



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

THE EFFECT AND SAFETY OF KETOCONAZOLE CREAM IN THAI FEMALES WITH MILD POST ADOLESCENT ACNE.

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Introduction: Post adolescent acne (PAA) has become more interesting problem in dermatological practice. Current treatments are limited due to lack of drug efficacy, related adverse effects, and antimicrobial resistance. Ketoconazole cream is an antifungal drug which can inhibit lipase activity in *C. acnes* in vitro and shows moderate anti-inflammatory activity in other dermatoses. However, its effect on acne has not been investigated.

Objective: To study the efficacy and safety of ketoconazole (KTZ) cream in Thai females with mild degree of PAA.

Materials and Methods: The randomized, double-blind, placebo-control trial was conducted for 8 weeks. The KTZ and placebo cream were applied to the whole face twice daily. The severity grading by adult female acne scoring tool for face (AFASST-F) and submandibular area and investigator- and participant- grading assessment (IGA, PGA) were recorded at two-weekly visits. The improvement of at least one grade at the end of the study and acne counts were analyzed.

Results: Twenty and 21 women with the age of 35.1 ± 1.4 (mean \pm SD) and 34.0 ± 1.4 years were enrolled in KTZ and placebo group, respectively. By AFASST on face, the participants in KTZ group were significantly better improved than in placebo group (4.72, 1.02-21.86 [RR, 95%CI]). While the AFASST on submandibular area and PGA showed no statistical differences. The mean reduction of total acne counts (4.28 ± 5.35 [mean \pm SD]) and inflammatory acne counts (1.81 ± 1.47) were not statistically different between the two groups. The most common adverse events were dryness and itching which were transient and acceptable.

Conclusions: The KTZ cream showed moderate activity on PAA, particularly on inflammatory acne lesions, with excellent safety profile. It can be alternative treatment as combined with other standard treatments for mild PAA patients.

