

## Antiacne Drugs (cont'd)

- isotretinoin (Amnesteem, Claravis, Sotret)
  - Treatment of severe recalcitrant cystic acne
  - Inhibits sebaceous gland activity and has antikeratinizing (anti-skin hardening) and antiinflammatory effects
  - The company that produced the brand name Accutane has withdrawn it from the market

## Antiacne Drugs (cont'd)

- isotretinoin (cont'd)
  - *Stringent* guidelines for prescribing and use
  - Required patient counseling regarding use of two forms of contraception and not becoming pregnant during use
  - Required "iPLEDGE" program for safety
  - Monitor for signs of depression, suicidal ideations

## Antiacne Drugs (cont'd)

- tretinoin (retinoic acid, vitamin A acid) (Renova, Retin-A)
  - Used to treat acne
  - Also used to reduce dermatologic changes associated with sun damage
  - Stimulates the turnover of epithelial cells, resulting in skin peeling



## Antiacne Drugs (cont'd)

- benzoyl peroxide
  - Causes death of the anaerobic *P. acnes* bacteria by slowly releasing oxygen
  - Antibacterial, antiseptic, drying, and keratolytic actions
  - Keratolytic: softens scales and loosens the outer layer of the skin
  - May cause peeling skin, redness, or sensation of warmth
  - Produces improvement in 4 to 6 weeks



# Topical Antipruritic Drugs



- Antihistamines
- Corticosteroids
  - Antiinflammatory effects
  - Antipruritic effects
  - Vasoconstrictor actions

# Anti-acne Drugs

→ Why Important?

- Acne is caused by *Propionibacterium acnes*
- Drugs used to treat acne
  - benzoyl peroxide ⇒ keratolytic
  - erythromycin
  - tetracycline
  - isotretinoin (Amnesteem) ⇒ keratolytic
  - clindamycin (Cleocin T)
  - tretinoin (Renova, Retin-A) ⇒ keratolytic
  - Oral contraceptives (for female patients with acne)



Sunscreen with a  
SPF of LESS than  
15 is enough to  
protect my skin.



### True or False?



Sunscreen with a  
SPF of LESS than  
15 is enough to  
protect my skin.

**FALSE**

Use Sunscreen with **SPF 15**  
**or Higher.** Remember to  
put on enough sunscreen to  
protect your skin.



# Sun Safety Action Steps



## Use Sunscreen

Use sunscreen of SPF <sup>15</sup>15+ generously and reapply every 2 hours, or after working, swimming, playing, or exercising outdoors.

# Sun Safety Action Steps



وقتة لينة  
**Limit Time in  
the Midday Sun**



**Seek Shade**



**Cover Up**



**Wear a Hat**



**Wear  
Sunglasses**



**Use Sunscreen**

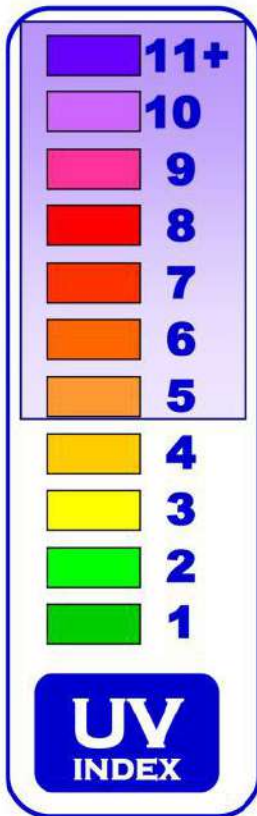


**Avoid Tanning  
Parlors**



**Watch for  
the UV Index**

# radiation levels? *Q/S* *(P)*



We use the UV Index Scale.

Reported on a scale of 1 -11+.

*Q/S*  
*Take special care when the UV Index is 5-6 or higher.* *like sun cream* *(P)*

