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# New insights into the management of acne: An update from the Global Alliance to Improve Outcomes in Acne Group

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The Global Alliance to Improve Outcomes in Acne published recommendations for the management of acne as a supplement to the *Journal of the American Academy of Dermatology* in 2003. The recommendations incorporated evidence-based strategies when possible and the collective clinical experience of the group when evidence was lacking. This update reviews new information about acne pathophysiology and treatment—such as lasers and light therapy—and relevant topics where published data were sparse in 2003 but are now available including combination therapy, revision of acne scarring, and maintenance therapy. The update also includes a new way of looking at acne as a chronic disease, a discussion of the changing role of antibiotics in acne management as a result of concerns about microbial resistance, and factors that affect adherence to acne treatments. Summary statements and recommendations are provided throughout the update along with an indication of the level of evidence that currently supports each finding. As in the original supplement, the authors have based recommendations on published evidence as much as possible. (J Am Acad Dermatol 2009;60:S1-50.)

**Key words:** acne; acne scarring; adherence; antibiotic resistance; lasers; maintenance; pathophysiology; retinoids.

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Supported by an educational grant from Galderma International. Disclosure: Dr Berson has served on advisory boards for Galderma, Kao, Stiefel, Dusa, Johnson & Johnson, and Ortho Neutrogena and received honoraria. Dr Bettoli has served as an investigator for Galderma, Intendis, Astellas, and La Roche Posay and a speaker for Galderma, Intendis, Astellas, Stiefel, and La Roche Posay and received grants in compensation. Dr Dréno has served on advisory boards for Galderma, La Roche Posay, and Expansicore and has been a speaker for Pierre Fabre and an investigator for Biollevi and received honoraria. Dr Finlay has served on advisory boards and as speaker for Galderma and Pierre Fabre and on advisory boards for York Pharma and has received grants or honoraria. Dr Goh has served as a consultant to Galderma and received travel grants. Dr Gollnick has served as an investigator and speaker for Schering, Stiefel, and Galderma, and on advisory boards for Galderma; in addition, he has been a consultant to Basilea and IMTM and has received honoraria for these duties. Dr Herane has served as an investigator for Bioderma, Vichy, and Isden and a speaker for Galderma and Stiefel and has received honoraria and other financial benefits for this work. Dr Kang has served as an investigator and consultant for Galderma and an



## INTRODUCTION

In 2003, a group of physicians and researchers in the field of acne, known as the Global Alliance to Improve Outcomes in Acne, published recommendations for the management of acne.<sup>1</sup> The goal was to make recommendations that were evidence based when possible and that included input from numerous countries. Since the initial meeting of the Global Alliance in 2001, the group has continued to meet regularly to discuss various aspects of acne management and create educational initiatives for dermatologists around the world. Regional groups in Europe, Asia, and Latin America have been established. Global Alliance members have actively worked with national dermatology societies to formulate guidelines for management of acne that take into account the individual characteristics of the country while harmonizing with the international recommendations. In addition, the Global Alliance presented a written consensus opinion to the US Food and Drug Administration (FDA) Guidance for

### Abbreviations used:

ALA:	aminolevulinic acid
AP-1:	activator protein
BPO:	benzoyl peroxide
CO <sub>2</sub> :	carbon dioxide
ECCA:	échelle d'évaluation Clinique des cicatrices d'acné
ECOB:	Elaboration d'un outil d'évaluation de l'observance des traitements médicamenteux
Er:YAG:	erbium-doped yttrium-aluminum-garnet
FDA:	Food and Drug Administration
HLA-DR:	Human leukocyte antigen-DR
ICAM:	intercellular adhesion molecule
ICG:	indocyanine green
IL:	interleukin
IPL:	intense pulsed light
MAL:	methyl aminolevulinic acid
MMP:	matrix metalloproteinase
PDL:	pulsed dye laser
PDT:	photodynamic therapy
RF:	radiofrequency
TCA:	trichloroacetic acid
TLR:	toll-like receptor
VCAM:	vascular cell adhesion molecule

investigator for Stiefel and has received honoraria or grant support. Dr Kubba has served as a consultant to Galderma and Schering-Plough and in another capacity for Ranbaxy and Janssen-Cilag and has received grants and honoraria. Dr Layton has served as an advisor, speaker, and investigator for Galderma and received grants and travel grants and has also been an investigator for Roche, receiving grants. Dr Leyden has served as a consultant and on advisory boards for Allergan, Galderma, Obagi, SkinMedica, Medicis, and Stiefel and received grants and honoraria. Dr Miyachi has served on advisory boards for Galderma, Otsuka, and Sanofi-Aventis and has received grants and honoraria. Dr Piquero Martin has served as a speaker for Galderma and received benefits. Dr Ramos-e-Silva has served on advisory boards for Galderma, Johnson, Stiefel, Novartis, La Roche Posay, and Roche; she has been an investigator for Galderma, Johnson, Stiefel, Novartis, La Roche Posay, Biolab, Aventis, and Pfizer, and has been a speaker for Galderma, Johnson, Stiefel, Novartis, La Roche Posay, Vichy, and Roche and has received honoraria or grant support. Dr See has received honoraria as a speaker for Galderma and L'Oreal. Dr Shalita has served as a consultant to Galderma, Stiefel, Allergan (including consultancies to companies acquired by these companies), Baxbier, Quinoa, and Ortho and has been an investigator for Galderma, Stiefel, and Allergan and has received grants and honoraria; he has stock options in Medicis. Dr Shear has served on advisory boards for Galderma, and as a consultant and other for Galderma and has received honoraria and residency or fellowship program funding; Dr Shear has also served as a consultant and other for Dermik and received honoraria and residency or fellowship program funding. Dr Thiboutot has been an investigator, consultant, or advisory board member for Allergan, Inc, Arcutis, Inc, Dusa, Inc, Galderma, Inc, Stiefel, Inc, QLT, Inc, and Medicis, Inc and has received honoraria or grant support. Dr Torres Lozada has been a consultant and investigator for Galderma and has received honoraria. Dr Wolf has been an investigator for Galderma and Medicis, an advisory board member, consultant,

and speaker for Galderma and Medicis, an advisory board member and consultant for QLT, and a speaker for Stiefel and Dermik; he has received grants and honoraria and has stock in Medicis. Drs Kaminsky and Perez have no conflicts of interest to declare.

Preparation of the manuscript was a joint effort as follows. The manuscript outline, content development and selection of references, review of the data, and generation of the first draft were done in sections, with responsibilities as follows. "Recognizing the chronicity of acne" section: Drs Shear, Finlay, and Gollnick, and Ms Sanders. "Update: Pathogenesis of acne" section: Drs Thiboutot, Kang, and Gollnick, and Ms Sanders. "Update: Treatment of acne" was further subdivided into the following sections. "The changing role of antibiotics in managing acne" section: Drs Layton, Bettoli, Miyachi, Dréno, Perez, and Leyden, and Ms Sanders. "Retinoid-based combination therapy for acne" section: Drs Thiboutot, Kaminsky, Gollnick, Miyachi, Wolf, Herane, and Piquero Martin, and Ms Sanders. "Does enough evidence now exist for using lasers and lights to treat inflammatory acne?" section: Drs Leyden, Berson, Kang, See, Shalita, Torres Lozada, and Gollnick, and Ms Sanders. "The role of topical retinoids in acne maintenance therapy" section: Drs Gollnick, Bettoli, Thiboutot, and Leyden, and Ms Sanders. "Management of acne scarring" section: Drs Dréno, Goh, Kubba, Ramos-e-Silva, and Bettoli, and Ms Sanders. "Optimizing adherence with acne therapy" section: Drs Thiboutot, Dréno, Layton, Herane, and Dr Perez, and Ms Sanders. Ms Valerie Sanders is a medical writing consultant to Galderma International. Changes to the first draft and subsequent drafts were generated by each of the authors. All authors reviewed the complete final draft including all sections.

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