August 2012

Acne Vulgaris Questions

1. Q: What are the medication strategies for treating acne?

A: 1. Topical

1. Systemic
2. Q: How long do medication strategies take to see significant improvements?

A: Two to three months.

1. Q: What is the long term strategy for treating acne vulgaris?

A: Once good control is achieved systemic medications are withdrawn.

1. Q: How long does topical acne treatment take to see improvement?

A: 6 to 12 weeks.

1. Q: What are the topical agents used for acne vulgaris?

A: 1. Benzoyl peroxide

 2. Topical retinoids

 3. Antibiotics

 4. Glycolic acid

 5. Azelaic acid

 6. Salicylic acid

1. Q: What is the infective agent affected by benzoyl peroxide?

A: Propionibacterium acnes (gram +)

1. Q: What are the topical retinoid medications?

A: 1. Tretinoin

 2. Adapalene

 3. Tazarotene

1. Q: What are the characteristics of Tretinoin?

A: Cost effective but photosensitizing.

1. Q: What are the characteristics of Adapalene?

A: It is the least irritating.

1. Q: What are the characteristics of Tazarotene?

A: It is the most potent comedolytic agent.

1. Q: What are the most effective antibiotics for acne vulgaris?

A: 1. Clindamycin

2. Erythromycin

1. Q: When are these antibiotics most useful?

A: In treating papulopustular acne, to reduce skin colonization with P.acnes.

1. Q: What are the advanatages of using Azelaic acid to treat acne vulgaris?

A: 1. Comedolytic and antibacterial

2. Does not promote resistant organisms

1. Q: What is the disadvantage of using Azelaic acid to treat acne vulgaris?

A: It may promote hypopigmentation.

1. Q: What medications are used for comedones alone?

A: A topical retinoid

1. Q: What medications are used when there are inflammatory lesions only?

A: 1. Benzoyl peroxide alone.

2. Benzoyl peroxide with a topical antibiotic.

1. Q: What medications are used for comedones and inflammatory lesions?

A: 1. A retinoid

2. Benzoyl peroxide

3. A topical antibiotic

1. Q: What systemic medications are used for acne vulgaris?

A: 1. Antibiotics

2. Hormone agents

3. Retinoids

1. Q: What are the systemic antibiotics used to treat acne vulgaris?

A: 1. Tetracyclines

2. Erythromycin

3. Trimethoprim Sulfamethoxazole (3rd or 4th line)

4. Clindamycin (may cause pseudomembranous coli)

1. Q: When are oral antibiotics indicated?

A: 1. When lesions do not respond to topical antibiotics.

 2. Limit to 6 months or less of use.

1. Q: What are the hormone medications used to treat acne vulgaris?

A: 1. Cyproterone acetate

2. Dropirenone

3. Spironolactone

1. Q: What is the systemic retinoid used to treat acne vulgaris?

A: Isotretinoin

1. Q: What are the major cautions with the use of Isotretoin?

A: 1. Teratogenicity

1. Depression
2. GI upset
3. Q: What is the best OC hormonal therapy to use?

A: Are all equally effective