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July 2022

SKIN HEALTH

ISSUE FOCUS: ACNE



EXPERT PERSPECTIVES

Dr. Josh Zeichner provides information on acne formation, the impact of social media on patient care, and cleansers/moisturizers for this patient population.



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MEETING HIGHLIGHTS

AAD Annual Meeting—Summaries of Poster Abstracts from the 2021 and 2022 Meetings



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In a study of patients with acne, almost 40% of treatment non-adherence was due to side effects¹

Strategic use of OTC skincare, including gentle cleansers and moisturizers, can promote adherence by improving tolerability^{2,3}



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References: 1. Dikicier BS. Topical treatment of acne vulgaris: efficiency, side effects, and adherence rate. *J Int Med Res.* 2019;47(7):2987-2992. 2. Lain E, Andriessen AE. Choosing the right partner: complementing prescription acne medication with over-the-counter cleansers and moisturizers. *J Drugs Dermatol.* 2020;19(11):1069-1073. 3. Dreno B, Araviiskaia E, Kerob Delphine, et al. Nonprescription acne vulgaris treatments: their role in our treatment armamentarium—an international panel discussion. *J Cosmet Dermatol.* 2020;19:2201-2211. Use products only as directed.

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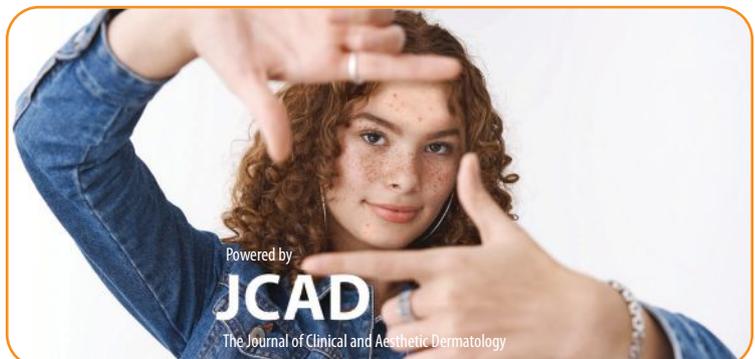
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EXPERT PERSPECTIVES

Josh Zeichner, MD, is Associate Professor of Dermatology and Director of Cosmetic & Clinical Research in Dermatology at Mount Sinai Hospital in New York, New York.



Dr. Zeichner explains how acne lesions form, the impact of social media on patient care, and the importance of choosing the correct moisturizers and cleansers for patients with acne.

Acne is a chronic, inflammatory condition of the sebaceous gland, thought to be caused by four main pathogenic factors. The first factor is follicular hyperkeratinization, which is a condition where skin cells stick together within the follicles or the pores, creating a bottleneck that traps oil within the follicles. Data shows that all of the follicles throughout the face in patients who are acne-prone are somewhat blocked, but we can't predict which ones will become clogged enough to lead to a full-blown pimple. That's why it's important to treat the entire face—not only to get rid of the pimples that they have, but also to prevent new pimples from developing.

Besides follicular hyperkeratinization, we know that patients with acne make a higher level of oil, or sebum, than people who don't have acne. In addition to that, the composition or quality of the sebum is actually different. There is a decreased concentration of linoleic acid and an increased concentration of squalene.

Linoleic acid is a fatty acid that serves as a precursor for the development of certain types of ceramides, and ceramides are the major component of the outer skin layer keeping the skin barrier intact. You can think of ceramides as the grout that sits between skin cell bricks.

In acne, the lower-than-normal level of linoleic acid leads to a lower-than-normal concentration of ceramides and contributes to skin barrier dysfunction. There's data showing that there's an inverse relationship between ceramide levels and acne severity. That means that the lower the level of ceramides, the worse the acne, and this is thought to be due to skin barrier dysfunction that directly contributes to follicular hyperkeratinization.

Squalene is a fat naturally found in the sebum at higher-than-normal levels in patients with acne. When you are exposed to the environment, including ultraviolet light and pollution, it leads to an inflammatory process known as lipid peroxidation, and the squalene is transformed into an inflammatory molecule, known as squalene peroxide, that directly

promotes inflammation and contributes to the development of acne.

Next, we have *Cutibacterium acnes* (*C. acnes*) bacterium. This bacteria lives on everyone's skin normally and is part of our skin's microbiome. In acne, there are different strains of *C. acnes* that contribute to inflammation. That inflammation is the last component of acne. We know that inflammation precedes development of the microcomedone, and all acne is inflammatory, even though we have referred to blackheads and whiteheads as noninflammatory lesions.

In the current environment, much of the information that patients are consuming is coming from social media. TikTok has emerged as the leading social media channel for many of our patients with acne. While the audience of TikTok is typically younger, we're seeing patients well into their 30s and 40s engaging with and obtaining information from TikTok. As a practicing dermatologist, it's important to understand how and where patients are consuming information, so that we can better address their questions during office visits.

When we treat a patient with acne, it's important not only to give out the right prescription options, but also to consider adjunctive over-the-counter care, including the right cleansers and moisturizers. When treating acne, we want to respect the skin barrier to make sure that the outer skin layer remains intact to help reduce irritation, dryness, and scaling. That's why I frequently recommend moisturizers to my patients with acne, alongside prescription medications that potentially dry the skin. The right cleansers are important as well. In some cases, we recommend therapeutic cleansers that contain active ingredients. This is particularly useful when treating large body surface areas, such as the chest and back. In other cases, we recommend gentle cleansers that complement prescription medications. The goal of cleansers is to remove dirt, oil, and other soiling from the skin without compromising the integrity of the skin barrier itself. **HT**

Meeting Highlights

American Academy of Dermatology Annual Meeting

<https://eposters.aad.org/>

The American Academy of Dermatology (AAD) Annual Meeting took place in-person from March 25–29, 2022, in Boston, Massachusetts. This conference provided researchers, physicians, and members of the industry with the opportunity to share and learn about the latest research in dermatology, including sun protection. Events, such as speaker sessions and poster presentations, included cutting-edge research in sun protection, which included evaluations of skin health across different populations, as well as reviews of current attitudes and knowledge on sun protection. Summaries of key poster presentations from the 2022 meeting, as well as some key posters from last year's meeting, are included here.

2022 MEETING

Novel 10% multi-acid serum provides clinical acne and complexion benefits in subjects with mild to moderate acne. Here, the authors assessed the safety and tolerability of a novel 10% multi-acid serum, containing exfoliating 5% glycolic acid, 2.5% mandelic acid, 2.5% gluconolactone, and salicylic acid. Patients had mild-to-moderate acne vulgaris, defined as having an Investigator's Global Assessment (IGA) score of 2.0 to 3.5; 10 to 100 noninflammatory lesions; 10 to 50 inflammatory lesions; and an overall Severity of Postinflammatory (PIH)/ Postinflammatory Erythema (PIE) score of 2.0 to 6.5. From baseline, total acne lesions decreased significantly at all timepoints, beginning with Week 2, with over 90 percent of patients experiencing a significant reduction in lesions at Week 4. Average reduction in acne lesions was 31.7 percent at Week 12. Significant reductions in noninflammatory and inflammatory lesions from baseline were observed from Week 2 onward. Baseline IGA scores significantly improved starting at Week 4, with a 21.2 percent improvement at Week 12. Baseline blotchiness, texture, evenness, and clarity improved significantly by Week

12 as well. In addition, patients reported improved acne-related quality of life. The multi-acid serum was well tolerated, as there were no reported adverse events (AEs).

Access e-poster here: <https://eposters.aad.org/abstracts/33577>

Skin tone bias of Google image results for common dermatologic diseases. Here, the authors conducted a cross-sectional study of Google Images to determine the prevalence of images of dermatoses in various skin tones. The first 50 images for each search result of five common dermatoses (acne, eczema, hives, shingles, and psoriasis) were rated as lighter (A–B) or darker (C–E) skin. Of the 250 images analyzed, only 14 (5.6%) contained dark skin. Acne resulted in the most images with dark skin at 12 percent, followed by eczema at 8 percent. In the first nine images for acne, two photos contained dark skin. In the first seven images for eczema, no photos contained dark skin. These results demonstrated that Google Images does not adequately include darker skin tones and might misdirect patients seeking a diagnosis or treatment. The authors suggested changing the algorithm to include more images with dark skin, as well as increasing the number of photos with dark skin that are available.

Access e-poster here: <https://eposters.aad.org/abstracts/35307>

Race, education, and employment status are associated with patients' willingness to pay for prescription acne treatment.

About one-third of patients with acne do not fill their prescriptions, with cost being a contributing factor. Therefore, Su et al conducted a survey evaluating willingness to pay for acne prescriptions and associated sociodemographic factors. Out of 471 respondents, 149 (31.6%) indicated a willingness to pay the median \$50 for a 30-day supply of acne medication. Just under 140 patients were willing to pay \$25 for a 30-day supply, and about 80 patients were willing to pay \$75 for a 30-day supply. Further analysis showed that non-White and unemployed patients were willing to pay less for an acne prescription than White and employed patients, respectively. Additionally, respondents with a bachelor's degree were willing to pay more than those without a bachelor's degree. Other factors, including age, sex, insurance type, acne severity, and income, were not associated with willingness to pay. Therefore, the authors concluded that dermatologists should undertake shared decision-making with their patients when considering prescription treatment.

Access e-poster here: <https://eposters.aad.org/abstracts/32886>

A comparison of acne products advertised on Instagram to American Academy of Dermatology evidence-based guidelines.

In this study, Concilla et al compared the active ingredients of acne products advertised on Instagram to the American Academy of Dermatology (AAD)'s evidence-based guidelines. They examined 90 posts each for the top 10 acne-related hashtags and found 193 advertisements to analyze. A total of 689 "active ingredients" were analyzed. The most common active ingredients were salicylic acid, vitamin E, and niacinamide,

which were present in 37 (5.37%), 33 (4.79%), and 30 (4.35%) products, respectively. Other common active ingredients were citric acid, vitamin C, tea tree oil, hyaluronic acid, glycolic acid, and squalene. Of the top 10 most common active ingredients, only salicylic acid, niacinamide, tea tree oil, and glycolic acid had some support from the AAD's evidence-based guidelines for treating acne. The strength of evidence for these ingredients, however, is not as strong as the evidence for other acne treatments, such as BPO, topical antibiotics, topical retinoids, combined BPO and topical antibiotics, and combined topical retinoids and BPO or topical antibiotics. This study illustrated there are numerous products advertised on Instagram that do not have sufficient evidence to support their use for the treatment of acne. This misinformation could lead to delays in patients seeking treatment from healthcare professionals, leading to further disease burden.

Access e-poster here: <https://eposters.aad.org/abstracts/34242>

Retinoids: a cross-sectional study of YouTube videos including DISCERN scores. Due to the increasing prevalence of social media websites, such as YouTube, being utilized as sources for healthcare information, Duvenjian et al searched for videos

pertaining to retinoids in the treatment of acne. Out of 180 videos, the 30 videos with the highest view count meeting the inclusion criteria were independently evaluated by two reviewers using the DISCERN instrument. The DISCERN instrument is composed of three sections. The first concerns the reliability of the publication, the second assesses the quality of information on treatment sources, and the third is an overall rating of the publication. The overall mean DISCERN score was 44.7, indicating the videos were of "fair" quality. There was a total of 15,654,266 views across the 30 videos included for analysis. Videos uploaded by nonmedical individuals had a mean score of 45.7, and those uploaded by dermatologists had a mean score of 43.3, both of which were considered of "fair" quality. Videos uploaded by for-profit companies had a mean score of 31.3, indicating that they were of "poor" quality. Out of the 30 videos analyzed, only four (13%) contained information from peer-reviewed journals. Only seven percent of videos explained that retinoids should not be used with pre-existing skin conditions, such as rosacea and eczema. The most commonly reported AE was photosensitivity, present in 53 percent of videos. Acne flare-ups and teratogenicity were noted as possible AEs in 27 and 13 percent of videos, respectively. Most videos failed to provide proper instructions for the use of retinoids. The need for increasing the

frequency of use as tolerated was mentioned in 47 percent of videos. Avoiding application around the eyes was included in 37 percent of videos, and using sunscreen and moisturizers alongside retinoids was included in 37 and 27 percent of videos, respectively. None of the videos discussed using retinoids in combination with other products for acne treatment, such as BPO and antibiotics. Based on this analysis, the authors concluded that YouTube videos failed to provide accurate and comprehensive information on the use of retinoids and their potential AEs in the treatment of acne.

Access e-poster here: <https://eposters.aad.org/abstracts/34508>

2021 MEETING

Profiling acne sufferers: from acne types/severity to impact on personal and social life. In this study, Coubart et al evaluated acne severity and types of lesions and psychological profiles of patients with acne. According to a survey of six dermatologists, other factors contributing to the psychological profiles of patients with acne include skin attributes, gender/sex, age, individual psychology, and race/ethnicity. Researchers utilized topic modeling with Latent Dirichlet

RESEARCH BITE—Tretinoin 0.05% lotion for the once-daily treatment of moderate-to-severe acne vulgaris: impact of gender and race on efficacy and safety

In this *post hoc* analysis of two Phase III trials, Lain et al assessed how gender and race impact the safety and efficacy of tretinoin 0.05% lotion in patients with moderate-to-severe acne vulgaris. At Week 12, female patients treated with tretinoin 0.05% lotion experienced a 56.9 and 51.7 percent change in inflammatory and noninflammatory lesion counts, respectively, compared to male patients, who experienced a 47.1 and 34.6 percent change in inflammatory and noninflammatory lesion counts, respectively. Significantly more female patients than male patients achieved treatment success with tretinoin 0.05% lotion (23.6% vs. 16.1%). Lesion count reduction and treatment success were comparable between White and Black patients treated with tretinoin 0.05% lotion. Significantly more female patients experienced adverse events, compared to male patients (10.6% vs. 5.2%), as well as application site dryness (5.4% vs. 1.7%).

Source: Lain E, Day D, Harper J, Guenin E. Tretinoin 0.05% lotion for the once-daily treatment of moderate-to-severe acne vulgaris: impact of gender and race on efficacy and safety. *J Drugs Dermatol.* 2019;18(11):1128-1138. **HT**



Allocation (LDA), as well as Linguistic Inquiry and Word Count (LIWC), to identify linguistic patterns based on age and sex in response to the question, “What is the worst thing about having acne?” Responses from 104 individuals with acne between the ages of 13 to 45 years were analyzed. The distinct linguistic patterns were revealed through LDA analysis. Cluster one (47.2%) was composed of physical aspects of acne, including pain, scarring, and blemishes. Concerns about appearance, insecurity, and embarrassment were the focus of cluster two (31.7%). Cluster three centered around acne breakouts, specifically the difficulty in managing them and their role in causing respondents to avoid social gatherings and public events. When analyzing responses from respondents aged 13 to 17 years, the authors found that 66 percent of teenagers, 56 percent of whom were male, focused on the emotional aspects of acne. Thirty-three percent of teenagers, 76 percent of whom were female, focused on the physical aspects of acne. Feelings of sadness were reported more often by female respondents, whereas male respondents described their experiences using words associated with feeling angry. However, these differences appeared to decrease with age. Ultimately, the authors found that social focus was the greatest predictor of anxiety in patients with acne, and adults who focused on the health aspect of their skin were typically less anxious than those who did not. Given the differences in these linguistic responses, the authors explained that communication should be personalized to the individual to optimize outcomes. Additionally, education and broadening health focus could result in less anxiety in patients with acne. Reducing patient anxiety could thus lead to improvements in health and disease outcome.

Access e-poster here: <https://aad-eposters.s3.amazonaws.com/VMX2021/poster/25789/Profiling+Acne+Sufferer+From+Acne+Types+and+Severity+to+Impact+in+Personal+and+Social+Life.pdf>

RESEARCH BITE—Clinical features of acne in primary care patients assessed through teledermatology

Analyzing the clinical differences in patients with acne through teledermatology, the authors found that the face was the most affected area, involved in over 85 percent of cases, and truncal acne was more common in male than female patients. Postinflammatory hyperpigmentation (PIH) and less severe acne were associated with female sex. The majority of patients (86%) had never received treatment for their acne prior to the teledermatology consultation, and only 32.1 percent of patients were referred to an in-person dermatologist.

Source: Giavina-Bianchi M, Azevedo MFD, Cordioli E. Clinical features of acne in primary care patients assessed through teledermatology. *J Prim Care Community Health*. 2022;13:21501319221074117. [HT](#)



A multicenter clinical study to evaluate the efficacy and tolerance of a benzoyl peroxide and retinol regimen in the treatment of mild to moderate acne vulgaris.

Patients with acne often seek treatment that can address both the disease state of lesions and alterations in cosmetic complexion (i.e., redness, tone, and marks). Benzoyl peroxide (BPO) and retinoids are recommended as first-line treatments for mild-to-moderate acne. In this multi-center, evaluator-blind, clinical trial, Kosmoski et al assessed the efficacy and tolerance of 2.5% BPO and a stabilized cosmetic retinol treatment in patients with facial acne vulgaris. Patients applied 2.5% BPO in the morning and a stabilized cosmetic retinol in the evening once per day for 12 weeks. Eligible patients had mild-to-moderate acne, 10 to 100 noninflammatory lesions, and 10 to 50 inflammatory lesions. A total of 33 patients, with a mean age of 17.6 years, participated in the study. The majority of patients were female (58%). Sixty-one percent of patients had Fitzpatrick skin types I to III, with 39 percent having Fitzpatrick skin types IV to V. Starting at Week 1, all patients receiving BPO + retinol saw significant improvements in lesion count from baseline. Acne lesions were reduced by 18.6, 28.7, 35.2, 43.5, and 54.2 percent at Weeks 1, 2, 4, 8, and 12, respectively.

A total of 84.2 and 100 percent of participants experienced lesion reduction at Weeks 1 and 12, respectively. IGA scores also significantly improved from baseline throughout the treatment period. At Week 1, there was a 10.5 percent improvement in scores, and at Week 12, there was a 44.3 percent improvement in scores. A total of 34.2 percent of patients achieved IGA score improvement at Week 1, with 84.8 percent of patients achieving IGA score improvement at Week 12. Participants also saw a significant decrease of noninflammatory and inflammatory lesions from baseline throughout the treatment period. At Week 12, 91 and 97 percent of patients achieved improvements in inflammatory and noninflammatory lesions, respectively. Investigators observed significant improvements in texture, clarity, tone, and blotchiness of skin in 100, 97, 88, and 88 percent of patients, respectively. In self-assessments at Weeks 1 and 12, the majority of patients reported that their skin was clearer and their acne was less noticeable. Most patients also reported that their skin did not feel tight or uncomfortable, indicating that the regimen was well-tolerated.

Access e-poster here: <https://aad-eposters.s3.amazonaws.com/VMX2021/poster/27884/A+Multi-Center+Clinical+Study+to+Evaluate+the+Efficacy+and+Tolerance+of+a+Benzoyl+Peroxide+and+Retinol+Regimen+in+the+Treatment+of+Mild+to+Moderate+Acne+Vulgaris.pdf>. [HT](#)

Journal Watch

Summaries of Recently Published Research in Skin Health

☞ In the digital edition, click the PMID after each summary to access the article/abstract.

Mask acne in skin of color: a significant dermatological condition amidst the COVID-19 pandemic

Raju SP, Sachdev M, Khunger N, Madnani N. *J Clin Aesthet Dermatol.* 2022;15(4):44–48.

Summary. Factors that contribute to mask acne included occupation as a healthcare worker, wearing N95 masks or masks with nasal metal wire or fixation bar, underlying facial dermatoses, and previous history of acne. Individuals with dark skin were more likely to develop inflammatory lesions, which can then cause postinflammatory hyperpigmentation (PIH), scarring, and keloid formation, than those with light skin. Preventative measures included restricting the time spent wearing masks and properly using personal protective equipment (PPE). The authors noted the PIH treatment should be prioritized in individuals with dark skin.

☞ PMID: 35465038, PMCID: PMC9017666

Effects of topical retinoids on acne and post-inflammatory

hyperpigmentation in patients with skin of color: a clinical review and implications for practice

Callender VD, Baldwin H, Cook-Bolden FE, et al. *Am J Clin Dermatol.* 2022;23(1):69–81.

Summary. Retinoids are often used in the treatment of acne for patients with skin of color due to their potential to lighten hyperpigmented lesions, thus treating both acne and PIH. Newer retinoid formulations have been shown to cause less irritation than older formulations while maintaining efficacy. Callender et al stressed the importance of patient education to optimize outcomes.

☞ PMID: 34751927, PMCID: PMC8776661

Novel education modules addressing the underrepresentation of skin of color in dermatology training

Slaughter C, Madu P, Chang AY, et al. *J Cutan Med Surg.* 2022;26(1):17–24.

Summary. Here, Slaughter et al evaluated the efficacy of the online Perceptual and Adaptive

Learning Modules (PALMs) in educating dermatological students on identifying skin conditions in skin of color. Accuracy and fluency scores for assessments taken after each PALM significantly increased from scores for assessments taken before each PALM. Surveys showed that PALMs were useful to students and increased their confidence in descriptions and diagnoses.

☞ PMID: 34340596, PMCID: PMC8742749

Treating acne in transgender persons receiving testosterone: a practical guide

Radi R, Gold S, Acosta JP, et al. *Am J Clin Dermatol.* 2022;23(2):219–229.

Summary. Testosterone therapy has been associated with acne in transgender persons, which can negatively impact mental health and quality of life. Radi et al reviewed how to approach treatment in these patients, starting with creating a gender-inclusive environment. Physicians must also consider transition goals when treating acne, such as when considering the prescription of hormonal contraceptives for acne treatment.

☞ PMID: 35018581, PMCID: PMC8751660

Evaluation of psychological well-being and social impact of atrophic acne scarring: a multinational, mixed-methods study

Tan J, Beissert S, Cook-Bolden F, et al. *JAAD Int.* 2021;6:43–50.

Summary. Through interviews and a quantitative survey, Tan et al assessed the impact of atrophic acne scarring on adults' emotional wellbeing and social functioning. Scarring had the largest impact on self-esteem, and 51.8 percent of patients reported feeling unattractive due to their scars. High rates of embarrassment and self-consciousness

Impaired water barrier function in acne vulgaris

In this study, Yamamoto et al assessed the relationship between sebum secretion rate (SSR), lipid content, and water barrier function (WBF) to the stratum corneum (SC) to determine the mechanisms of comedo formation. The SC of 36 patients with acne was compared to that of 29 healthy controls. Over a three-hour period, patients with moderate acne had significantly higher SSR, compared to controls. Additionally, patients with moderate and mild acne had significantly higher amounts of sphingolipids than controls. In patients with acne, lower amounts of sphingolipids were associated with decreased WBF. Thus, impaired WBF due to decreased ceramides was associated with comedo formation.

Source: Yamamoto A, Takenouchi K, Ito M, et al. Impaired water barrier function in acne vulgaris. *Arch Dermatol Res.* 1995;287(2):214–218. [HT](#)



were also reported. Taking photographs was the most avoided activity among respondents.

👉 PMID: 35005652, PMCID: PMC8719008

Dermatology: how to manage acne in skin of color

Chiang C, Ward M, Gooderham M. *Drugs Context*. 2022;11:2021-10-9.

Summary. In this narrative review, Chiang et al examined various treatment methods for acne and PIH in patients with skin of color. They recommended topical treatments, specifically retinoids and azelaic acid, as the first line of treatment, though patients should practice regular moisturizer due to possible skin irritation. Sun protection should also be practiced to reduce the development or worsening of PIH.

👉 PMID: 35720053, PMCID: PMC9165627

Mask-related acne in the COVID-19 pandemic: an analysis of Twitter posts and influencers

Drozdzowski R, Gronbeck C, Feng H. *Clin Exp Dermatol*. 2021;46(5):943–945.

Summary. Drozdzowski et al performed a retrospective analysis of 690 Tweets regarding mask acne, with 68.8 percent from patients and 31.2 percent from nonpatients; dermatologists and healthcare providers/organizations consisted of 0.1 and 1.7 percent of Tweet authors, respectively, with greater proportions of beauty bloggers or aestheticians (8.4%), media networks and personnel (7.5%), and business selling tangible products (6.5%) making mask acne-related Tweets. Among Tweets from commercial businesses, 83.7 percent promoted brand-name treatments or online shopping links.

👉 PMID: 33577082, PMCID: PMC8013391

Maskne: the epidemic within the pandemic: from diagnosis to therapy

Spigariolo CB, Giacalone S, Nazzaro G. *J Clin Med*. 2022;11(3):618.

Summary. In this review, Spigariolo et al explained how mask acne can be caused by increased air temperature and sweat retention and decreased air recirculation from wearing masks for a prolonged period. FFP2/KN95 masks were more likely to cause acne than surgical masks. The authors recommended the use of dermo-cosmetic cream and topical treatments to treat mask acne.

👉 PMID: 35160071, PMCID: PMC8836723

Advocacy for a shared physician/patient approach for the management of acne, rosacea, seborrheic dermatitis and photodamage

Dréno B, Gallo RL, Berardesca E, Griffiths CEM. *Eur J Dermatol*. 2022;32(1):138–139.

Summary. Reporting on personal experience of a shared physician/patient approach to treating various skin conditions, Dréno et al explained that patient education was crucial, as they might receive conflicting or incorrect information on their skin conditions from outside sources, such as the internet. For patients with acne, physicians should discuss family history, lifestyle habits, and nutrition to help in creating a personalized treatment plan. Physicians should also consider patient concerns and mental wellbeing.

👉 PMID: 35653084, PMCID: PMC9170546

Acne supplements sold online

Burns E, Parke M, Perez-Sanchez A, et al. *Dermatol Pract Concept*. 2022;12(1):e2022029.

Summary. Here, Burns et al examined the composition of 49 acne supplements sold online. Supplements contained an average of

3.18 vitamins, the most common of which were vitamins A, E, B3, B5, and B6, and 2.6 minerals, the most common of which were zinc and selenium. Almost half of all products (47.9%) provided unclear daily dosage labeling, and 20.8 percent of those sold by numerous vendors displayed inconsistent doses of ingredients. Only 4.1 percent of supplements were reviewed by third-party testing centers.

👉 PMID: 35223173, PMCID: PMC8824547 **HT**

Racial/ethnic variations in acne: implications for treatment and skin care recommendations for acne patients with skin of color

Here, Alexis et al aimed to explain how acne affects skin of color and how to treat patients with skin of color to improve outcomes. After conducting a literature review and panel discussion, the authors recommended that patients receive individualized treatment to reduce potential irritation, postinflammatory hyperpigmentation (PIH), and dry skin. Particularly, resolving acne-related PIH should be a priority for dermatologists, alongside long-term control of acne. Cultural variations in hair and skin care should also be taken into account, as they might exacerbate acne or affect the tolerability of acne medications.

Source: Alexis AF, Woolery-Lloyd H, Williams K, et al. Racial/ethnic variations in acne: implications for treatment and skin care recommendations for acne patients with skin of color. *J Drugs Dermatol*. 2021;20(7):716–725.

HT

News & Trends

Exploring Skin Health Research in the Media



In the digital edition, click  to access the full article.

THESE WOMEN ARE NORMALIZING ACNE ON SOCIAL MEDIA TO HELP OTHERS: "IT CAN BE A VERY BIG INSECURITY"

Content creators on social media are sharing their stories about living with acne in the hopes of overcoming stigma and inspiring others. Nazhaya Barcelona went viral in 2019 after sharing her personal journey with acne, receiving positive messages from viewers who also struggled with acne.

 More information: <https://news.yahoo.com/women-normalizing-acne-on-social-media-210209399.html>

WHY ADULT ACNE IS ON THE RISE AND WHAT TO DO ABOUT IT

Recently, dermatologists, such as Joshua Zeichner of Mount Sinai Hospital in New York, have noted an increasing trend in adult acne. Prolonged mask wearing, stress, and lifestyle factors are contributing to this trend. It is recommended that patients visit a dermatologist if over-the-counter treatments fail to improve their acne.

 More information: <https://www.washingtonpost.com/wellness/2022/06/21/why-adult-acne-is-rise-what-do-about-it/>

BAND-AID BRAND ENTERS ACNE CARE WITH NEW BLEMISH PATCH

Following a TikTok trend wherein consumers used hydrocolloids to treat blemishes, Band-Aid created their own hydrocolloid bandage to treat acne effectively and safely. These bandages provide an optimal wound healing environment and are shaped for placement at different sites, such as the cheek and chin.

 More information: https://www.happi.com/contents/view_online-exclusives/2022-06-22/band-aid-brand-enters-acne-care-with-new-blemish-patch/

DERMATOLOGIC DIFFERENCES IN A DIVERSE POPULATION

This article discusses how dermatological diseases, such as acne, present differently in diverse populations. For example, African American patients more commonly have comedonal acne, as compared to White and Asian patients, who tend to have more inflammatory acne.

 More information: <https://www.contemporarypediatrics.com/view/dermatologic-differences-diverse-population>

NEW APPROACH ELIMINATES SPECIFIC STRAINS OF A BACTERIUM RELATED TO ACNE

According to a study published in *PLoS Pathogens*, bacteriophage therapy can be used in the treatment of acne to alter the composition of strains of *Cutibacterium acnes* (*C. acnes*). This approach can target acne-related strain of *C. acnes* without affecting the equilibrium of the skin microbiome.

 More information: <https://medicalxpress.com/news/2022-06-approach-specific-strains-bacterium-acne.html>

GOT A PIMPLE, WRINKLE OR DARK SPOT? THERE'S A SKIN PATCH FOR THAT

Targeted skincare patches for treating acne, wrinkles, and dark spots have recently gained popularity. According to dermatologist Dr. Monica Li, patches targeting acne should be used to for spot treatment, as the patch will absorb fluid from the pimple causing dryness or irritation.

 More information: <https://www.flare.com/fashion-beauty/best-pimple-patch-peace-out-starface/>

BEST POST-INFLAMMATORY HYPERPIGMENTATION FADING TREATMENTS

Postinflammatory hyperpigmentation (PIH), which is more common in darker skin tones, can be treated with various over-the-counter medications, which includes glycolic acid, lactic acid, and niacinamide, according to Dr. Melvin Tan. He advises skincare treatment should be undertaken daily, and individuals should consult a physician to determine what combination of treatments works best.

 More information: <https://vogue.sg/best-post-inflammatory-hyperpigmentation-pih-treatments-to-try/> **HT**

RESEARCH BITE: Acne vulgaris and the epidermal barrier

Here, the authors reviewed the associations between acne vulgaris and the epidermal barrier, such as increased sebum production and inflammation, which reduces the strength of the follicular wall. Higher transepidermal water loss (TEWL) and lower stratum corneum (SC) hydration occur in patients with AV, which can cause SC permeability impairment in these patients. Additionally, topical treatments can alter the integrity and functions of the SC, thereby causing cutaneous irritation. As such, physicians should offer personalized treatments when treating patients with acne vulgaris.

Source: Thiboutot D, Del Rosso JQ. Acne vulgaris and the epidermal barrier. *J Clin Aesthet Dermatol*. 2013;6(2):18-24. **HT**



Digital Resource Center

Upcoming Educational Events and Digital Resources Related to Skin Health

In the digital edition, click  to visit meeting website or for more information.

Video Resources



WATCH: Nada Elbuluk, MD: Acne and Rosacea in Skin of Color

Dr. Elbuluk discusses her AAD 2022 presentation, which touched on topics such as postinflammatory hyperpigmentation and sun protection in patients of color with acne and guidance for recognizing, diagnosing, and properly treating rosacea in skin of color.

 Access here: <https://jcad.tv/elbuluk-aad2022-acne-rosacea-skin-of-color/>

Patient Resources



READ: NeutrogenaMD—Dedicated to Dermatology Professionals

This site provides a host of resources for healthcare professionals to share with their patients, including a complete guide to acne treatment, how to personalized acne regimen, videos explaining the science behind acne formation and treatment, and a variety of products that patients can get over the counter.

 Access here: <https://www.neutrogenamd.com/acne>

SKINCARE ACADEMY VIRTUAL LEARNING SERIES



On-demand Video Archive Available Now on JCAD.TV

Visit jcad.tv/skincare-academy-2022 and register for free to watch SCA Program Chair Joshua Zeichner, MD, along with an esteemed faculty of leading dermatology professionals, deliver virtual webinars covering an array of skin care questions and concerns that patients deal with daily.

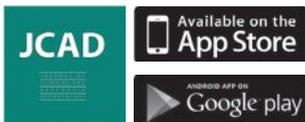
Access more video and audio content at jcad.tv



WATCH: SkinU—A TikTok Channel for Skin Science

This site provides information on Neutrogena's TikTok channel, SkinU, which is dedicated to sharing clinical information about acne on one of the most popular social platforms in the world. Patients can submit questions they have about acne for a chance to be answered on the channel and a 1-on-1 session with a scientist on their team.

 Access here: <https://www.neutrogena.com/skinU.html>



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