

Dinner Symposium on Acne and Rosacea

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Date: 27 April 2018
Venue: Sheraton Hotel, Hong Kong
Organiser: The Hong Kong Society of
Dermatology and Venereology

(1) New concepts in management of acne and scarring with Adapalene 3% - Benzoyl Peroxide 2.5% gel **(2) Update on Rosacea - improving outcomes and practical tips on therapy**

Speaker: Jerry Tan
University of Western Ontario, Canada

Acne is a chronic inflammatory disease and periods of recurrence are common. Maintenance therapy with retinoid-containing products can be effective in relapse prevention and continued lesion reduction. Ninety-nine percent of scars originate from papules and pustules and post-inflammatory lesions, while 1% are directly due to comedones. Scar global assessment scales range from clear to severe (0-4). There is increasing evidence for the efficacy of topical adapalene in acne scar management, with significant improvement in global scar grades.

Rosacea is another chronic skin condition which could be divided into four subtypes, namely erythematotelangiectatic rosacea, papulopustular rosacea, phymatous rosacea and ocular rosacea. Apart from updated diagnostic criteria, the clinical subtypes have also been replaced with phenotypes in the 2018 update from the global ROSacea COnsensus (ROSCO) panel. Phenotype-led approach to rosacea diagnosis and treatment is helpful for clinicians to personalise management of patients with rosacea and address the disease features that are most troublesome to each patient. Treatment with topical ivermectin 1% cream and brimonidine 0.33% gel may be effective in erythema reduction and inflammatory lesion count improvement with good tolerability.

Learning points:

Maintenance therapy with retinoid-containing products and scar management are important parts of acne management. Phenotype-led approach to rosacea diagnosis and treatment is helpful for clinicians to personalise the management of patients with rosacea.