



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

DIFFERENCES IN EAST VS WEST: ACNE AND HIDRADENITIS SUPPURATIVA

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Background: Acne and hidradenitis suppurativa (HS) are common, chronic skin conditions that often arise during adolescence. Both conditions are associated with a negative impact on quality of life, mood and self-esteem. A multi-ethnic society such as Singapore with four key ethnic groups, differences between the West exist in the epidemiology, clinical picture of acne and HS, response to treatment, side effects such as with topical retinoids and treatment of postinflammatory hyperpigmentation. Paradigm shifts in antibiotic use, treatment of acne scars, adult female acne and cosmeceuticals have resulted in impactful changes in the clinical management of acne.

Observation: We describe the differences in the clinical phenotype of acne and HS in the East and West and review the relevant management guidelines for Asian acne and HS. Postinflammatory hyperpigmentation and erythema are particularly prominent and persistent in skin of colour (SOC). Retinoids and sun protection would be advocated for such patients. Lasers and intense pulsed light should be undertaken by healthcare professionals with experience in SOC. Obesity in HS would be underestimated in the Asian patient if the Western WHO BMI cutoff criteria are used.

Key message: Knowledge of the patient's ethnic makeup and appreciation of skin of colour allows tailored treatment for the individual. This results in improved outcomes and patient satisfaction.

