



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

CLINICAL CHARACTERISTICS AND EFFICACY IN ROSACEA TREATMENT WITH DOXYCYCLIN AND METRONIDAZOL 1% IN VIETNAM

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Introduction: Rosacea is a chronic skin disease that is the most common in middle-aged. The disease has a variety of clinical manifestation, characterized by flushing, persistent erythema, telangiectasia, papules, pustules and phymatous changes in the central area of the face. Although this disease is not life-threatening, but it seriously affects the aesthetics and the quality of life of patients. Due its chronic nature, progression, and recurrence, the treatment of rosacea has encountered many difficulties.

Objective: Investigation of related factors and clinical characteristics of rosacea at the National Hospital of Dermatology and Venerology in Vietnam. Evaluation of the safety and efficacy of doxycyclin and metronidazol 1% for the treatment of rosacea.

Materials and method: This cross-sectional study recruited subjects with 67 patients with rosacea. In nonrandomized interventional study, 32 patients with papulopustular subtype received oral doxycyclin 100mg administered twice daily plus topical metronidazole gel 1% for 12 weeks.

Result: Rosacea is most common in the group 40-49 years old. The incidence rate is higher in women than men. Exposure to sunlight is the most aggravating factors that patients complain about (up to 53.7%). The most common is erythematotelangiectatic subtype. Persistent erythema is the most common manifestation of disease (92.5%), following by telangiectasia (64.2%). After 12 weeks of treatment, 100% of patients respond to treatment, the mean percent reduction inflammatory lesions from baseline was 70.8% and the mean percent reduction in Clinician Erythema Assessment Scale was 37%. Side effects are rare and transient. No patients should stop treatment because of these side effects.

Conclusion: Oral doxycyclin and topical metronidazol 1% should be considered in treatment rosacea because of fast-acting, low side-effects, and easy tolerance.

