



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

MONTHLY DOSE AZITHROMYCIN THERAPY FOR SEVERE ACNE VULGARIS

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Background: Oral antibiotic has been used for moderate to severe acne vulgaris to suppress the growth of *Propionibacterium acnes*. Long term use of daily antibiotics could reduce the patient's compliance. We report a case of severe acne vulgaris treated with monthly dose azithromycin in combination with topical 5% benzoil peroxide and 0,1% adapalene.

Observation: A 19 years old woman came to dermatovenereology outpatient clinic with complaints of reddish pimples on her face which got worsen since 2 months ago. Dermatological examination revealed more than 125 various lesions of comedones, erythematous papules, pustules and scars on the face area. She was diagnosed with severe acne vulgaris according to Lehmann Grading System and treated with oral azithromycin 500 mg once daily for 4 days a month for totally 3 months, topical 5% benzoil peroxide gel every morning and 0,1% adapalene gel every night for total of twelve weeks. After 12 weeks treatment, there was a significant improvement of total acne lessions, the grading became mild acne vulgaris. Also there was no systemic side effect found in this patient.

Key message: Some therapeutic modalities, topical or systemic can be given in severe acne vulgaris case. Successful management of acne vulgaris needs careful selection of anti acne agents according to clinical presentation. Azithromycin has long half-lives, minimal side effects and no report of *Propionibacterium acnes* resistancy. In this case of severe acne vulgaris, Azithromycin monthly dose in total dose of 6.0 gr in combination with 5% benzoil peroxide gel and 0,1% adapalene gel showed good clinical improvement.

Keywords: acne vulgaris, azithromycin, monthly dose

