

APALS



The Asia Pacific Acne Leaders Summit Newsletter

Inaugural Asia Pacific Acne Leaders Summit (APALS) in Hong Kong



Learnings from Singapore, South Korea and India

Case	Patient background	Course of Treatment	Outcome	Recommendations
Managing Mild to Moderate Inflamed Acne (Dr. Lim Kar Seng, Singapore)	16-year old female whose graduation ball was in 2 months presented with acne bumps and scars that were difficult to conceal	<ul style="list-style-type: none"> ■ Oral erythromycin for 2 weeks ■ Topical: AHA lotion and clindamycin 1% ■ At 2 weeks: superficial acid peel #1 and low dose isotretinoin 	Improved gradually, especially from Week 3	<ul style="list-style-type: none"> ■ Presence of ABA and nicotinamide allowed for the tapering off of antibiotics ■ Zinc PCA could also help with weaning off isotretinoin
Long-term Maintenance of Mild to Moderate Acne (Dr. Dae Hun Suh, South Korea)	25-year old female seeking improvement for her acne and seborrhea. Previous treatments had not been effective, with frequent irritation from topical therapy	<ul style="list-style-type: none"> ■ Isotretinoin and topical treatment ■ Maintenance therapy: oral isotretinoin 10mg ■ Initial visit was January 2009, last visit was April 2012 	Significantly improved. Patient strongly wanted to continue oral isotretinoin because of its superior efficacy in acne and seborrhea	<p>Effective maintenance therapy...</p> <ul style="list-style-type: none"> ■ Must be tolerable and convenient for patients ■ Based on knowledge of acne pathophysiology
Management of Acne Scarring (Dr. Sushil Tahiliani, India)	24-year old male with a history of acne since age 13, presented with nodular acne and scars on the face	<ul style="list-style-type: none"> ■ Oral antibiotics, topical BPO + Adapalene ■ Oral isotretinoin ■ Treatment duration: 4 months ■ Laser resurfacing for acne scars 	There were few minor relapses 3 months after stopping treatment	<ul style="list-style-type: none"> ■ Early treatment of inflammation can improve outcomes and prevent scars ■ More than one treatment method may be necessary ■ Scar management requires ongoing acne management



Dr. Lim Kar Seng, Singapore



Prof. Dae Hun Suh, South Korea



Dr. Sushil Tahiliani, India