



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

EFFECT OF ADDING A DIET WITH INDEX AND LOW GLUCEMIC LOAD DURING 12 WEEKS IN THE TREATMENT OF MODERATE ACNE: RANDOMIZED CLINICAL TRIAL. CENTRO DERMATOLOGICO “DR. LADISLAO DE LA PASCUA”, MEXICO, CITY.

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BACKGROUND: Acne is a self-limiting disorder of the pilosebaceous unit that is observed mainly in adolescents and young adults. Recent studies have suggested that dietary factors, specifically glycemic load, may be involved in the pathogenesis of acne.

Material and methods: Randomized clinical trial, where men aged 18 to 25 years were recruited, with a diagnosis of moderate inflammatory acne. They were assigned randomly in 2 groups, (Group 1: Experimental diet (diet with low glycemic load), Group 2: Control diet). Both groups received topical treatment with 0.1% Adapalene, and systemic treatment with Doxycycline 100mg for 12 weeks. Patients were evaluated at 0, 4, 8, 12 weeks, where inflammatory and non-inflammatory lesions were counted, as well as adherence to diet.

RESULTS: A total of 46 patients were recruited, randomized into 2 groups, 22 patients for Group 1 and 23 patients for Group 2. At 12 weeks, the experimental diet group showed a reduction in inflammatory lesions. A difference was found between Group 1 -9.1 (12.02) vs Group 2 -0.96 (11.9) with a significant difference ($p = 0.028$).

CONCLUSION: This study demonstrated that adding a diet with low glycemic load to conventional treatment in male patients with moderate acne improves inflammatory lesions, suggesting that lifestyle factors related to nutrition might play a role in the pathogenesis of acne. However, further studies are needed to isolate the independent effects of weight loss and dietary intervention and further elucidate the underlying pathophysiological mechanisms.

