatment. To prevent these side effects and finally improve compliance, two specific dermo-cosmetic products were assessed in acne subjects.

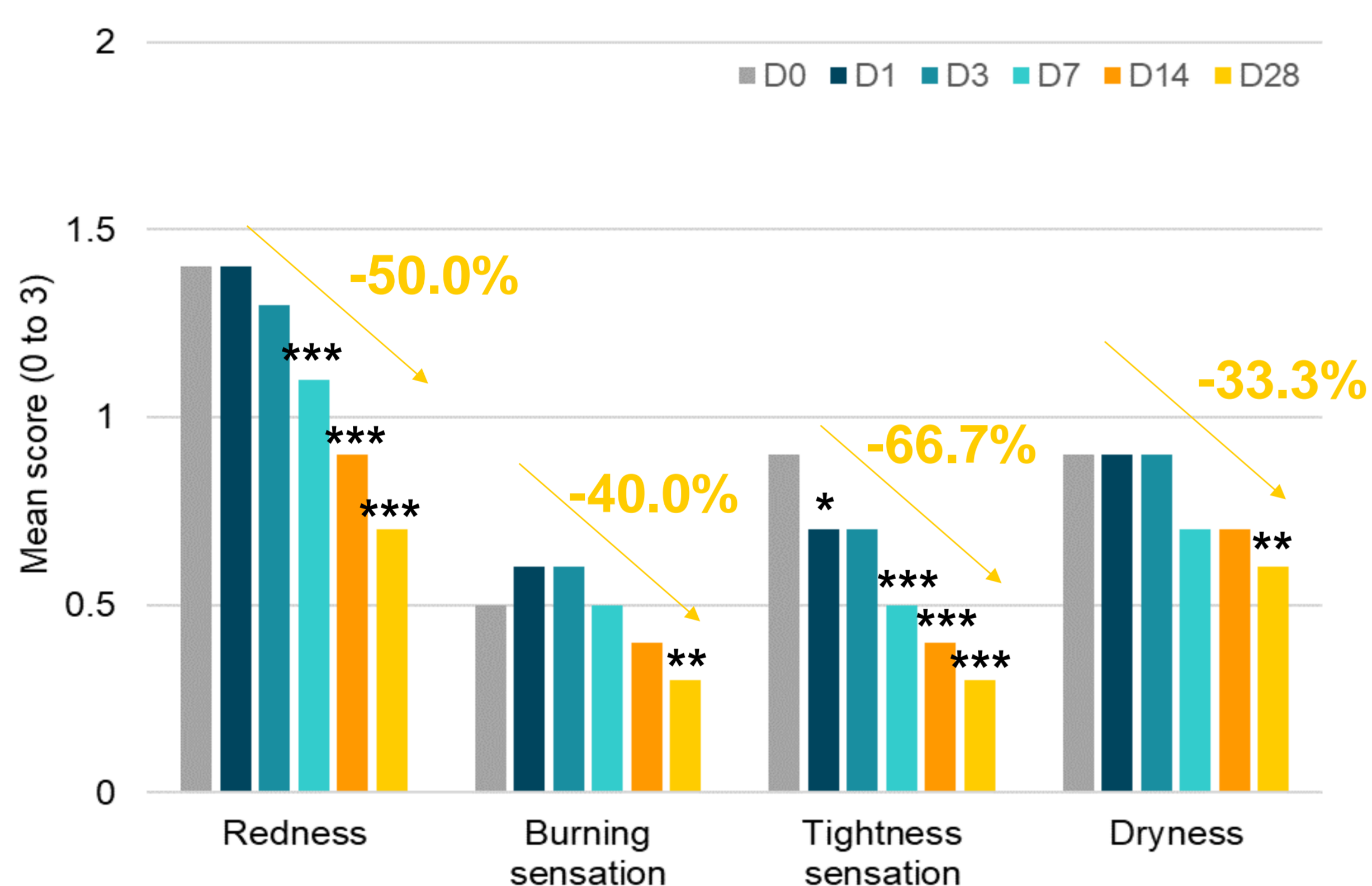
MATERIALS & METHODS

156 subjects were analyzed in a prospective non-interventional multicentric clinical study under dermatological control. 106 subjects (average age of 17.8 ± 3.6 years; 81% females) received a keratolytic treatment (main prescribed treatments were adapalene, benzoyl peroxide and combination of both), and 50 subjects (average age of 19.2 ± 3.4 years; 78% females) were prescribed isotretinoin. Since the beginning of their acne treatment at day (D)0, subjects with keratolytic treatment were recommended to apply product S twice a day (morning/evening), and those with isotretinoin applied product H once a day (morning). At D0, the investigator evaluated the acne severity and the clinical signs intensity. The subjects assessed their symptoms (redness, burning and incomfort/tightness sensations, dryness) at D0, D1, D3, D7, D14 and D28, and the soothing and moisturizing effects at D1, D3, D7, D14 and D28 with a scale from 0 (= absence) to 3 (= high). They also evaluated the global efficacy and the tolerability of the product at D28.

RESULTS

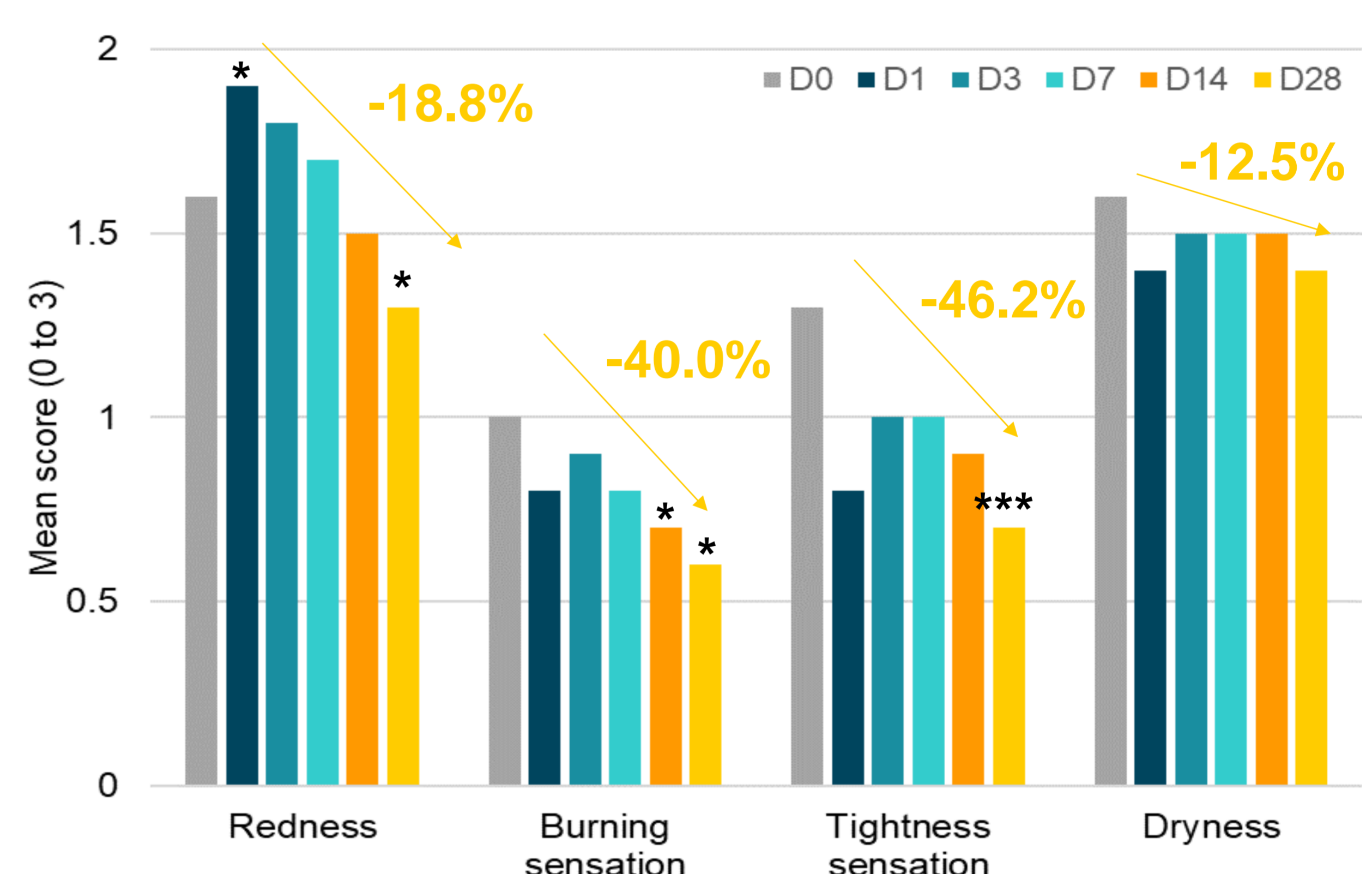
The majority of subjects receiving a keratolytic treatment presented at D0 a moderate acne (69.8%) and those using isotretinoin a severe acne (61.2%).

>> No exacerbation even decrease of the symptoms induced by keratolytic treatment



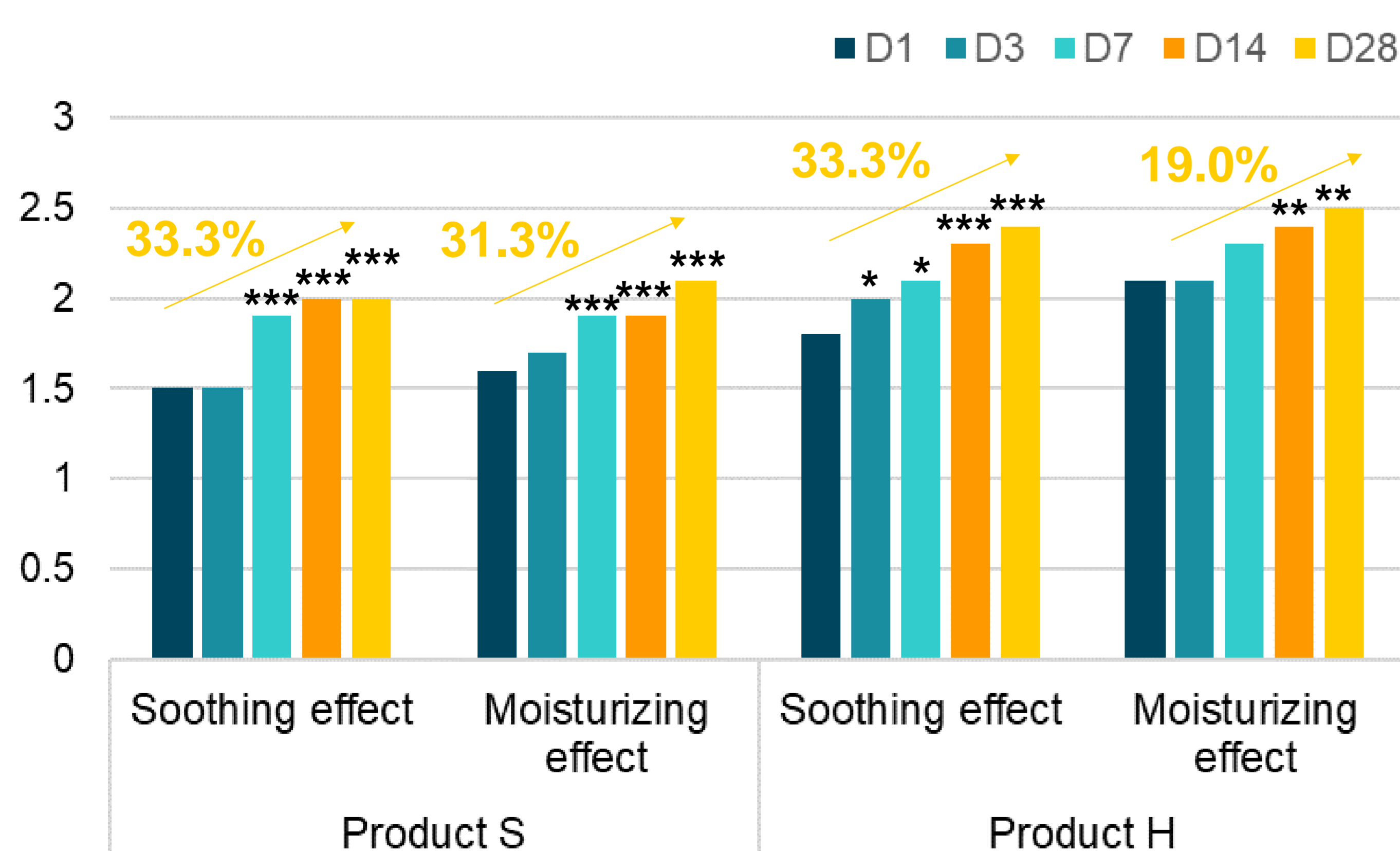
Graph 1: Symptoms in the group with keratolytic treatment associated with product S (** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$ S vs. D0)

>> At D28 no exacerbation even decrease of the symptoms induced by isotretinoin



Graph 2: Symptoms in the group with isotretinoin associated with product H (** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$ S vs. D0)

>> Increase of the soothing and moisturizing effects



Graph 3: The soothing and moisturizing effects of the products S and H in both groups (** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$ vs. D1)

The **global efficacy** was judged good to **excellent for 75.2% and 80.0%** of the subjects with keratolytic treatment and product S, and with isotretinoin treatment and product H, respectively.

The product S associated with keratolytic treatment (known as irritant) was **well tolerated** for 86.4% of the subjects and the product H associated with isotretinoin treatment was well tolerated for 96.0%.

CONCLUSION

By preventing the acne-prone skin from exacerbation of redness, burning sensations, tightness sensations and dryness induced by keratolytic or isotretinoin treatment, and even by improving the skin, these two specific dermo-cosmetic products could potentially increase patients' compliance to their medical treatment and so their efficacy.