Asian Acne Experts Discuss Adapalene/BPO Data and Other Recent Improvements in Acne Care

The Asian Acne Board

The Asian Acne Board includes ten dermatologists with an interest in acne who come from Australia, India, Japan, Korea, Malaysia, the Philippines, Singapore, Thailand and the USA. The group was formed in 2005 with a goal of focusing on the unique practices and clinical needs of Asian patients with acne; it is a regional subgroup of the larger worldwide Global Alliance to Improve Outcomes in Acne. In 2011, the Asian Acne Board published Consensus Recommendations about the treatment of acne in Asia in the Journal of Dermatology. In February of 2012, the Asian Acne Board met in Manila, Philippines during the Regional Congress of Dermatology and discussed recent developments in acne care that are affecting Asian countries.

Recent Research on Adapalene/BPO Shows Efficacy is Enhanced by Synergy

Adapalene 1% / BPO 2.5% (Epiduo® Gel, Galderma International, France) is a unique fixed-dose combination therapy for acne that has been recently introduced to the therapeutic armamentarium in Asia. Once-daily Epiduo® combines the preventive and healing effects of a topical retinoid with a fast-acting and potent antimicrobial agent that is the only antimicrobial used for decades with no evidence of bacterial resistance among Propionibacterium acnes. Large-scale clinical trials involving thousands of patients have proven the efficacy and rapid action of Epiduo®. Long-term (12-month) studies have shown that efficacy is sustained and improvements continue during the course of treatment. Further, meta-analysis of data from the pivotal clinical studies shows that the efficacy of Epiduo increases as the number of baseline acne lesions increase.

The clinical efficacy of Epiduo® is greater than would be expected with a purely additive effect, suggesting that true synergy occurs between adapalene and BPO. A synergistic effect was the cooperative action of two drugs resulting in a greater response than that of the individual drugs. Clinical studies have shown that the efficacy of the adapalene/BPO is greater than the sum of the efficacy of adapalene alone plus BPO alone. To provide an explanation for this, Dreno et al. studied the modulatory effects of adapalene and BPO alone or in the combination at a molecular level and found that a synergistic effect was exerted on markers of keratinocyte proliferation/differentiation. Synergistic actions on aspects of innate immunity were also observed, including decreasing toll-like receptor 2 (TLR2), matrix metalloproteinase 3 (MMP3), interleukin 8 (IL-8), interleukin 10 (IL-10) and 84 defenses. Additional Recent Studies Show the Utility of Epiduo® in More Severe Acne

Using Epiduo® with an oral antibiotic is an excellent strategy for managing patients with moderately severe to severe acne, since it provides targeted therapy against multiple pathogenic pathways. Epiduo® has been studied with oral antibiotics (doxycycline and tetracycline) in patients with more severe acne; the results showed that Epiduo® plus an oral antibiotic offers significantly enhanced efficacy compared with the oral antibiotic alone. Figure 1 shows the reduction in inflammatory lesions from the study of Epiduo® plus doxycycline.3,7 Acne in China

A special guest speaker, Dr Leihong Flora Xiang, MD, PhD, Professor and Vice Chair of the Department of Dermatology at Huashan Hospital, Fudan University in Shanghai, China, discussed the management of acne in China, including traditional Chinese medicine. She noted that traditional medicine is often combined with western medicines. In Chinese medicine, skin disease and acne reflects disorder of internal organs or channels (lungs with stomach and the yangjin channel). Treatment of disease is to correct the imbalance of yin and yang. Herbal medicines are used, typically a mixture of 5-7 herbs. There are specific herbs for various pathogenic mechanisms (reducing P acne, inhibiting sebum production, regulating hormone levels, and normalizing conformation of the follicle). Traditional medicine approaches may also include acupuncture, cupping, and moxibustion.

Finally, the Asia Pacific Acne Conference will be held in October 2012 and dermatologists interested in attending are encouraged to contact Dr Suh for more information. According to Dr Chee Leok Goh, activity in Singapore is focused on the National Skin Centre, which has ongoing studies, including a resistance study, an epidemiology study, and a quality of life study for patients with acne scars. More and more attention are given to scar occurrence, when permanent includes social and psychological consequences, enforcing the need for more appropriate and intensive treatment for inflammatory acne, such topics with role of retinoids as adapalene being investigated by the Global Alliance in all regions for all skin types.

Asian Acne Board Members

Dr Jo-Ann See
Australia
Kubba
Dr Dae Hun Suh
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Dr Flordeliza Abad-Casahistan
Philippines
Dr Nopadon Noppapun
Thailand
Dr Yoshiki Miyoshi
Japan

First Asian Acne Board Research Grant presented in Manila

The Asian Acne Board, a regional panel of the Global Alliance to Improve Outcomes in Acne, is pleased to announce that the first Asian Acne Board Research Grant in acne was presented in Manila, Philippines at the Regional Congress of Dermatology on February 25, 2012. The winner of the Award, an unrestricted $10,000 USD grant from Galderma International, was Dr Hyun Hoon Kwon from the Department of Dermatology at the Seoul National University College of Medicine in Seoul, South Korea. The title of Dr Kwon’s research is. Screening of natural products for the development of effective acne treatment agents and investigation of the molecular structure of active ingredients. Dr Kwon’s work was selected by the Award Committee of the Asian Acne Board who is included Dr Yoshiki Miyoshi from Kyoto University in Japan, Dr Dae Hun Suh from the Seoul National University College of Medicine in South Korea, Dr Chee Leok Goh from the Singapore Skin Centre in Singapore, and Dr Warren Kang (Asian Acne Board Chairman), Nossal Professor and Chairman, Department of Dermatology in Johns Hopkins University College of Medicine in Baltimore, Maryland in the USA.

The Asian Acne Board Research Grant was developed to stimulate acne research in Asia. The Asian Acne Board Chair, Dr Kang commented “We are very pleased to have the opportunity to sponsor young researchers like Dr Kwon - his initiative and excitement for advancing knowledge in dermatology are commendable.” Dr Flordeliza Abad-Casahistan, Chairman of the Asian Acne Board of the Philippines agreed, adding that “it’s highly important to stimulate research and interest in acne among Asian patients as the population of individuals of Asian descent continues to increase around the world.”

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