







"Considerable evidence has shown that acne can be a psychologically damaging condition that lasts years. Unfortunately, many of our medical colleagues and a significant proportion of the lay public dismiss acne as a natural part of growing up that has few real consequences." observed Prof. Goh Chee Leok . He highlighted that the Global Alliance believes that acne should be recognized and investigated as a chronic disease with psychological sequelae that do not always correlate with the clinician's assessment of severity at one point in time.¹

Figure 1: Global Alliance Acne Treatment Algorithm

Acne Severity	MILD		MODERATE		SEVERE	
						
	Comedonal	Mixed and papular/pustular	Mixed and papular/pustular	Nodular	Nodular/Conglobate	
1st Choice	Topical Retinoid	Topical Retinoid + Topical Antimicrobial	Oral Antibiotic + Topical Retinoid +/- BPO	Oral Antibiotic + Topical Retinoid + BPO	Oral Isotretinoin	
Alternatives (1)	Alt. Topical Retinoid or Azelaic acid or Salicylic acid	Alt. Topical Antimicrobial Agent + Alt. Topical Retinoid or Azelaic Acid	Alt. Oral Antibiotic + Alt. Topical Retinoid +/- BPO	Oral Isotretinoin or Alt. Oral Antibiotic + Alt. Topical Retinoid +/- BPO/Azelaic Acid	Oral Isotretinoin	
Alternatives for Females (1,4)	See 1st Choice	See 1st Choice	Oral Antiandrogen + Topical Retinoid/ Azelaic Acid +/- Topical Antimicrobial	Oral Antiandrogen + Topical Retinoid +/- Oral Antibiotic +/- Alt Antimicrobial	High Dose Oral Antiandrogen + Topical Retinoid +/- Alt. Topical Antimicrobial	
Maintenance Therapy	Topical Retinoid			Topical Retinoid +/-BPO		

New developments in pathophysiology have confirmed that inflammatory events precede hyperkeratinization in acne and *Propionibacterium acnes* (*P. acnes*) contributes to inflammation via activation of toll-like receptor (TLR) on the membranes of inflammatory cells. Elaborating on the recommendation of the Global Alliance, Professor Goh observed that there is increased evidence supporting the recommendation of a combination of a topical retinoid plus an antimicrobial agent as first-line therapy for most patients with acne as a means of targeting multiple pathogenic features and both inflammatory and non-inflammatory acne lesions.

Galderma has now developed a new once-daily fixed-dose combination therapy in line with the recommendations of the Global Alliance, by combining the complementary modes of action, efficacy and safety profiles of a topical retinoid and benzoyl peroxide (BPO). Epiduo® is a unique antibiotic-free combination of adapalene 0.1%, a well-known, well-tolerated and highly efficacious topical retinoid and BPO 2.5%, the gold standard antimicrobial agent for the topical treatment of acne. Adapalene possesses anticomedogenic, comedolytic and anti-inflammatory properties, whereas BPO is the most potent bactericidal agent when compared with topical antibiotics and other antimicrobials against *P. acnes*. Moreover, as neither retinoids nor BPO create selective pressure for resistance, this combination is not expected to have any impact on epidermal bacterial resistance as seen with other antibiotics. The complementary modes of actions ensures that at least 3 out of 4 pathogenic factors in acne are targeted and makes this combination a logical choice for the once-daily treatment of acne.

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