



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

## **AN MULTICENTER STUDY ASSESSING THE EFFICACY AND TOLERABILITY OF NICOTINAMIDE PLUS CREAM IN MODERATE ACNE VULGARIS PATIENTS IN INDONESIA**

*Irma Sitohang*<sup>(1)</sup>

*Dept Of Dermatovenereology, Faculty Of Medicine Universitas Indonesia, Jakarta, Indonesia*<sup>(1)</sup>

**Background:** Acne vulgaris is a chronic inflammation of pilosebaceous unit; and in particular, affect adolescent and may cause a long-term psychosocial effect. Nicotinamide is an anti-acne agent with an anti-inflammatory effect which can be used as adjuvant therapy and to decrease the use of topical retinoids.

**Aim:** To investigate the efficacy and tolerability of nicotinamide cream, ABA, and Zinc-PCA compared to placebo on moderate acne vulgaris patients.

**Methods:** A randomized double-blind multicenter clinical trial on moderate acne vulgaris patients aged 12 to 50 years old. The study group received Adapalene 0.1% and nicotinamide + ABA + Zinc PCA (ANAZ), while the control group received Adapalene 0.1% and placebo (ADAP) respectively for the duration of 6 weeks.

**Results:** 62 subjects on the study group receiving ANAZ cream and 63 subjects on the control group receiving ADAP cream. The study group demonstrated significant decrease on the number of non-inflammatory lesions on second, fourth, and sixth week compared to the control group ( $p < 0.05$ ), while no significant difference was found in the number of inflammatory lesions. There was no significant difference in adverse effect between the two groups ( $p > 0.05$ ).

**Conclusion:** The study demonstrated that ANAZ is more effective in decreasing non-inflammatory lesions compared to ADAP with no significant difference in adverse effects.

