

Session Four

PATIENT REPORTED OUTCOMES OF
HORMONAL TREATMENTS FOR ACNE

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3:35 pm – 3:55 pm
Saturday, Nov 5

Background

There are no comparative clinical trials on the comparative efficacy of the three hormonal preparations currently indicated in Canada for treatment of acne; namely Tri-Cyclen[®] (Ortho-McNeil), Alesse[®] (Wyeth), and Diane-35[®] (Berlex).

Objective

Comparative effectiveness in acne for these 3 hormonal agents was sought from the Canadian acne epidemiological survey.

Methods

Relative effectiveness was evaluated in 2 ways:

- retrospective patient responses to questions on effectiveness of previous hormonal therapy, and
- prospective evaluation of outcomes (IGA, Leeds score, Acne-QoL) for patients prescribed these hormones for a minimum of 4 to maximum of 6 months.

Results

Mean effectiveness scores based on retrospective patient responses were: 1.36 for Tricyclen[®], 1.73 for Alesse[®] and 2.0 for Diane 35[®]. Proportions of patients rating these treatments as moderate-extremely effective were 22% for Tricyclen[®], 19% for Alesse[®] and 42% for Diane 35[®] (P = 0.044). Prospective evaluation was performed only for the Diane-35[®] cohort (N= 17) as insufficient sample sizes were obtained for Tricyclen[®] and Alesse[®] cohorts (N=1 each). Objective improvement in acne was observed in 12/17 (70.6%) patients. Overall improvement in Acne-QoL total score was 19% (P = 0.017) with significant subscale improvement in 3 of 4 domains (self-perception, symptoms, role-emotional). Seventy-one percent of patients (12 out of 17) rated Diane 35[®] as moderately-extremely effective in treatment of acne after 4-6 months of treatment.

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Summary

Female acne patients previously treated with one of the 3 hormonal preparations indicated in Canada for treatment of acne ranked Diane-35[®] more highly for effectiveness than Tricyclen[®] or Alesse[®]. Patients were more likely to rate previous treatment with Diane-35[®] as moderately-extremely effective compared to these other hormonal preparations. After up to 6 months treatment with Diane-35[®], objective improvement in at least one acne-affected region was observed in 71% of patients. The majority of these patients (71%) rated Diane-35[®] as moderately-extremely effective in treatment of acne. Diane-35[®] was also associated with improvement in acne-specific quality of life (Acne-QoL).

Limitations

- Retrospective recall for rating effectiveness – however, comparator cohorts should minimize confounding.
- The lack of a cohort comparator group in the prospective analysis increases the risk for potential bias.
- The combination with topical acne agents and oral antibiotics may confound effectiveness outcome determination of Diane-35[®] alone but is consistent with usual clinical practice and combination therapy.

Acknowledgements

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