

USE OF RETINOIDS IN ACNE TREATMENT

Didenko Yu.S.

Scientific supervisor: Riabova O.O.

National university of Pharmacy, Kharkiv, Ukraine

M7elissa7@gmail.com

Introduction. Retonoids are drugs that are derivatives of vitamin A. And they are comedolytic agents with anti-inflammatory action that normalize follicular hyperproliferation and hyperkeratinization skin. These drugs reduce the number of microcomedones and comedones.

Aim. Study the effect of retinoids in the treatment of acne.

Materials and methods. We conducted an analysis of articles, an adapted clinical guideline based on evidence, Canadian clinical practice guideline, Treatment Guidelines from the AAD, PCDS management of acne guideline.

Results and discussion. For the treatment of acne are use local and systemic retinoids. Oral isotretinoin is the best drug for patients with moderate acne in whom antibiotics are unsuccessful. As well as those who have severe inflammatory acne. Dosage of isotretinoin is usually 1 mg/kg once a day for 16 to 20 weeks. Isotretinoin is very effective, but use is limited by adverse effects, including dryness of conjunctivae and mucosae of the genitals, chapped lips, arthralgias, depression, elevated lipid levels. It also has a teratogenic effect, so pregnant women should not take it. And women of childbearing age should use 2 methods of contraception.

The most popular topical medications are adapalene, tazatorene and a tretinoin. These drugs affect the activity of the sebaceous glands (reduce their size and normalize the composition of sebum), reduce inflammation around them and improve skin healing. And therefore, are useful in the treatment of comedones and inflammatory acne. They are applied to previously cleansed skin 1-2 a day for up to 16 weeks, while avoiding the areas around the eyes and mouth. The disadvantages of topical retinoids are that as a result of their use there is irritation, which begins to disappear only 2 weeks after the start of treatment. They also increase light sensitivity, which requires the use of sunscreen. Particular attention should be paid to the fact that retinoids contain 20 times the daily requirement of vitamin A. Overdose can lead to allergic reactions, redness, rashes and excessive dryness of the skin.

However, no topical single-component drug alone affects all pathogenetic links of the disease. Therefore, combinations of medications should be preferred. For example, combinations of retinoids with antibiotics, such as erythromycin or clindamycin.

Conclusion. Thus, we studied and analyzed the effects of systemic and local retinoids on the human body and their efficiency in the treatment of acne.