

〈教育シリーズ〉

化粧品を扱う人々が知っておきたい皮膚障害と化粧の有用性～臨床現場から～

尋常性痤瘡の標準治療とスキンケア

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**Standard Treatments and Skin Care for the Patients with Acne Vulgaris**

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**Abstract**

The primary lesion of acne is comedone which is caused by obstruction of the infundibulum of the hair follicles and increased secretion of sebum, and an increase of *Cutibacterium acnes* (*C. acnes*) within the comedones and following inflammation cause reddish papules, pustules, and cysts. Adapalene, benzoyl peroxide (BPO) and oral/topical antibiotics are strongly recommended in the Japanese guidelines for the treatment of acne. Adapalene mainly works on comedones, BPO works on comedones and *C. acnes*, and antibiotics work on *C. acnes* and inflammations. In the Japanese guidelines for the treatment of acne, combination therapies with adapalene, BPO and antibiotics are strongly recommended.

Skin care is also important to prevent and reduce acne eruptions. The role of cosmetics in acne care is 1) to reduce eruptions by skin care products, 2) to reduce the side effects of topical comedonal treatments with adapalene and BPO, 3) to improve quality of life by camouflage the eruption using make-up products. Using non-comedogenic cosmetics and adequate face wash with soap are also important for acne prone skin.

Since acne is a common disease, we should recommend the best treatment and skin care based on evidence.

**Key words:** acne vulgaris, *Cutibacterium acnes*, skin care, comedones, quality of life.