

Title: Newer Paradigm in the treatment of Acne

Introduction: Acne is one of the commonest skin disorders. While there are established treatment modalities, newer issues such as skin exposomes, microbiomes and gut dysbiosis had led to recurrent and recalcitrant acne.

Objective: To discuss the holistic approach to acne management and how my experience has changed in the last decade.

Review: The gold standard treatment of Isotretinoin is increasingly failing to avoid recurrence. Changing paradigm in the environment, global shift in climates, micronutrient deficiency, altered gut health, increasing metabolic and hormonal insufficiency, gluten intolerance, light sensitivity, etc has surmounted the causations in acne. The menace of pollution has catapulted red acne, acne scar and acne pigmentation. Meanwhile, increasing aesthetic awareness warrants for quick treatments and better judgement by dermatologists. We discuss the clinical approach, investigations, treatments ranging from medical therapies to procedures for acne. Due to recent elucidation of role of cytokines and immunity, we also discuss immunity induction therapy.

Non invasive & resurfacing treatments are pivotal in acne treatment as well as scar prevention. We will touch upon various clinic based procedures and interventions to treat acne, acne redness, pigmentation and scars.