

**Quotes from Professor Chus Clinical study published in the British Journal Of Dermatology The top Medical Journal and most recognised and respected publication for Dermatology**

**From Results Section**

- At 12 weeks marked improvement in acne grade, inflammatory lesion count, non-inflammatory lesion count, total lesion count and a reduction in sebum production were observed in the actively treated group.
- All parameters were significantly better than those of the vehicle-treated (placebo) group.
- Improvement in acne grade and reduction of lesion counts were observed as early as 4 weeks in the actively treated group.
- Sebum production fell by a mean of 53% (range 35–68%)
- Sebum excretion was reduced by up to 68%.
- Rapid improvement in the lesion counts and the acne severity occurred in the first 4 weeks of treatment with the active lotion.

**From the Discussion Section**

- This study demonstrates that this new lotion containing triethyl citrate and ethyl linoleate (Aknicare) is a very effective and well-tolerated topical agent in the treatment of both acne and seborrhoea.
- The use of lotion twice daily for 12 weeks was associated with significant improvement in acne severity compared with the vehicle. This improvement was seen for a range of disease severity.
- The reduction in severity was indicated by a corresponding fall in total, inflammatory and non-inflammatory lesion counts.
- The results were apparent even from the first 4 weeks of treatment and the rapidity of the response to this lotion contrasts with that to conventional treatments such as oral antibiotics, that often need administration for 6–8 weeks before benefits are seen.
- The ideal acne treatment should quickly and effectively control acne, have few if any side-effects, reduce seborrhoea and should be acceptable to patients. The patients in this trial are likely to have been broadly representative of adults with acne in the general population, although recruitment of volunteers might have introduced a selection bias towards those with long-standing acne that had failed conventional treatments.
- Aknicare Lotion 'is an effective treatment for acne, with a rapid onset of action and observable improvement of acne within 4 weeks'.
- The most remarkable finding of this study is that this topical lotion significantly reduces sebum production in the patients treated, by a clinically evident amount. In a previous study, topical erythromycin-zinc complex has been shown to reduce sebum production by 20%. However, this new lotion has stronger sebosuppressive activity, reducing sebum activity by a mean of 53% after a period of 12 weeks.
- Our study suggests that the new lotion containing triethyl citrate and ethyl linoleate is a significant new treatment for acne vulgaris.
- Aknicare is non-antibiotic based and its use would reduce the risk of antibiotic resistance developing within the skin flora.

**Comments about other acne treatments currently used**

- Present acne treatments have several shortcomings. Topical preparations are often irritating, cosmetically unacceptable and can bleach clothing or hair if they contain benzoyl peroxide.
- Oral antibiotics are effective in acne, but responses to treatment are typically slow and continuous treatment for 6–8 months is usually needed. This long-term exposure to antibiotics is causing a major concern due to the increase of antibiotic-resistant strains of *P. acnes* and, more significantly, *Staphylococcus epidermidis*, noted in patients treated for acne. Resistance in *P. acnes* may result in treatment failure. Resistance in *S. epidermidis* may result in plasmid-mediated transfer of drug resistance to *S. aureus*.
- Oral isotretinoin, a synthetic retinoid, is the most effective acne treatment currently available and induces long-term remission in a proportion of patients.
- However, isotretinoin is highly teratogenic and women must avoid pregnancy during treatment and for 1 month after treatment. It frequently produces significant mucocutaneous symptoms and, less frequently, systemic symptoms such as myalgia, headaches and occasionally depression.