



AARS **HOT TOPICS** MEMBER NEWSLETTER

American Acne and Rosacea Society
201 Claremont Avenue • Montclair, NJ 07042
(888) 744-DERM (3376) • info@aarsmember.org
www.acneandrosacea.org



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Industry News

2017 saw record number of FDA approvals for drugs. January 1, 2018. Healio Dermatology.

<https://www.healio.com/hematology-oncology/practice-management/news/online/%7Bd58386c5-b872-4234-8037-caac7c7effb1%7D/2017-saw-record-number-of-fda-approvals-for-drugs>

The FDA approved 46 drugs in 2017, tying a record set for approvals in 2015. Cancer medications led the way, with 16 oncology and 11 hematology drugs approved. There were also 11 approvals for medications to treat infectious diseases, along with drugs to treat a cross-section of conditions, from cardiovascular disease to rheumatoid arthritis, Parkinson's disease to constipation. Final decisions were coming through right up until the end of December. An important question, then, is whether this trend will continue into 2018 and beyond. Another is why this explosion in approvals occurred at all. Perhaps another is how practicing clinicians can keep pace, with nearly an approval a week coming through. Andrew Powaleny, director of Public Affairs at PhRMA, speculated on the 2017 boom. "FDA commissioner Scott Gottlieb focused on improving efficiency and enhancing competition in the marketplace," he said. "He expedited the generic approval process, promoting more high-quality generic applications." Christopher P. Molineaux, president & CEO of Life Sciences Pennsylvania, agreed. "Under Dr. Gottlieb's proactive leadership, the FDA has made changes to further improve and enhance the FDA approval process," he said. "Those changes include robust engagement with the patient population at certain points in the approval process, which is an exciting new component in review of new drug applications. It will be interesting to see how that affects approvals and the process overall." Molineaux added that embedding experts within the review teams and making more use of real-world evidence will bring positive results to the process. "It is important to note that there are over 7,000 drugs in various stages of development in America's pipeline," he said. "Having an FDA ready and able to cope with these future applications is necessary and needed." Whether these changes, and the record number of approvals seen in 2017, will translate to a similar pattern remains to be seen. Healio.com reached out to the FDA for comment. The administration announced in an end-of-year press release that goals for 2018 include dealing with nicotine addiction, advancing drug and food safety, empowering consumers with more information and increased access to non-prescription medications, modernizing standards for regulations — including syncing U.S. standards with those in other parts of the world — and making greater use of technology. How those goals might translate to the approval process, however, remains to be seen.

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New Medical Research

Association of the CYP17 MSP AI (T-34C) and CYP19 codon 39 (Trp/Arg) polymorphisms with susceptibility to acne vulgaris. Chamaie-Nejad F, Saeidi S, Najafi F, Ebrahimi A, et al. Clin Exp Dermatol. 2017 Dec 28. doi: 10.1111/ced.13321. [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pubmed/29285776>

The aim of this study was to detect the association of the cytochrome P450 (CYP) 17 T-34C and CYP19 T<C polymorphisms with the risk of acne vulgaris (AV). The study enrolled 198 patients with AV (mild, moderate and severe) and 195 unrelated age-matched healthy controls from western Iran who had Kurdish ethnic background. The presence of the CYP17 TC genotype significantly increased the risk of mild, moderate and severe AV by 2.68, 2.28 and 2.94 times, respectively, while the presence of the CYP19 TC genotype significantly elevated the risk of overall AV and mild AV by 2.1 and 3.2 times, respectively. There was a synergy between the CYP 17 TC and

CYP19 TT genotypes, which increased the risk of AV by 2.45-fold ($P < 0.001$). To our knowledge, this is the first study showing that the CYP17 T-34C and CYP19 T<C variants and their synergy are associated with susceptibility to AV in an Iranian population.

Selective delivery of adapalene to the human hair follicle under finite dose conditions using polymeric micelle nanocarriers. Kandekar SG, Del Río-Sancho S, Lapteva M, Kalia YN. *Nanoscale*. 2017 Dec 22. doi: 10.1039/c7nr07706h. [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pubmed/29271454>

Drug delivery systems that target the pilosebaceous unit (PSU) selectively could improve the clinical management of diseases that originate in the hair follicle. The aims of this study were (i) to prepare polymeric micelles using d- α -tocopheryl polyethylene glycol succinate diblock copolymer that incorporated adapalene (ADA), a retinoid indicated for Acne vulgaris, and (ii) to investigate the feasibility of delivering ADA preferentially to the PSU under finite dose conditions - thereby better approximating actual conditions of use by patients. Incorporation of ADA into spherical micelles (dn <20 nm) increased aqueous solubility by ~50 000-fold (from <4 ng mL⁻¹ to 0.2 mg mL⁻¹). Optimized micelle solution and gel formulations (0.02% ADA) were stable after storage for 4 weeks at 4 °C. Finite dose experiments using full-thickness porcine and human skin revealed that ADA delivery efficiency from micelle solution and gel formulations was equivalent and was >2- and 10-fold higher than that from Differin® gel and Differin® cream (products containing ADA at 0.1% (w/w)). Follicular delivery studies in human skin, using a punch biopsy technique to extract the intact PSU, demonstrated that the micelle solution and gel formulations did indeed enable preferential delivery of ADA to the PSU (4.5- and 3.3-fold higher, respectively, than that to PSU-free skin biopsies). Confocal laser scanning microscopy provided visual corroboration that ADA was uniformly distributed in the hair follicles. In conclusion, the results confirmed that polymeric micelle nanocarriers enabled selective, targeted drug delivery to the PSU under finite dose conditions and so might improve therapy of follicular diseases and decrease off-site side-effects.

Using Network Oriented Research Assistant (NORA) technology to compare digital photographic with in-person assessment of acne vulgaris. Singer HM, Almazan T, Craft N, David CV, et al. *JAMA Dermatol*. 2017 Dec 20. doi: 10.1001/jamadermatol.2017.5141. [Epub ahead of print] <https://jamanetwork.com/journals/jamadermatology/article-abstract/2665393?redirect=true> IMPORTANCE:

Tele dermatology has undergone exponential growth in the past 2 decades. Many technological innovations are becoming available without necessarily undergoing validation studies for specific dermatologic applications. OBJECTIVE: To determine whether patient-taken photographs of acne using Network Oriented Research Assistant (NORA) result in similar lesion counts and Investigator's Global Assessment (IGA) findings compared with in-person examination findings. DESIGN, SETTING, AND PARTICIPANTS: This pilot reliability study enrolled consecutive patients with acne vulgaris from a single general dermatology practice in Los Angeles, California, who were able to use NORA on an iPhone 6 to take self-photographs. Patients were enrolled from January 1 through March 31, 2016. Each individual underwent in-person and digital evaluation of his or her acne by the same dermatologist. A period of at least 1 week separated the in-person and digital assessments of acne. INTERVENTIONS: All participants were trained on how to use NORA on the iPhone 6 and take photographs of their face with the rear-facing camera. MAIN OUTCOMES AND MEASURES: Reliability of patient-taken photographs with NORA for acne evaluation compared with in-person examination findings. Acne assessment measures included lesion count (total, inflammatory, noninflammatory, and cystic) and IGA for acne severity. RESULTS: A total of 69 patients (37 male [54%] and 32 female [46%]; mean [SD] age, 22.7 [7.7] years) enrolled in the study. The intraclass correlation coefficients of in-person and photograph-based acne evaluations indicated strong agreement. The intraclass

correlation coefficient for total lesion count was 0.81; for the IGA, 0.75. Inflammatory lesion count, noninflammatory lesion count, and cyst count had intraclass correlation coefficients of 0.72, 0.72, and 0.82, respectively. **CONCLUSIONS AND RELEVANCE:** This study found agreement between acne evaluations performed in person and from self-photographs with NORA. As a reliable telehealth technology for acne, NORA can be used as a teledermatology platform for dermatology research and can increase access to dermatologic care.

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Combination of platelet rich plasma in fractional carbon dioxide laser treatment increased clinical efficacy of for acne scar by enhancement of collagen production and modulation of laser-induced inflammation. Min S, Yoon JY, Park SY, Moon J, et al. *Lasers Surg Med.* 2017 Dec 20. doi: 10.1002/lsm.22776. [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pubmed/29266290>

BACKGROUND: Platelet-rich plasma (PRP) which contains large amounts of growth factors has been tried to enhance therapeutic efficacy of laser treatment for acne scar with unknown underlying mechanism. **OBJECTIVES:** The present study was conducted to investigate the molecular mechanism of increased clinical efficacy of PRP when combined with fractional laser treatment for treating acne scars. **METHODS:** Subjects with mild to moderate acne scars were treated with two sessions of fractional CO₂ laser therapy given with and without co-administration of PRP. Skin biopsy specimens were obtained at baseline, 1, 3, 7, and 28 days for investigation of molecular profiles associated with skin changes produced by laser plus PRP treatment. **RESULTS:** The PRP treatment increased clinical efficacy with decreased severity of adverse effects such as erythema, swelling and oozing. Productions of TGFβ₁ and TGFβ₃ proteins were more highly elevated on the PRP-treated side of the face compared to the control side at day 28. Furthermore, PRP-treated side showed significant increase of c-myc, TIMP, and HGF expression. Experimental fibroblast culture model was also used. PRP administration after laser irradiation increased expressions of p-Akt, TGFβ₁, TGFβ₃, β-catenin, collagen 1, and collagen 3 in both dose-dependent and time dependent manners in fibroblast. Moreover, we acquired clinical and histological data through randomized control clinical trial. **CONCLUSION:** Taken together with human study results combined with the data from cell experiments we suggest that PRP treatment increased fibrogenetic molecules induced by fractional CO₂ laser, which have association with clinical effect.

Hidradenitis suppurativa treated with wide excision and second intention healing: A meaningful local cure rate after 253 procedures. Deckers IE, Dahi Y, van der Zee HH, Prens EP. *J Eur Acad Dermatol Venereol.* 2017 Dec 19. doi: 10.1111/jdv.14770. [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pubmed/29265421>

BACKGROUND: Surgery is an important treatment modality for hidradenitis suppurativa (HS). Various methods of HS surgery have been described. Even though wide excision is a common surgical procedure for HS, data on the recurrence rate and patient satisfaction are scarce. **OBJECTIVE:** To determine the recurrence rate and patient satisfaction of HS lesional wide excision (complete excision) with secondary intention healing. **METHODS:** A single center retrospective study. Hundred twenty eligible patients were identified from our medical files and an individualized questionnaire was sent. **RESULTS:** Eighty-six patients responded to our questionnaire (71.7%). Of whom 84 patients underwent in total 253 procedures. The mean follow-up time per procedure was 36.2 months. In 37.6% of the procedures, recurrence occurred within a mean follow-up period of 3 years (after a median of 6.0 months). Total remission of an anatomical area was achieved in 49% of the procedures, whereas natural disease progression occurred in 13%. The genital region was the most prone to recurrence. The majority of the patients were glad that they had undergone the procedure and would recommend the surgical procedure to other HS

patients. **CONCLUSION:** Lesional wide excision (complete excision) with secondary intention healing yields a meaningful local cure rate for HS and is well tolerated.

Long-pulsed 1064-nm Nd: YAG laser ameliorates LL-37-induced rosacea-like skin lesions through promoting collagen remodeling in BALB/c mice. Kim M, Kim J, Jeong SW, et al. *Lasers Med Sci.* 2017 Dec 18. doi: 10.1007/s10103-017-2410-8. [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pubmed/29256058>

Long-pulsed 1064-nm neodymium: yttrium-aluminum-garnet laser (LPND) effectively treats rosacea, although the underlying mechanism is unclear, to evaluate the histological effects and molecular mechanism of LPND on LL-37-induced rosacea-like skin lesions in mice. Intradermal injection of LL-37 was performed into the dorsal skin of BALB/c mice (n = 30) twice a day for 2 days. Fifteen mice were treated with LPND. After 48 h, the excised skin sample was stained for histology and type I collagen; transforming growth factor (TGF)- β , matrix metalloproteinase-1 (MMP-1), tissue inhibitor of metalloproteinase (TIMP)-1, tumor necrosis factor (TNF)- α , and interleukin (IL)-1 α mRNA levels were determined by real-time RT-PCR. Intradermal injection of LL-37 induced rosacea-like clinical features. LPND treatment significantly reduced erythema and increased dermal collagen production. Levels of Type I collagen, TGF- β , and MMP-1 mRNA were significantly higher in LPND-treated mice than in untreated mice. LPND may improve rosacea by ameliorating dermal connective tissue disorganization and elastosis through MMP-mediated dermal collagen remodeling.

The association between stress and acne among female medical students in Jeddah, Saudi Arabia. Zari S, Alrahmani D. *Clin Cosmet Investig Dermatol.* 2017 Dec 5;10:503-506. doi: 10.2147/CCID.S148499. eCollection 2017. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5722010/> **INTRODUCTION:** Although there is widespread acceptance of a relationship between stress and acne, not many studies have been performed to assess this relationship. The objective of this study was to determine the relationship between stress and acne severity. **METHODS:** A cross-sectional study was conducted among 144 6th year female medical students 22 to 24 years in age attending the medical faculty at King Abdulaziz University. This study used the global acne grading system (GAGS) to assess acne severity in relation to stress using the Perceived Stress Scale (PSS). The questionnaire also included some confounding factors involved in acne severity. **RESULTS:** The results indicated an increase in stress severity strongly correlated with an increase in acne severity, which was statistically significant (p<0.01). Subjects with higher stress scores, determined using the PSS, had higher acne severity when examined and graded using the GAGS. **CONCLUSION:** On the basis of this study, it is concluded that stress positively correlates with acne severity.

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Serum homocysteine levels in acne patients. Jiang H, Li C, Wei B, et al. *J Cosmet Dermatol.* 2017 Nov 21. doi: 10.1111/jocd.12456. [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pubmed/29159884>

OBJECTIVE: This study was designed to investigate serum homocysteine (HCY) levels in acne patients. **METHODS:** Acne patients (n = 124) and healthy volunteers (n = 70), matched in terms of both age and sex, were enrolled. Serum HCY levels for all subjects were measured by a clinical laboratory. **RESULTS:** Serum HCY levels in male and female patients with severe and moderate acne were significantly higher than in the healthy control group (P < .05). The constituent ratio of male and female acne patients with HCY above the normal range (10 mmol/L) was significantly higher than the healthy control group. The severity of acne patients was positively correlated with

serum homocysteine concentration, ($P < .01$). **CONCLUSION:** Hyperhomocysteinemia may be an independent risk factor for acne vulgaris. Detection of serum HCY is important for acne patients.

Quality of life, anxiety prevalence, depression symptomatology and suicidal ideation among acne patients in Lithuania.

Lukaviciute L, Navickas P, Navickas A, et al. *J Eur Acad Dermatol Venereol.* 2017 Nov;31(11):1900-1906. doi: 10.1111/jdv.14477.

http://onlinelibrary.wiley.com/doi/10.1111/jdv.14477/epdf?referrer_access_token=uxgGKwWir8VUh1DHT3nsota6bR2k8jH0KrdpFOxC66hrhT3S06ajNVQqXowtaxVzpDZksel7cZC-B3luTQ3YNxSUb42A0Xv7ttTrOoYbRleaOjXGzA-twR5yQfG_Dllq7_GcrrNk-rxEWhPDD5TUrw1z1750USuyUJ4cYdm06PkwIqwYtB7Qh9xhTF35_RC2c_gZiEex-5SKrGvAWNtfwAIQS_VENLE0yXxDZ0GLpbPJfNC_w0ILB4o7FIL43VFhFESMfpf89P24LOrvhXNqWTUn3lgoLOPIA_vb-f_CsXPhe9O08puUV5iXZ1OqozeBi_kuZU3wYnLOhOgUhfXz5T_W9iNj8nTIJQA3cSjYhCR7Na8k2x94vo_jaHhXk6sWS4iXIGrHXrQDRKmq0gXqoQ%3D%3D

BACKGROUND/OBJECTIVE: We aimed to determine the prevalence of anxiety, depression symptomatology and suicidal ideation among patients with acne and the impact of this skin condition on the quality of life in Lithuania. **METHODS:** The mental health of patients with acne was assessed using an adapted Hospital Anxiety and Depression Scale, the Dermatology Quality of Life Index, questions about characteristics of acne. The study was authorized by the Regional Biomedical Research Ethics Committee. **RESULTS:** A total of 255 responders of 324 patients with acne included (84.4%) were assessed. 56.1% of the responders had comorbid anxiety, depression symptomatology or suicidal ideation related to acne. Among them, 38.4% had anxiety symptoms, 23.1% had depression symptoms and 12.9% had suicidal thoughts due to acne. About 96.5% of the responders had a reduced quality of life due to acne. **CONCLUSION:** More than a half of the patients with acne who participated at the study had comorbid emotional disorders. Anxiety was the most prevalent sign, 1.7-fold more prevalent than depression and threefold more prevalent than suicidal ideation. Depression was prevalent in more than every fourth responder and suicidal ideation afflicted every eighth acne patient. More than 90% of the patients had impaired life quality.

Clinical Reviews

Acne vulgaris: The metabolic syndrome of the pilosebaceous follicle. Melnik BC. *Clin Dermatol.* 2018 Jan - Feb;36(1):29-40. doi: 10.1016/j.clindermatol.2017.09.006. Epub 2017 Sep 8.

<https://www.ncbi.nlm.nih.gov/pubmed/29241749>

Acne vulgaris is an epidemic inflammatory disease of the human sebaceous follicle and represents the most common skin disease affecting about 85% of adolescents in Westernized populations. Acne vulgaris is primarily a disease of wealthy countries and exhibits higher prevalence rates in developed compared with developing countries. No acne has been found in non-Westernized populations still living under Paleolithic dietary conditions constraining hyperglycemic carbohydrates, milk, and dairy products. The high prevalence rates of adolescent acne cannot be explained by the predominance of genetic factors but by the influence of a Western diet that overstimulates the key conductor of metabolism, the nutrient- and growth factor-sensitive kinase mTORC1. Increased mTORC1 activity has been detected in lesional skin and sebaceous glands of acne patients compared with acne-free controls. Increased mTORC1 signaling is a characteristic feature of insulin resistance, obesity, type 2 diabetes mellitus, cancer, and neurodegenerative diseases. Acne vulgaris is a family member of mTORC1-driven

diseases of civilization and represents the MetS of the sebaceous follicle.

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Radiofrequency-assisted subcision for postacne scars. Yadav S, Gupta S. J Am Acad Dermatol. 2018 Jan;78(1):e9-e10. doi: 10.1016/j.jaad.2017.07.037. <https://www.ncbi.nlm.nih.gov/pubmed/29241808>

SURGICAL CHALLENGE: Subcision is a commonly performed procedure for depressed rolling scars of acne.¹ Breaking up the fibrotic strands mechanically with a blade or needle leads to neocollagenesis and hematoma formation, resulting in elevation of the depressed scars. However, the excessive mechanical force often leads to trauma to the surrounding tissue, excessive bleeding, and large hematoma formation and fibrosis. **SOLUTION:** We propose the use of radiofrequency energy in place of mechanical energy for subcision. The depressed scars are marked with a surgical marker pen. Tumescence anaesthesia is given to reduce the risk for damage to the deeper neurovascular bundles.

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How acne bumps cause the blues: The influence of acne vulgaris on self-esteem. Gallitano SM, Berson DS. International Journal of Women's Dermatology 2017. DOI: <http://dx.doi.org/10.1016/j.ijwd.2017.10.004>. [http://www.ijwdonline.org/article/S2352-6475\(17\)30084-9/abstract](http://www.ijwdonline.org/article/S2352-6475(17)30084-9/abstract)

Acne vulgaris is one of the most common dermatologic complaints. Although dermatologists are skilled at treating acne, invisible psychological scars can be left by the disease. We review 13 articles that examined the effect of acne vulgaris on patients' self-esteem. Overall, these studies demonstrated that acne has a negative effect on self-esteem among patients of all age groups. These effects most strongly affect women and those with severe acne (both subjectively and objectively). Despite the impact on self-esteem, only a minority of patients seek medical treatment, and even fewer seek treatment from a dermatologist. As dermatologists, we are trained in managing acne. We can provide early and effective treatment that improves both the physical and psychological effects. It is up to us to bridge the gap between those suffering from acne and their access to medical treatment.

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Acne keloidalis nuchae in Asians: A single institutional experience. Na K, Oh SH, Kim SK. PLoS One. 2017 Dec 14;12(12):e0189790. doi: 10.1371/journal.pone.0189790. eCollection 2017. <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0189790>

Acne keloidalis nuchae, a type of folliculitis involving the back of the neck, is common in black men, although rare cases have been reported in patients of other ethnicities. We analyzed the clinicopathological features of acne keloidalis nuchae in 17 Asians. Patients' age at the time of presentation ranged from 20 to 69 years. Most patients experienced the disease over 2 years (range, 3 months-20 years); follow-up data were available for 11 (65%) patients (range, 2-95 months). Nine (53%) patients had comorbidities, but none had a history of other skin disease or a family history of acne keloidalis nuchae. Macroscopically, seven (41%) patients had multiple erythematous pustulopapular lesions, and 10 (59%) had a single large plaque. Histopathologically, deep scarring folliculitis containing naked hair shafts was identified. In all cases, inflammation was most severe in the upper two-thirds of the dermis, and the differences in pustulopapular and plaque lesions were more prominent in the peri-inflammation area. Of the seven patients with plaque lesions treated with steroids alone or steroids and cryotherapy, three experienced plaque reduction. ~~Acne keloidalis nuchae occurring in Asian patients frequently present with typical~~

clinicopathological features, and therefore in spite of very low incidence the diagnosis of this disease entity should be considered in idiopathic scarring folliculitis of the posterior neck.

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Successful treatment of a childhood synovitis, acne, pustulosis, hyperostosis and osteitis (SAPHO) syndrome with subcutaneous methotrexate: A case report. Akçaboy M, Bakkaloğlu-Ezgü SA, Büyükkaragöz B, İsiyel E, et al. Turk J Pediatr. 2017;59(2):184-188. doi: 10.24953/turkjped.2017.02.011. <https://www.ncbi.nlm.nih.gov/pubmed/29276872>

Successful treatment of a childhood synovitis, acne, pustulosis, hyperostosis and osteitis (SAPHO) syndrome with subcutaneous methotrexate: A case report. Turk J Pediatr 2017; 59: 184-188. SAPHO syndrome (synovitis, acne, pustulosis, hyperostosis and osteitis) is defined as a syndrome that is related to various osteoarticular manifestations and chronic dermatological conditions especially severe acne. SAPHO syndrome is a rare and unusual clinical entity in childhood and treatment choices are variable. We report an 11-year-old girl who suffered from SAPHO syndrome and successfully treated with subcutaneous methotrexate. We report our case in order to take attention to this rare clinical condition in evaluating patients and also to point out that treatment options beyond biologic agents should be the first line treatment in childhood.

Acne in South African black adults: A retrospective study in the private sector. Zulu TP, Mosam A, Balakrishna Y, Dlova NC. S Afr Med J. 2017 Nov 27;107(12):1106-1109. doi: 10.7196/SAMJ.2017.v107i12.12419. <https://www.ncbi.nlm.nih.gov/pubmed/29262965> BACKGROUND: Acne vulgaris is the most common skin disorder affecting teenagers and young adults, and is becoming increasingly common in middle-aged women. It affects all skin types and ethnic groups, but dark-skinned individuals are burdened by post-inflammatory hyperpigmentation (PIH) as a sequela. PIH causes distress in acne patients even after the inflammatory lesions have resolved. OBJECTIVE: To describe the characteristics of acne in black South African adults in the private health sector in Durban, KwaZulu-Natal Province. METHODS: A retrospective study of records of patients attending two large private dermatology clinics in central Durban, mainly catering for black patients, was performed. Data were collected for the period January - December 2014. Records with acne as a diagnosis were retrieved and analysed with regard to age, demographics, type and severity of acne, therapy, HIV status and outcomes. RESULTS: Of a total of ~3 000 charts available for the 12-month period, 242 had acne as a diagnosis and were retrieved and analysed. Of these patients, 204 (84.3%) were female and the remainder were male. The mean age was 28.5 years (under-18s were excluded from the study). Inflammatory acne was the most frequently encountered form (58.6%). Fifteen patients (6.2%) were on topical treatment only, and 226 (93.4%) were on topical plus systemic treatment. PIH was the most common sequela (81.0% of patients). CONCLUSIONS: The majority of the patients were young females with inflammatory acne, and PIH was the most common sequela. Early and vigorous treatment of acne may minimise its complications, including those seen mainly in black patients.

Patient Counseling/Communication

Generational influence on patient learning preferences in dermatology. Di Xia F, Rana J, Young GJ, et al. J Am Acad Dermatol. 2017 Dec 6. pii: S0190-9622(17)32753-6. doi: 10.1016/j.jaad.2017.11.053. [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pubmed/29223578>

To the Editor: Shared decision-making and decision aids can reduce healthcare utilization while improving patient satisfaction and adherence. Little is known about patient-preferred modalities of education in dermatology to facilitate shared decision-making. Here, we examine the impact of patient characteristics, including generational status, on preferences of learning modality and information sources when making treatment decisions in dermatology. We surveyed patients over 18 years of age at Brigham & Women's Hospital Dermatology in August 2016, asking patients to rate on a five-point scale preferences for 1) learning modalities and 2) information sources when deciding on treatment for skin growths. Patients were not required to have prior history of any skin condition and participation was optional. Demographic and clinical data were extracted from manual chart review. Generation groupings were defined as Millennials (born 1981-1997), Generation X (born 1965-1980), Baby Boomers (born 1946- 1964), and the Silent Generation (born 1928-1945). Participants born outside of groupings (n=6) were combined into the closest group. Responses of 5 on the five-point scale were considered "most preferred" for learning preferences while responses of 4 or 5 were interpreted as "important" for information sources based on distributions of answers. Comparisons were performed using chi-square tests, and statistical significance was determined using Cochran Armitage trend tests. Analyses were performed using SAS 9.4 (SAS Institute, Cary, NC) and data were stored using "Research Electronic Data Capture".

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Characterization of patients' quality of life and experience in the course of acne treatment. Skaggs RL, Hix E, Huang KE, Feldman SR. *Skinmed*. 2017 Dec 1;15(6):431-435. eCollection 2017. <https://www.ncbi.nlm.nih.gov/pubmed/29282179>

Few studies provide qualitative data on the acne treatment experience. This study describes patients' personal experiences of acne treatment. Video interviews were made of 27 teenagers and young adults with acne treated for 12 weeks with adapalene/benzoyl peroxide gel. Transcripts were then coded and qualitatively analyzed. Four thematic domains affecting quality of life and experience were identified: clinical manifestations, self-perception, social placement, and perception of control. Successful treatment increased self-esteem and performance at work and school. Successful acne treatment improves patients' quality of life by improving appearance and self-perception, satisfaction with social placement, and perception of control.

The patient-centered acne severity scale study. Patel DP, Bernardis E, Yan AC. *Pediatr Dermatol*. 2017 Nov;34(6):656-660. doi: 10.1111/pde.13262. <https://www.ncbi.nlm.nih.gov/pubmed/?term=10.1111%2Fpde.13262>

Acne is one of the most common skin conditions seen by dermatologists. As with many other cutaneous diseases, due to its visibility, acne often produces a large psychosocial impact on patients who suffer from the disease. Such psychosocial burdens are exacerbated by the variation in acne presentation that can lead to the usage of multiple different treatments before visible improvements are appreciated. Although many scales have been established to determine severity from the clinician standpoint, patient-oriented scales are lacking. Clinicians use these severity tools to guide management and judge patient improvement from visit to visit. Creation of such a severity scale from a patient's perspective would allow patients to not only assess their perception of their acne independent of a physician but could also be used to determine patient satisfaction with treatment that would then help to more effectively guide management. Therefore the goal of this study is to create and validate a patient-centered acne severity scale using a visual analogue scale format.