Current paradigm of acne management in North America

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European acne guidelines and advances in acne measurement: practical clinical messages.

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Acne management in North America will be based on recommendations from the recent Canadian and American guidelines for management of acne vulgaris. Treatments for which high quality evidence in acne exists will be specified. Acne management is based on primary acne morphology and clinical severity with topical and systemic treatments. The latter address one or more of the following pathophysiological factors including infundibular hyperkeratinization, perifollicular inflammation, Propionibacterium acnes, sebum hypersecretion and increased androgenic stimulation. The objective is to present the current approach to treatment of acne vulgaris in North America based on best evidence contextualized by expert consensus.

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This presentation explains the 2016 European guidelines for facial acne and describes new scar measurement methods and measurement of the impact of acne on our patients.

New drugs for acne in Japan allow a wider choice of targeted therapy, international experience may help informing strategies. For induction therapy the European recommendations are: Comedonal acne, topical retinoid; Mild/moderate papulopustular acne, adapalene/benzoyl peroxide (BPO) combination or BPO/clindamycin combination; Severe papulopustular or nodular/conglobate acne, isotretinoin.

Novel patient-reported outcome measures, Self-assessment of Clinical Acne Related Scars (SCARS) and Facial Acne Scar Quality of Life (FASQOL), will be described. Understanding the impact of acne on the quality of life of patients may improve decision appropriateness. The wider impact on the family can now be assessed with the Japanese version of the Family DLQI.