

Why do we Need Another Moisturizer for our Acne Patients?



Leon H. Kircik MD

As our understanding of the structure and function of the epidermal barrier has evolved over the past several years, we have come to recognize that efficient barrier function is essential to healthy skin. Dysfunction contributes to a range of inflammatory dermatoses that include not only atopic dermatitis but also acne vulgaris and rosacea.

Acne vulgaris is primarily an inflammatory disorder, and impaired barrier function plays an important role in its pathogenesis. However, it is also well known that some of the treatments we use, such as topical or oral retinoids, make the problem even worse. Moreover, many patients have misperceptions that “dirt in the pores” causes acne, and so they attempt to “clean the pores” with physical modalities such as scrubs or excessive washing with harsh soaps, toners, and astringents full of alcohol; and all this contributes to further destruction of the epidermal barrier. Additionally, most of our patients do not like to use moisturizers out of a wish to avoid the surface greasiness that is also associated with acne.

Cetaphil® DermaControl™ Moisturizer SPF 30 (Galderma Laboratories, L.P., Fort Worth, Texas) is specifically formulated for use by acne patients to address the above concerns. The moisturizer incorporates a pseudoceramide technology that can help the epidermal barrier function without adding excessive oiliness to the surface. The oleosome technology-based photoprotection factor is an added benefit of the moisturizer, providing maximized protection and minimized irritation.

Use of this product is compatible with topical acne treatment regimens and provides important protection against ultraviolet radiation. The moisturizer is widely available and affordable, offering a reasonable option for many of our acne patients.

Therefore, Cetaphil DermaControl Moisturizer SPF 30 is a welcome addition to our armamentarium of acne treatment.

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