

INTEREST OF A DERMOCOSMETIC CREAM IN THE MANAGEMENT OF MILD TO MODERATE ACNE IN 248 SUBJECTS FROM 9 COUNTRIES IN EUROPE

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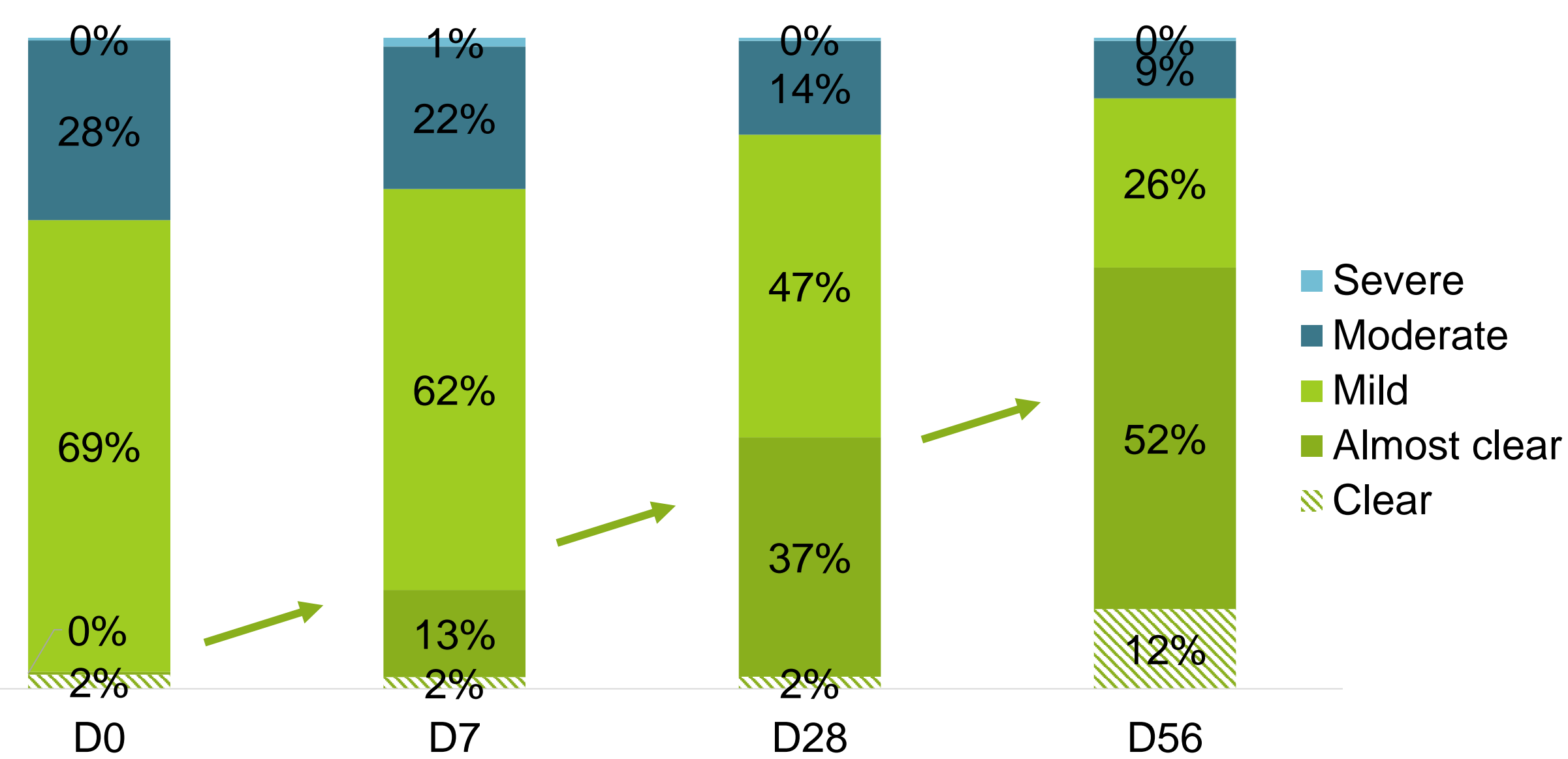
INTRODUCTION & OBJECTIVES

Acne vulgaris is a very common skin disease that affects 80% of people aged from 11 to 30 years old worldwide and is often the primary reason for consulting a dermatologist. Acne management is therefore important especially to avoid blemishes and scars due to inflammation. Hence, acne care is not only based on drugs, but also on the use of specific dermocosmetic products such as moisturizers, cleansers, and sunscreens. The aim of this study was to evaluate the interest and tolerance of a specific dermocosmetic product in subjects presenting mild to moderate acne in Europe. By acting on the biological causes of acne prone skin, this product helps to reduce spots and blackheads while normalizing the sebum quality and improving epidermal renewal to prevent the risk of post-spot marks.

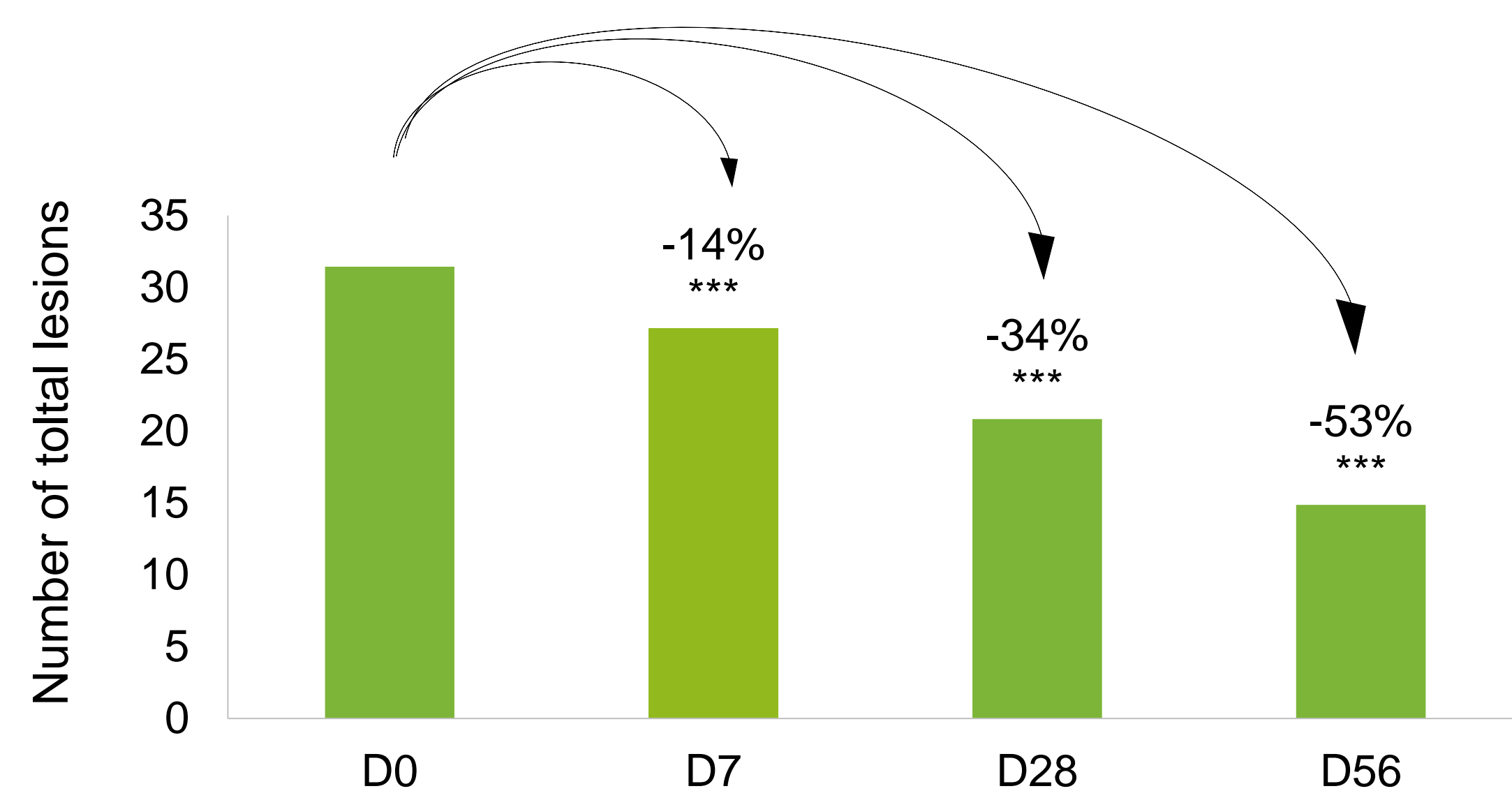
MATERIALS & METHODS

It was an open, non-comparative and multicentric study, performed in 9 countries in Europe (248 subjects): Serbia (52), Lithuania (50), Bulgaria (32), Italy (25), Poland (22), Greece (20), Czech Republic (20), Slovakia (17), and Croatia (10), under dermatological control, involving teenagers (47.2%) and young adults (52.4%) with mild to moderate acne (Investigator's Global Assessment, IGA = 2 or 3) with a number of inflammatory lesions (papules and pustules) between 3 and 20 and with at least 10 retentional lesions (open and closed blackheads). They were 18.3 years old in average, 70.6% females and 29.4% males, with phototypes II (48.8%) and III (39.5%). They applied the cream on the whole face, or only on the concerned areas, twice daily (morning and evening) for 56 days, associated with an adapted sun protection if needed. At each visit, day(D)0, D7, D28, and D56, the investigators evaluated the global assessment using a 5-point scale, the number of retentional and inflammatory lesions, the seborrhoea intensity using a 4-point scale, the clinical and functional signs using a 10-point scale, and the tolerance. The subjects filled in a questionnaire regarding acne-related parameters at D7, D28 and D56, and complete the Cardiff Acne Disability Index (CADI) to evaluate the impact of acne on their quality of life at D28 and D56.

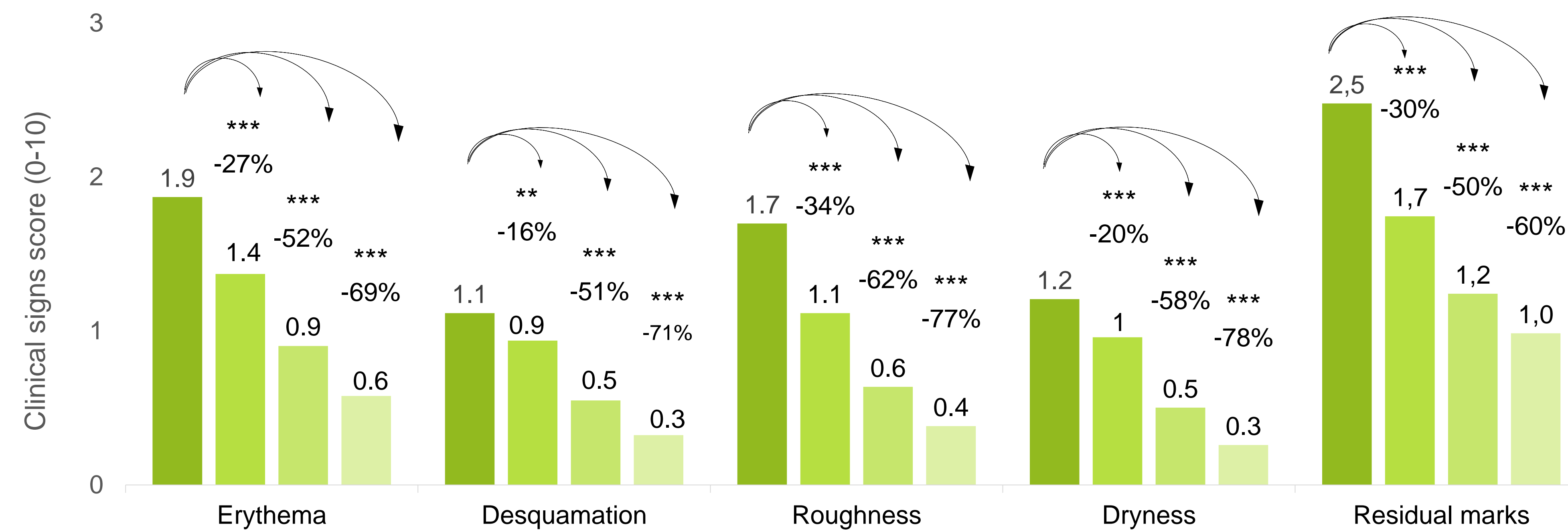
RESULTS



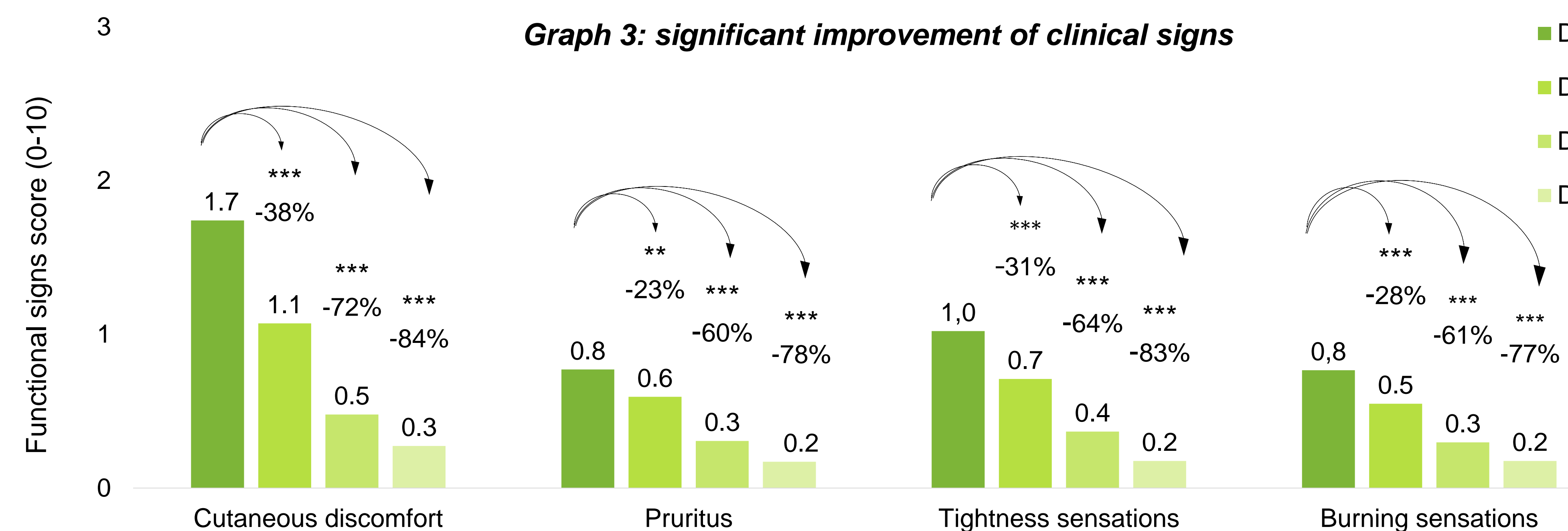
Graph 1: Significant IGA improvement



Graph 2: Significant decrease of the inflammatory and retentional lesions



Graph 3: significant improvement of clinical signs



Graph 4: significant improvement of functional signs

The results showed a significant decrease in the **seborrhoea intensity**: -12% at D7, -32% at D28 and -44% at D56.

Similarly, the **acne-related parameters** evaluated by the subjects evolved positively after the product application, as well as their **quality of life** by -43% at D28 and -57% at D56.

Globally 82% to 99% of the subjects appreciated the **product efficacy** including the mattifying and comfortable skin effects.

Finally, the product was **very well tolerated** for 98% of the subjects.

p < 0.01, * p < 0.001, Wilcoxon test

CONCLUSION

Altogether this study shows that in the countries involved, the use of an ecobiological dermocosmetic product intended for acne significantly improves acne condition and subjects' quality of life. The involvement of new countries with subjects of darker phototypes, would produce novel source of data in terms of worldwide efficacy of the product.