

Session Four

Resistant Acne - Concepts in Evaluation and Management

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3:15 pm - 3:30 pm
Saturday, April 12

Definition

Resistant acne is that which inadequately responds to conventional severity-based treatment.

Objective

This presentation will review the causes and provide an strategy for management of resistant acne.

Causes of resistant acne include iatrogenic issues, hormonal abnormalities, P. acnes resistance, unrecognized triggers, treatment non-adherence and misdiagnosis.

Investigations for resistant acne are initiated with a targeted review of systems including dietary and performance-enhancing supplements, acne medication adherence, diary intake, cosmetic skin and hair product use, and menstrual irregularities. Morphological evaluation is focused on evidence of hyperandrogenism and exclusion of acne mimics.

Treatment options range from avoidance of previously unrecognized trigger factors, methods to enhance acne medication adherence and escalation of treatment.

Furthermore, modifications of conventional treatments may provide further options to assist in control of resistant acne.

The use of adjunctive procedural treatments may enhance the rapidity and extent of improvement.