Clinical & Therapeutic Pearls in Acne & Rosacea
Tuesday, January 17, 2017 – 7:00am

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Perspectives on Evaluation and Management of Facial Erythema in Rosacea

• Diverse sources of central facial erythema of rosacea
  • Management directed at pathophysiologic cause(s)
• Persistent central facial erythema of rosacea
  • Intensified during flares – multiple factors
  • Persistent between flares – one (or a few) factors
• Physical modalities
  • Assist in modifying superficial vasculature associated with erythema
• Logical perspective on use of topical alpha-agonist therapy
  • Past experience vs newer information from available studies
  • Differentiation of agents
  • Possible relationship to molecular differences
  • Potential role of different receptor interaction profiles


Acne Pearls in Skin of Color

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Disclosures

• No pertinent conflicts of interest in relation to this presentation

• Galderma (C) (H)
• Symbio (R)
• Allergan (C) (H)
• Valeant Pharmaceuticals (C) (H)
• AbbVie (C) (H) (R)

Post inflammatory Hyperpigmentation & Acne
Acne → PIH

- CHEMICAL PEELS
- Salicylic Acid Peels
  - 25 patients in an open label trial
  - 5 salicylic acid peels from 20-30% concentration
  - 2 weeks intervals between each treatment
  - Combined with HQ 4% pre treatment x 2 weeks
  - 4/5 patients with Fitzpatrick type V or VI had >75% improvement

Grimes P. Dermatol Surg 1999 21:1

Peels in PIH

- Glycolic Acid 30-50% → 5-6 peels q2-3 weeks
- Salicylic Acid Peels 15-30% → 5-6 peels q2-3 weeks
- Trichloracetic Acid Peels 10-15%
  - Can prime skin with Glycolic and then follow with TCA
  - Although, commonly use 10-15% in Types IV-VI

Azelaic Acid

- Dicarboxylic acid that has selective cytotoxic effects
- Inhibits tyrosinase and mitochondrial respiratory enzymes
- 20% azelaic acid was used twice daily in approx 132 patients with facial melasma and PIH
- 73% had improvement after 6 months of therapy
- Minimal side effects of erythema, pruritus, and mild burning


Remember!
Acne, especially in Skin of Color can be mimicked!
Acne and Rosacea Panel

Joslyn Kirby, MD, MS, MEd
Associate Professor
Penn State University

No conflicts related to this topic.

OTC Adapalene: It’s Here!

• Adapalene 0.1% gel
  – ~$30 for 45g
  – ~$13 for 15g
• WalMart, Target, others
• Search “Differin gel”
  – Not “Balancing Moisturizer”

How to Frame your Message

• CHOICE OVERLOAD: Number or Complexity of Choices Paralyzes
  – APPROACH: “When you go to buy your medicated wash...”

• CHOICE FRAMING: We react to how information is presented
  – APPROACH: “This treatment has an 80% success rate” (not failure rate)

• STATUS QUO BIAS: We tend to favor current practices
  – APPROACH: “The research made me do it...”

New patient visit

- What have you tried before, for how long and what did you think about it?
- How would you rate your acne today- good day, bad day or usual?
- Family history of severe acne
- Menstrual periods/OCP use
- Exam for: distribution, lesion types, PIH, scarring: face, chest and back
- Engage patient in developing treatment plan
- Manage expectations

Return visit

- What do you think about your acne- better, worse, same?
- Were you able to get your prescriptions?
- About how often do you use your medication?
  - Verbally reward honesty
- What do you think about it?
- How do you usually take or apply it?
- Are you happy with your current regimen?

Patient education: Pathogenesis

- Acne is caused by a combination of oil production related to hormones, inflammation, and changes in the cells in the pores.
- Acne therapies target these causes and are designed to prevent the formation of new lesions under the skin. It takes about 6-8 weeks for medications to slow this process and about 3 months to see the full effect of your treatment

Patient education: Diet

- The best evidence to date is that there may be an association between acne and the intake of skim milk but not whole milk or other dairy products
- Studies have not been done to test the effects of changes in milk consumption on acne

Patient education: Topical retinoids

- Apply to the whole face
  - pea size amount in the palm of the hand
  - apply stripe to forehead, nose, cheeks and chin
- May use moisturizers before or after application
- Suggest alternative regimens to manage dryness if needed
  - Assure pt that side effects diminish over time
  - Twice weekly and work up to daily as tolerated
  - Every other day

Ocular Rosacea

Joshua Zeichner, MD
Mount Sinai Hospital
New York, NY
Evaluate all rosacea patients for ocular disease. If you don’t ask, they may not know to tell you.

Signs/Symptoms: blepharitis, blurred vision, foreign body sensation, photophobia, redness, tearing, and telangiectasia

Treatment Recommendations

<table>
<thead>
<tr>
<th>Table 1</th>
<th>Mild (mid ocular involvement)</th>
<th>Moderate</th>
<th>Severe (ocular sacral involvement)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topical</td>
<td>Lid hygiene</td>
<td>Lid hygiene + topical therapy (e.g., corticosteroids)</td>
<td>Lid hygiene + topical therapy (e.g., corticosteroids) + systemic therapy</td>
</tr>
<tr>
<td>Systemic</td>
<td>Dietary supplementation + topical therapy</td>
<td>Systemic antibiotic therapy (e.g., tetracycline)</td>
<td>Systemic antibiotic therapy (e.g., tetracycline) + systemic therapy</td>
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<tr>
<td></td>
<td>Doxycycline 40 mg/day NIM</td>
<td>Doxycycline 40 mg/day NIM</td>
<td>Doxycycline 40 mg/day NIM + systemic therapy</td>
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</tbody>
</table>

Consider dermatology referral in moderate to severe patients

General Eye Care

- UV-coated sunglasses
- Proper lid hygiene
  - warm compresses
  - meibomian gland expression / massage
  - dilute baby shampoo scrubs to remove crusts
  - lubricating drops

Dietary Supplementation

- ↑ omega-3:omega-6 fatty acids in diet
- Natural Sources:
  - cold-water fish: salmon, mackerel, cod, herring or sardines
  - flax-seed oil
- Thought to be anti-inflammatory


Oral Antibiotics

- Systemic anti-inflammatory effects
  - 40 mg doxycycline QD for 12 weeks
  - significant improvement in ocular symptoms
  - After D/C continued improvement for up to 17 months in 67% of patients

Ocular Cyclosporine

- 3-month study
- Artificial tears vs cyclosporine 0.03% eye drops BID
- Cyclosporine effective in treating lid & corneal changes