

AN ACNE-DEDICATED DERMOCOSMETIC: META-ANALYSIS OF FIVE OBSERVATIONAL STUDIES

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INTRODUCTION

Treatment of mild acne is often addressed with topical treatments with either salicylic acid, topical retinoids, topical benzoyl peroxide, and too often topical antibiotics. The use of an acne dedicated dermocosmetic (DC) containing salicylic acid, Lipohydroxy acid (LHA), niacinamide, procerad, mannose and APF (a biomass of *Vitreoscilla Filiformis* grown in thermal spring water) with the following activities: exfoliating, anti-inflammatory and rebalancing the microbiome and sebum secretion has been developed to manage mild acne. To demonstrate its efficacy and good tolerance on this specific target, we carried out a meta-analysis of 5 observational studies from private consultations data.

MATERIAL & METHODS

Data are from five observational studies on patients over 12 years of age with mild acne. Efficacy and tolerance of the DC, used once or twice a day, were evaluated after two months of treatment. All studies used the same inclusion criteria but were from different geographical zones. The confidence intervals for response and tolerance rates were estimated using bootstrapping.

RESULTS

A total of 2755 patients (71.8 % female) with mild acne (grade 1 and 2 in 5 points Global Acne Severity [GEA] scale), aged 22.5 (± 8.0) years, were included in the study. In total, 67.6% of patients had grade 2 acne severity. The population consisted of 43.0% of patients with retentional acne, 19.1% with inflammatory acne, and 37.9% with mixed acne. The response rate on acne severity measured by GEA scale (Figure 1) was 71.9% (95%CI: [70.2;73.6]), for pigmentary marks (Figure 2) 60.0% (95%CI: [57.1;62.9]) and 68.0% (95%CI: [65.2;70.9]) for inflammatory lesions (Figure 3). The product was well tolerated with a good tolerance rate of 87.9% (95%CI: [86.6;89.2]) (Figure 4).

Figure 1: Response rates on GEA and 95%CI
N=2739

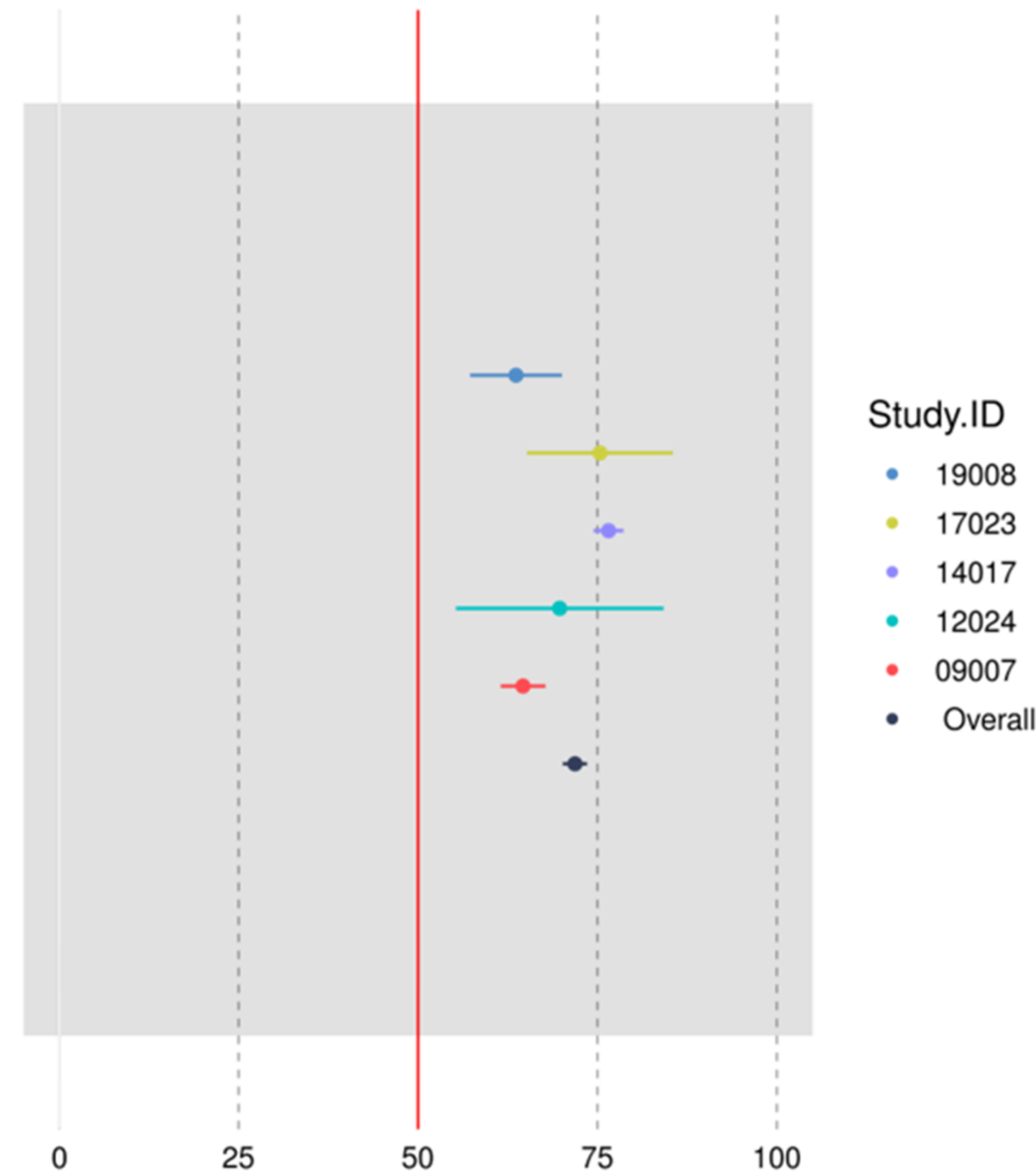


Figure 2: Response rates on pigmentary marks and 95%CI
N=1098

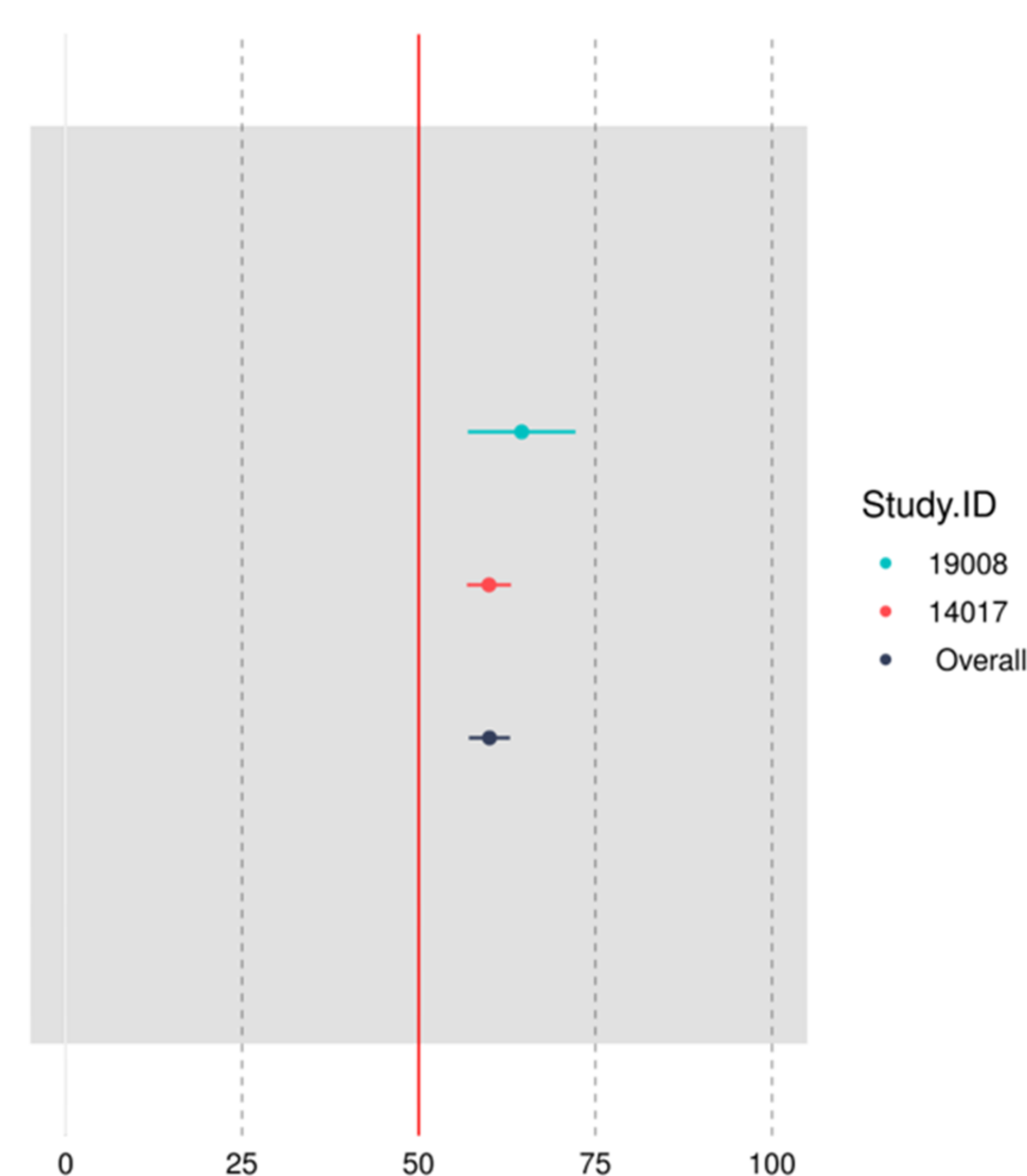


Figure 3: Response rates on inflammatory lesions and 95%CI
N=1061

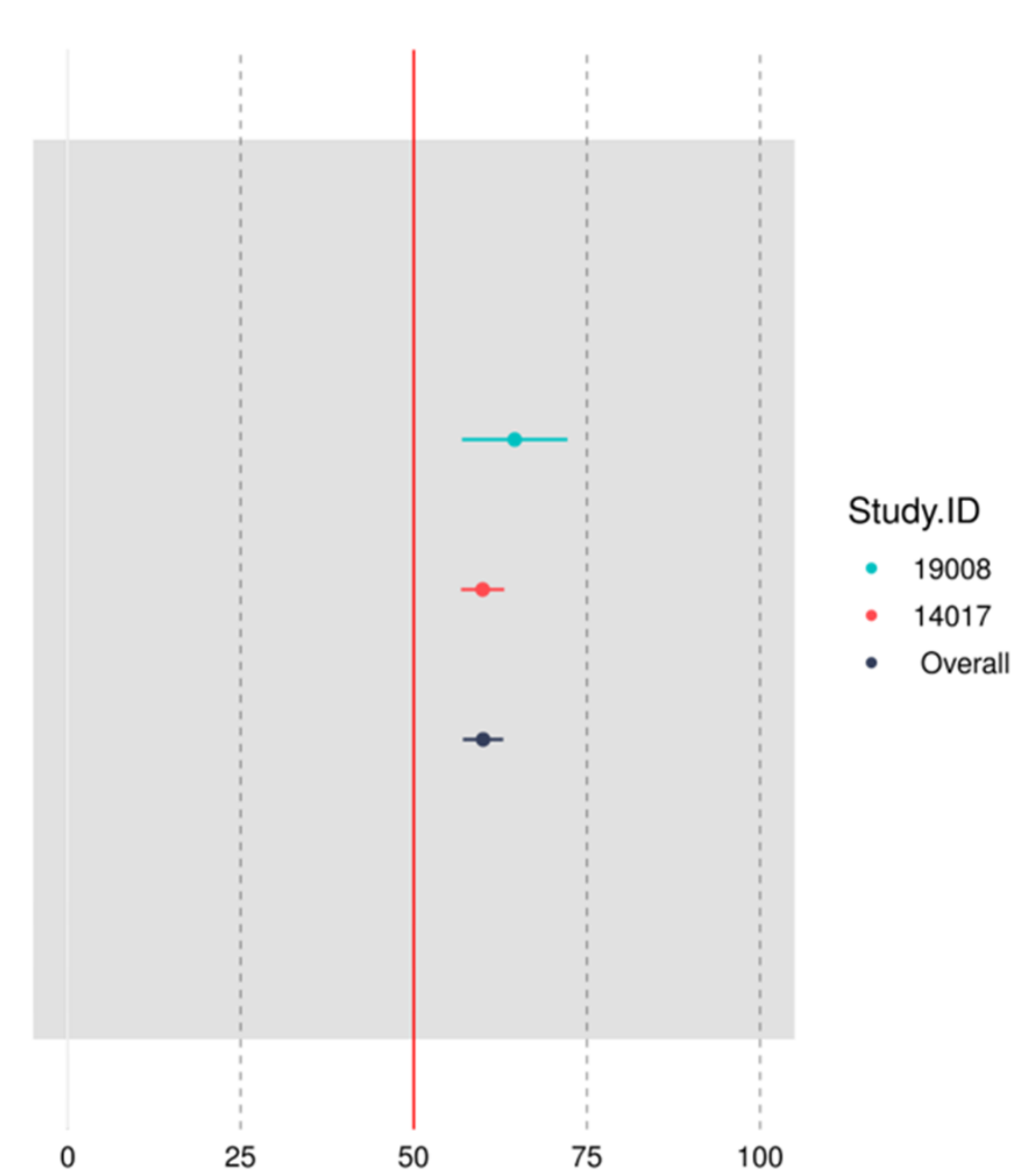
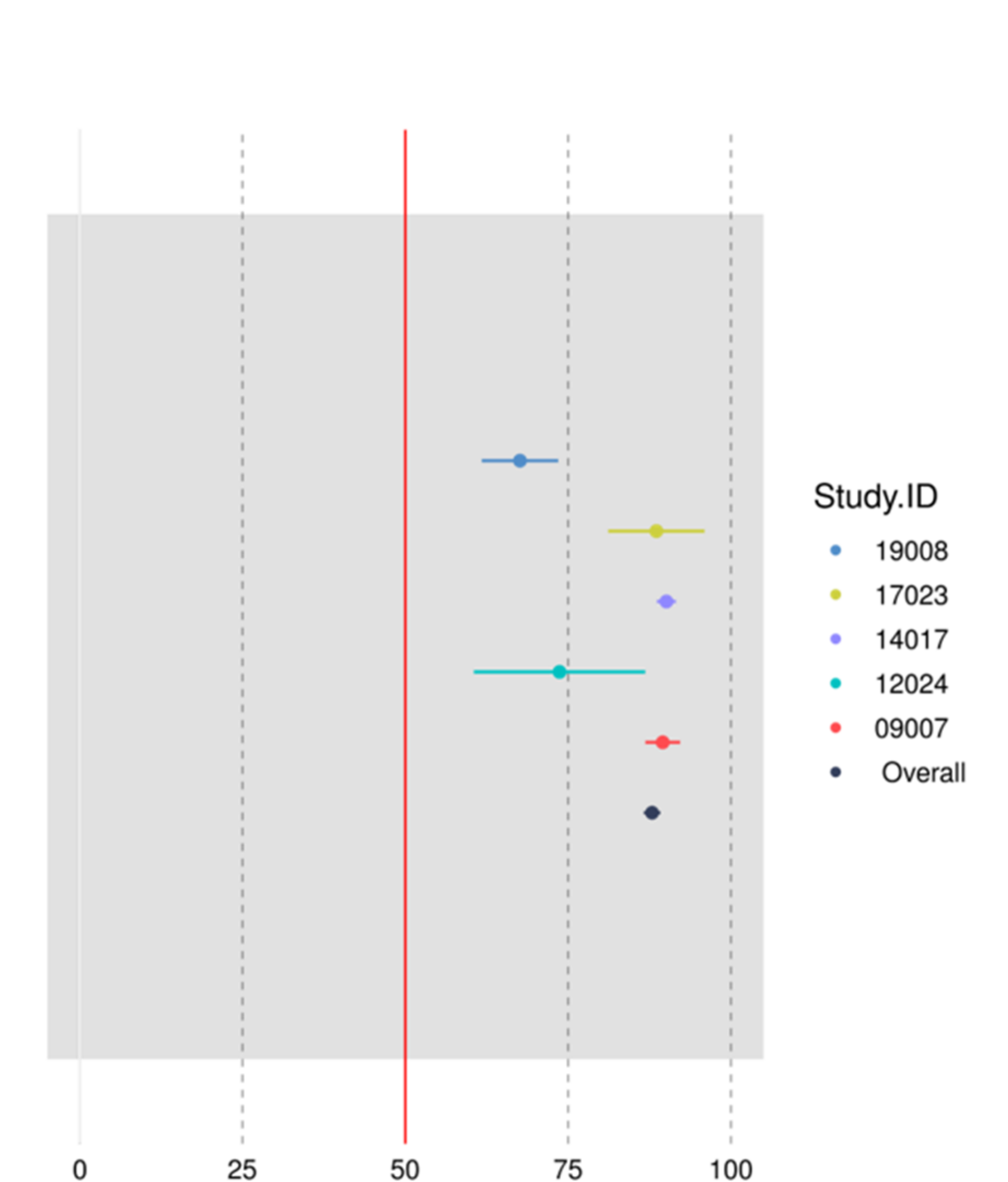


Figure 4: Good tolerance rates and 95%CI
N=2416



DISCUSSION

This study highlights the good efficacy and tolerance profile of the acne dedicated dermocosmetic for mild acne including active ingredients. These results from a big sample size confirm the good results measured in a high number of clinical trials. The product with its diverse activities may also boost the efficacy of topical and systemic treatments in adjunctive therapy.