

## How to improve acne treatment: My experiences and tips

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Acne is a common, chronic inflammatory disease of the pilosebaceous unit of skin. Acne has been extensively researched with regards to the disease mechanism as well as treatment options, but exactly what triggers acne and how treatment affects the course of the disease remain unclear. In addition, the increasing antibiotic resistance is an important issue of acne management.

The guideline of acne treatment from American Academy of Dermatology 2018 emphasized on the following things:

- Topical retinoids have an essential role in treatment of acne.
- For most patients with inflammatory acne, comedonal acne, or both, a topical retinoid plus benzoyl peroxide (BPO) is first-line therapy.
- The role of antibiotics in acne therapy has changed. Neither topical nor systemic antibiotics should be used as monotherapy for acne treatment.
- Oral antibiotics should be avoided when effective alternatives are available.
- Topical retinoids (with or without BPO) or azelaic acid are treatment of choice for maintenance.
- Subantimicrobial dose antibiotics, which have anti-inflammatory actions, can be useful to minimize potential for resistance.

In this lecture, I would like to talk about various methods and tips to treat acne effectively and safely in my clinic. Not only severity of acne but types of the lesion are the key points for choosing a treatment method. I believe medical treatments combined with other physical methods such as lasers or chemical peels can produce faster and better results. In addition, proper diet and cosmetics for skin care should not be missed.