



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

INOSITOL IN WOMEN SUFFERING FROM ACNE AND PCOS: A RANDOMIZED STUDY

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INTRODUCTION: Find a therapy can block DHEAS also in women are unable to receive estrogen-progestin therapy due to various reasons (e.g., increased risk of thrombosis, and side effects associated with the use of estrogen progestin)

OBIECTIVE: The aim of our pilot study was to determine the effects of inositol in the treatment of PCOS patients with acne

MATERIALS AND METHODS: This was a spontaneous prospective observational pilot study conducted at two Centers in Italy specialized in the treatment of dermatological diseases.

According to a table of randomization, patients were divided into two groups.

Group A

50 patients who had prescribed:

2 grams of inositol, 2 time a day, orally, for six months

Group B

50 patients who had prescribed:

2 grams of placebo 2 times a day, orally, for six months

Randomization been through assignment from a telephone central office independent from the place of trial

RESULTS: In group A, DHEAS blood levels were reduced. In Group B, DHEAS blood levels were almost unchanged

CONCLUSION: In conclusion, these observations suggest that inositol may be useful as an adjunctive therapy in the treatment of female patients with acne especially in the case of woman who are unable to receive combined estrogen -progestinic therapy due to various reasons

