

Approaches and contemporary trends in acne vulgaris

Generalities. Acne vulgaris (AV) is a disease with genetic determinism and metabolic-hormonal expression – usually observed among adolescents and young adults – involving areas of the skin rich in sebaceous glands and hair follicles. Clinical manifestations include a lesional polymorphism and sometimes – because of the unaesthetic aspect of the disease – a strong physical, mental and social handicap.

Etiopathogenic approaches. The main etiopathogenic links of AV are: a) sebaceous hypersecretion (caused by hormonal imbalances: androgens > estrogens); b) infundibular hyperkeratinization; c) microbial factor (*C. acnes*, *St. aureus*, *Peptostreptococcus* spp.); d) metabolic and immune disorders. Recent research also highlights other disturbances: e) the activation of a toll-like receptor (TLR-2); f) the release of proinflammatory factors (IL-1 alpha, IL-6, IL-8, IL-12, TNF-alpha); g) the expression of intercellular adhesion molecules (ICAM-1); h) the activation of inflammasome (NLRP-3); i) the role of metalloproteinases (MMP-9) in the degradation of collagen fibers, particularly in the severe forms of acne (acne conglobata) etc.

Contemporary trends. My experience and professional activity allow me to highlight the following contemporary trends in acne vulgaris: 1) an increase in the number of appeals to family doctors and beauty salons; 2) an increase in the number of requests made by boys and men; 3) the increasing number of cases of tardive acne (21-35 years); 4) the increasing number of cases with a greater number of morbid associations (AV + other manifestations of hyperandrogenism: seborrheic dermatitis, androgenic alopecia, hirsutism, dysmenorrhea, polycystic ovaries); 5) the increasing number of adverse effects, especially after cosmetic procedures; 6) an intensified phobia of retinoids among patients and particularly among doctors; 7) the increasing number of cases of polypharmacy and as a result amplifying the inefficiency of systemic treatments (e. g. anti-bacterial, anti-androgens etc.); 8) the increasing role of topical remedies and especially of azelaic acid (Skinoren); 9) the increasing role of diet in the multitude of antiacne measures; 10) the increasing number of cases involving anxiety and depression, especially among women with tardive acne.

Key words: acne vulgaris, etiopathogenic approaches, contemporary trends.

Gama Exfoliac în tratamentul dermatitei seboreice și al acneei vulgare

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Generalități. În lucrare este redat aspectul morfologic al dermatitei seboreice, respectiv acneei vulgare și rezultatele administrării produselor din gama Exfoliac. Preparatele dermatocosmetice din gama Exfoliac au fost testate pe un lot de 24 de pacienți cu dermatită seboreică și forme ușoare/moderate de acnee vulgară (gradul 0-4 conform scării lui Cook).

Rezultate. Referitor la dermatita seboreică, spre ziua a 7-a de tratament, rata de involuție, dispariție a fost de 70,5% pentru leziunile eritematoase, 28% pentru *seborrhea sicca* (ten uscat), 60% pentru *seborrhea oleosa* (ten gras), 50% pentru comedoanele închise. După 2 săptămâni de tratament, la toți pacienții au dispărut leziunile eritematoase. Referitor la acnee, rata de involuție, dispariție a fost de 85% pentru leziunile papuloase și 60% pentru leziunile pustuloase.

Concluzie. Gama dermatocosmetică Exfoliac prezintă o combinație de ingrediente ideale de îngrijire a pielii la bolnavii cu dermatită seboreică și acnee vulgară.

Cuvinte-cheie: dermatită seboreică, acnee, gama Exfoliac.

Exfoliac products in treatment of seborrheic dermatitis and acne vulgaris

Overview. In the research the author described morphologic aspects of seborrheic dermatitis, acne vulgaris and effects of topical treatment by Exfoliac products. A group of 24 patients with seborrheic dermatitis and mild/moderate acne vulgaris (0-4 points according to Cook score) received a topical treatment by Exfoliac products.

Results. On the 7th day of treatment erythematous macules disappeared in proportion of 70,5%, for seborrheic lesions with dry skin in proportion of 28%, for oily skin in proportion of 60% and for closed comedo in proportion of 50%. After 2 weeks of treatment erythematous lesions disappeared completely in all patients included in the study. Rate of involution for papular and pustular lesion was 85% and 60%, respectively.

Conclusions. Exfoliac products represent ideal remedies for seborrheic dermatitis and acne treatment.

Key words: seborrheic dermatitis, acne vulgaris, Exfoliac products.