

# P708 - An Open community-based trial with combination topical (1% salicylic acid & 4% benzoyl peroxide/2% salicylic acid & 8% benzoyl peroxide) and 5% tocopherol therapy for acne vulgaris

Todd E. Schlesinger, MD<sup>1</sup> • Rebecca L. Repaire, PA-C<sup>1</sup> • Otto H. Mills, Ph.D.<sup>2</sup>

1- Dermatology and Laser Center of Charleston - Charleston, SC • 2 - Robert Wood Johnson Medical School - New Brunswick, NJ

## Abstract

**Introduction** - Salicylic acid (SA) and benzoyl peroxide (BPO) have been mainstays of acne vulgaris therapy for decades. Salicylic acid has a strong comedolytic effect that is produced by reducing cellular adhesion and facilitates keratinocyte sloughing. Benzoyl peroxide exhibits rapid anti-propionibacterial activity preventing any resistance making benzoyl peroxide an effective long term therapy for acne vulgaris.

Tocopherol is an antioxidant and may reduce oxidative stress in the skin, thereby reducing inflammation.

**Methods & Materials** - We conducted an eight-week open label trial in a private practice setting to determine the efficacy of a combination therapeutic regimen involving these three compounds. Subjects with mild to moderate facial acne vulgaris applied either 1% salicylic acid with 4% benzoyl peroxide or 2% salicylic acid with 8% benzoyl peroxide morning and evening, respectively. These were in a novel pad delivery system. Additionally 5% tocopherol supplied in a unique silicone capsule was applied in the morning post salicylic absorption. Seven (7) subjects were evaluated at baseline and at weeks 2, 6 and 8. Efficacy endpoints included reduction in nominal and percent lesion counts and Global Physician Evaluation Score. Local tolerability and safety were also assessed.

**Results** - Results indicate that combination salicylic acid, benzoyl peroxide and 5% tocopherol is an effective acne vulgaris therapy showing a reduction of non-inflammatory lesions (41%), inflammatory lesions (60%), and the Global Physician's Evaluation score (41%). Although, there was an increase in the number of macules, representing cleared inflammatory lesions, these were mildly erythemic. No treatment-related serious adverse effects were reported.

**Conclusion** - In this open community-based efficacy trial, combination therapy with salicylic acid 1% pads, benzoyl peroxide 4% pads and topical tocopherol 5% capsules was effective in the treatment of acne vulgaris with a favorable side effect and tolerability profile.

## Representative Subject Photographs



## Summary

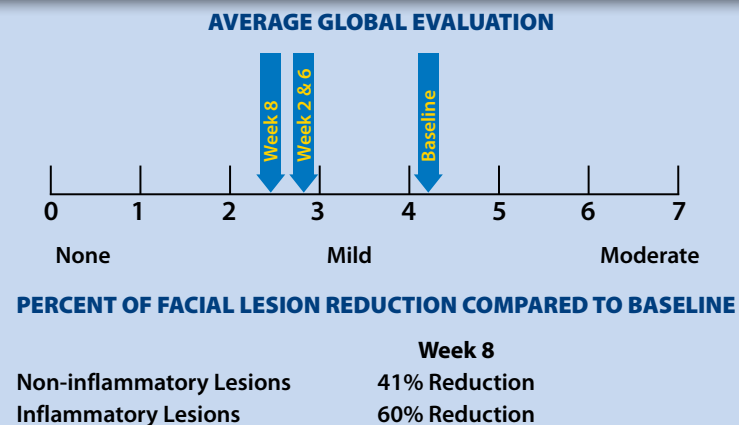
- Private practice evaluation of Vitamin E, SA and BPO saw good tolerability with excellent efficacy
- This regimen should be considered a first line therapy for mild to moderate acne
- Both adolescent and post adolescent patients responded quickly
- Excellent compliance due to:
  - Decreased redness by the first follow-up visit
  - Regimen has simple steps and is easy to apply

## BIBLIOGRAPHY

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## Clinical Summary



## Subjects' Comments

The subjects had the opportunity to enter their comments on the evaluation forms:

- 1 - "Acne is much improved. Redness and size has gone down drastically. Very pleased, aside from peeling".
- 2 - "My face is clearing more and more. Less all over acne than before. Still having trouble with constant peeling".
- 3 - "I switched to the 4% and 1% system and it helped the dryness a lot. Overall, very satisfied".
- 4 - "The Vitamin E helped keep the dryness down and felt nice like a moisturizer".
- 5 - "It was very easy to use. Not very time consuming at all".
- 6 - "I love it, this really works for me".
- 7 - "I appreciate the simplicity of the treatment".
- 8 - "The treatments seemed to have evened out, overall my complexion is better with occasional breakouts".
- 9 - "My skin feels so much better. I haven't seen any whiteheads. The vitamin E oil feels good on my skin. I love it!"
- 10 - "I love the pads, I really see a difference. I have tried a lot of things, but I think that this works".
- 11 - "I see less whiteheads and less breakouts. I would recommend it to anyone, it has really worked for me".
- 12 - "Because I spend less time putting a lot of things on my face while trying to get myself and children ready in the morning and it works".
- 13 - "The vitamin E left my skin feeling smooth, but not oily. My skin was also clearer and more even".
- 14 - "I feel that the product is working and my acne has improved a lot since my first visit and continues to improve weekly".

## Private Practice Evaluation

As Dr. Schlesinger had experience with SA and BPO in a novel pad delivery system, the trial of adding vitamin E was compared to this experience. A mild cleanser was used as part of the daily routine and was used in the morning before application of the other products.