

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

MEDITERRANEAN DIET, BODY COMPOSITION AND ACNE: ARE THERE ANY ASSOCIATIONS?

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INTRODUCTION: Few studies have evaluated the role of individual nutrients on the development of acne disease and no study has investigated the beneficial effect of the Mediterranean diet (MD) and of a healthy body composition in acne patients.

OBJECTIVE: We aimed to investigate the relationship among adherence to the MD, body composition and the clinical severity of acne in a group of naïve-treatment patients with acne compared to control group.

PATIENTS AND METHODS: Fifty-one patients (13 males and 38 females, 23.6±6.37yrs) affected with mild-to-severe acne were enrolled. Fifty-one age-, sex- and body mass index (BMI) matched healthy subjects served as control group. The clinical severity of acne was assessed by standardized global acne grading system (GAGS) score. A validated 14-item questionnaire PREDIMED (PREvención con Dieta MEDiterránea) was used for the assessment of adherence to the MD. Body composition was analyzed with bioelectrical impedance analysis (BIA) phase-sensitive system.

RESULTS: A higher percentage of acne patients had a lower PREDIMED score compared to the control group (17,6% vs 0%). Acne patients exhibited statistically significant differences compared with controls for use of: vegetables, fruits, sugar drinks, fish and legumes. Acne patients showed statistically significant differences compared with control group for BIA parameters with an higher values of Fat Mass ($p<0,0001$).

GAGS score was negatively correlated with different BIA parameters such as Phase Angle ($p=0.0004$) and PREDIMED score ($p=0.0002$ $r=-0.50$) while positively with Extra Cellular Water ($p=0.006$).

CONCLUSIONS: We reported a novel association among adherence to the MD, body composition and clinical severity of acne that highlights the usefulness of the assessment of diet and body composition in the evaluation of the clinical severity of acne and suggests the need of a growing cooperation between Nutritionists and Dermatologist in the clinical management of the acne patients.