

AAD **ANNUAL MEETING 2025**

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Una iniciativa de:



ACADEMIA ESPAÑOLA  
DE DERMATOLOGÍA  
Y VENEROLOGÍA



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PIEL SANA  
ACADEMIA ESPAÑOLA  
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Y VENEROLOGÍA

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# Acné y rosácea

Alexandre Docampo

Gavín Dermatólogos (Vigo)

Una iniciativa de:



Con el patrocinio de:



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**NO TENGO CONFLICTOS  
DE INTERÉS**

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# Highlights acné y rosácea



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 @alex.docampo.derma

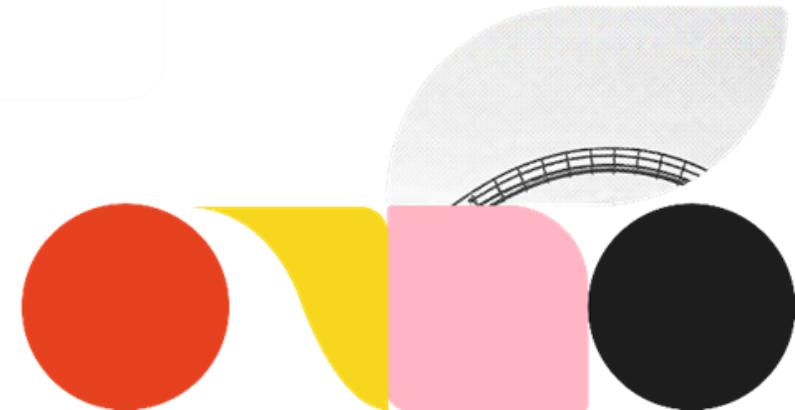
 @alex.docampo.dermatologo

 @alexdocampoderma



# Índice

- Peróxido de benzoílo y benceno
- Uso de antibióticos en acné y rosácea
- Dieta en acné y rosácea
- Anticoncepción en acné



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# Peróxido de benzoilo y benceno

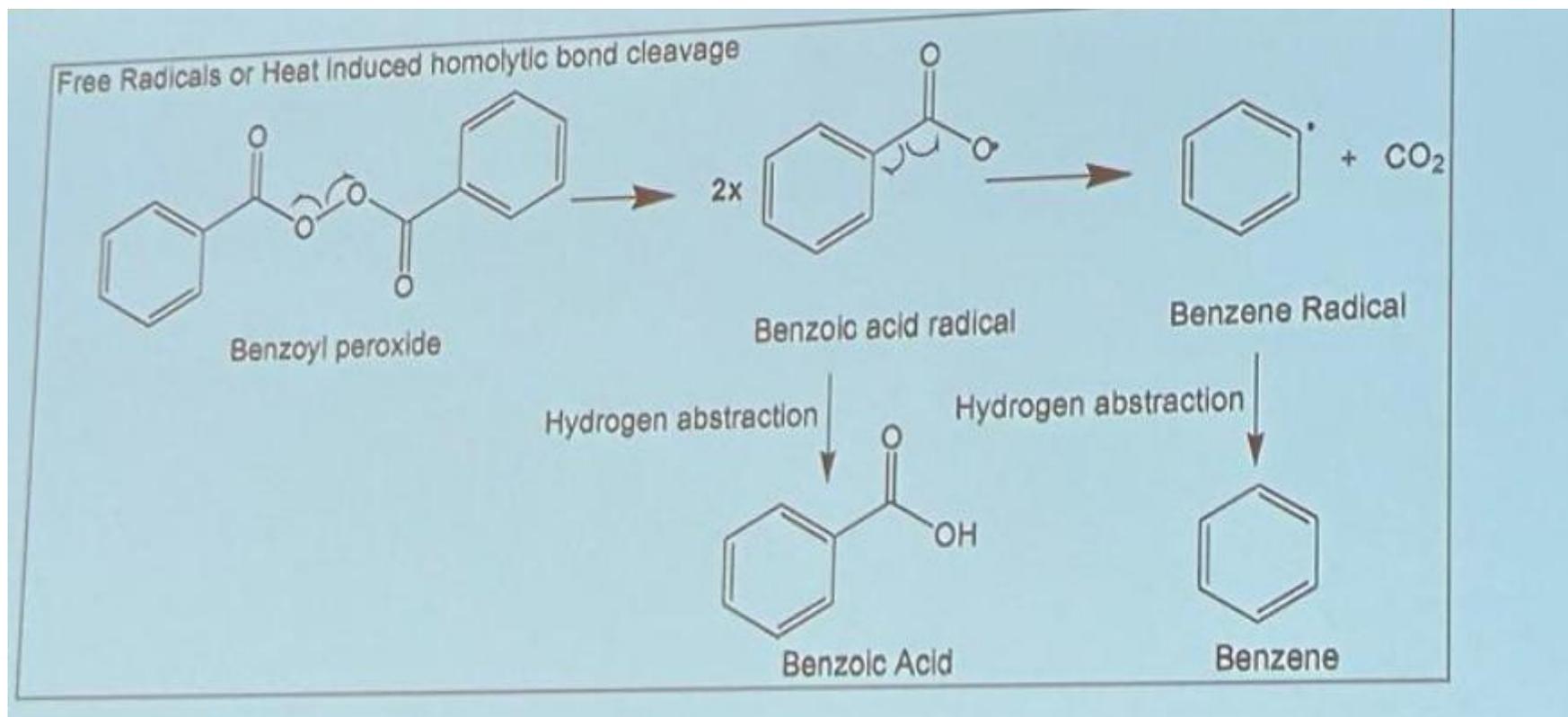
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# Peróxido de benzoilo y benceno - contexto



## Peróxido de benzoilo y benceno - contexto

- Laboratorio independiente Valisure: benceno en productos con peróxido de benzoilo. Advierten riesgo de cáncer
- AAD 24 -> medios de comunicación y redes sociales



Dr. Christopher Bunick



# Peróxido de benzoilo y benceno - contexto

- Dudas sobre la validez del método de medición (temperaturas demasiado altas...)
- No se encuentra relación peróxido benzoílo – benceno en sangre
- No se encuentra relación peróxido benzoílo – ↑ cáncer

> [J Am Acad Dermatol](#). 2024 Oct;91(4):763-765. doi: 10.1016/j.jaad.2024.06.050. Epub 2024 Jun 29.

**No evidence for an association between benzoyl peroxide use and increased blood benzene levels in the National Health and Nutrition Examination Survey**

Nargiza Sadr <sup>1</sup>, Andrew Troger <sup>2</sup>, Peter R Chai <sup>3</sup>, John S Barbieri <sup>4</sup>

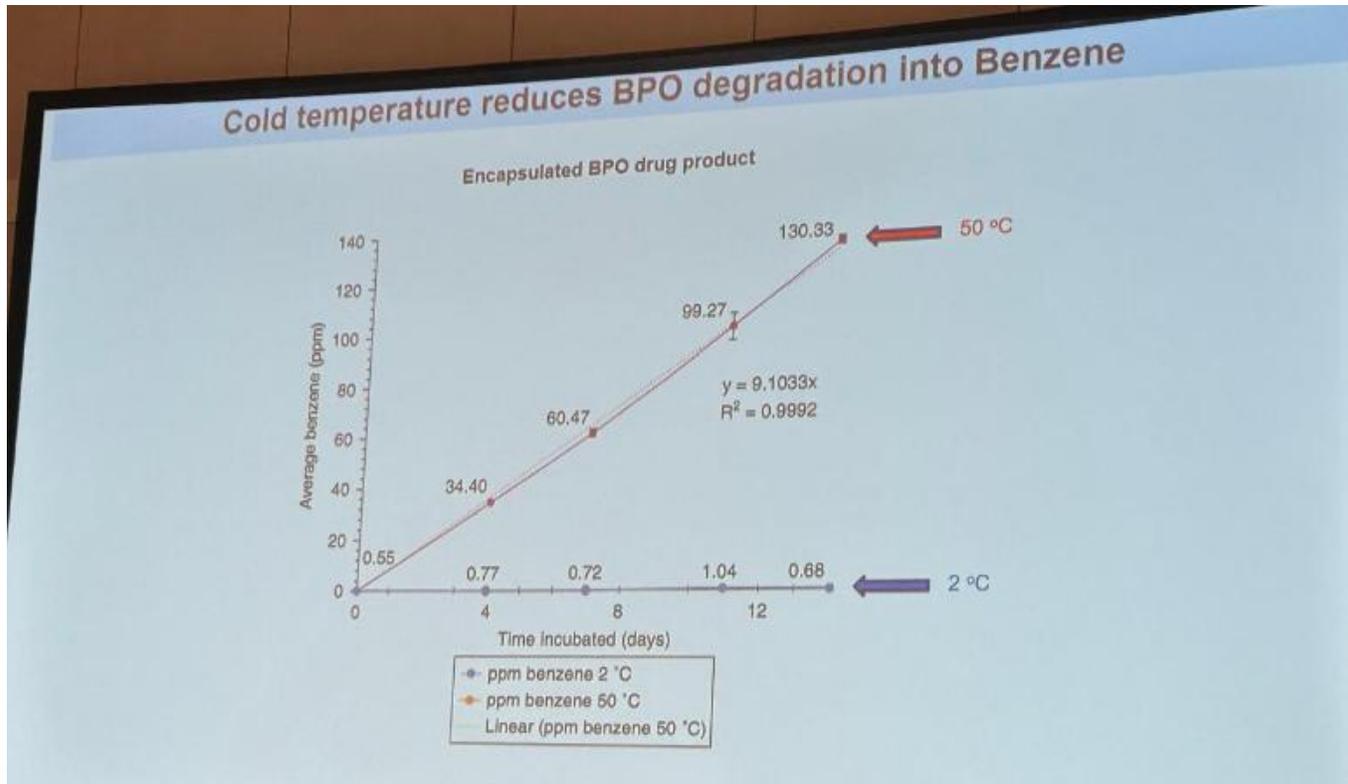
> [J Am Acad Dermatol](#). 2025 Feb 20:S0190-9622(25)00330-5. doi: 10.1016/j.jaad.2025.02.038. Online ahead of print.

**Benzoyl Peroxide Acne Treatment Shows No Significant Association with Benzene-Related Cancers: A Multicenter Retrospective Analysis**

Jesse Veenstra <sup>1</sup>, David Ozog <sup>2</sup>, Alex Stephens <sup>3</sup>



# Peróxido de benzoilo y benceno - 2025



Dr. Christopher Bunick



# Peróxido de benzoilo y benceno - 2025

## A Disproportionality Analysis on Benzoyl Peroxide and its Risk of Malignancy using the FDA Adverse Event Reporting System

A Disproportionality Analysis on Benzoyl Peroxide and its Risk of Malignancy using the FDA Adverse Event Reporting System

[Kerry Yang](#)<sup>1</sup> · [Sonia Czyz](#)<sup>1</sup> · [Rayyan Zuberi](#)<sup>1</sup> · [Jason Kreutz](#)<sup>1</sup> · [Christopher G. Bunick](#)<sup>2</sup> · [Fatemeh Jafarian](#)

DOI: [10.1016/j.jid.2025.02.139](https://doi.org/10.1016/j.jid.2025.02.139)

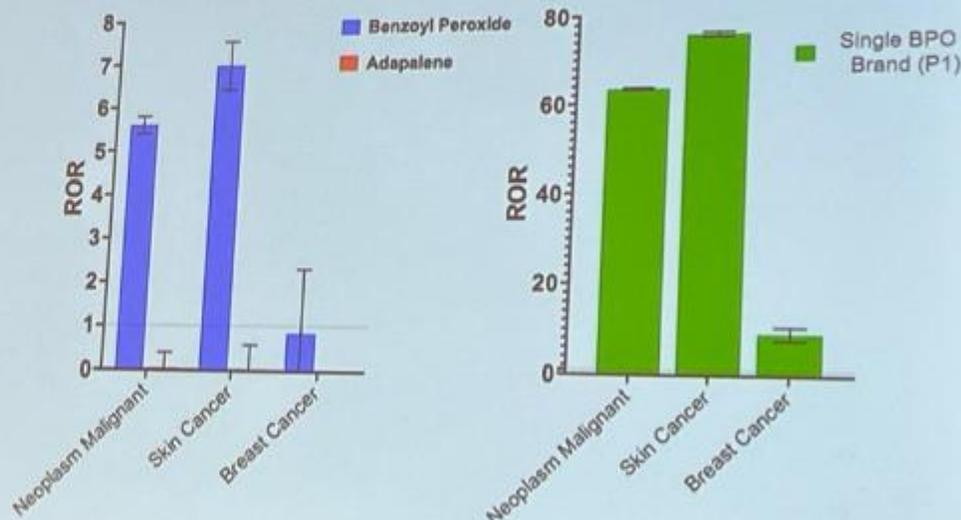
[Journal of Investigative Dermatology](#)



# Peróxido de benzoilo y benceno - 2025

## Findings

- Strong signals emerged for neoplasm malignant (ROR [95% CI] = 5.59 [3.09, 10.11]) and skin cancer (ROR [95% CI] = 6.94 [2.88, 16.70]) with BPO
- These signals increased to ROR [95% CI] = 63.31 [34.18, 117.26] for neoplasm malignant, ROR [95% CI] = 75.39 [30.86, 184.17] for skin cancer, and a signal emerged for breast cancer (ROR [95% CI] = 8.85 [2.82, 27.79]) when limiting the analysis to Single BPO Brand (P1) products containing BPO
- No signals emerged for adapalene
- All BPO neoplasm cases were associated with Single BPO Brand (P1) products, notably the Solution Renewing Cleanser, Plus Pore Targeting Treatment, and the Plus Skin Smoothing Exfoliator
  - These were products that were found to have some of the highest levels of benzene (Kucera 2024) in earlier studies



# Peróxido de benzoilo y benceno - 2025

There are limitations with the data. Information in FAERS reports has not been verified. Although signals for skin and breast cancer, and malignant neoplasms in general, seem to exist, causation cannot be established. Further validation of the findings through well-designed, long-term safety studies is required. There would also be a tendency for more serious AEs, such as malignancies, to be reported, which could increase their signal strength due to collider bias, although no neoplasm signals were found with adapalene. We believe this study to be hypothesis-generating and warrants further research investigating the relationship between BPO drug products and malignancies. Due to the use of a free, publicly available database, ethics approval was not required for this study.



## Peróxido de benzoilo y benceno - 2025

### What do Dermatologists Do Now?

1. All prior BPO containing products subjected to **hot** showers, cars, or other heated environments should be discarded.
2. All **expired** benzoyl peroxide products should be discarded.
3. For those physicians and patients who wish to continue using benzoyl peroxide products, consider storing them at 4C, or **refrigerator temperature**. This will not necessarily eliminate the risk of benzene, but should slow any temperature-dependent degradation of benzoyl peroxide.
4. Replace your benzoyl peroxide product regularly, such as every **10-12 weeks** to avoid long-term accumulation of benzene.
5. Industry and pharmacy should consider "**cold chain**" 4C storage throughout the entire lifecycle of benzoyl peroxide products: from manufacturer, to pharmacy/shelf, to patient/consumer homes.
6. As further information and guidance comes, we as a dermatology community can move forward with what is always in the best interest of our patients.

# Peróxido de benzoilo y benceno - 2025



NDC 0187-0006-25

Rx only

 **CABTREO™**  
(clindamycin phosphate, adapalene  
and benzoyl peroxide) Topical Gel  
1.2%/0.15%/3.1%

Not for Oral, Ophthalmic,  
or Intravaginal Use

**KEEP OUT OF  
REACH OF  
CHILDREN**



Net Wt. 50 g

**Ortho** Dermatologics



**Christopher Bunick, PhD,  
MD, FAAD**

investigator(Grants/Research Funding); Advisory Boards - South Beach Symposium – Advisory Board(Fees); Almirall – Advisory Board(Honoraria), Consultant (1099 relationship)(Fees), Investigator(Grants/Research Funding); Apogee Therapeutics – Consultant (1099 relationship)(Fees); Arcutis Biotherapeutics – Consultant (1099 relationship)(Fees); Botanix Pharmaceuticals – Consultant (1099 relationship)(Fees); Daiichi Sankyo – Investigator(Grants/Research Funding); Dermatology Times (MMM MultiMedia Medical, LLC) – Advisory Board(Fees); Dermsquared – Speaker/ Faculty Education(Fees); Eli Lilly – Consultant (1099 relationship)(Fees); LEO Pharma, US – Advisory Board(Honoraria), Consultant (1099 relationship)(Fees); LIVDerm – Consultant (1099 relationship)(Fees); Novartis – Advisory Board(Honoraria); Ortho Dermatologics – Advisory Board(Honoraria), Investigator(Grants/Research Funding); Palvella



# Peróxido de benzoilo y benceno - 2025

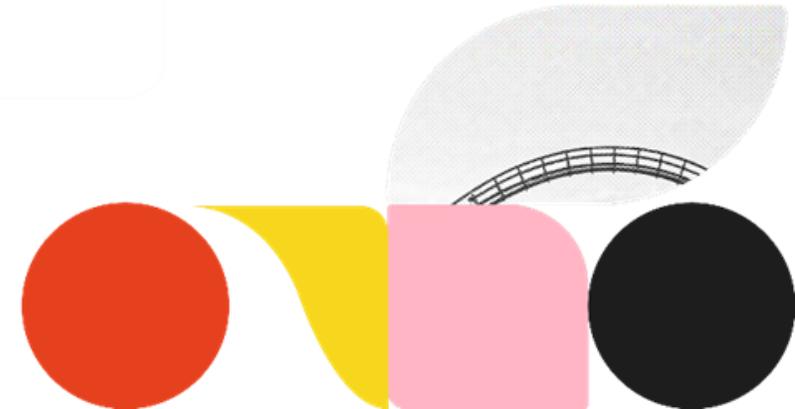
- Son necesarios más estudios en humanos antes de evitarlo por completo (Dr. Yeung)
- Alternativa: ↑ mayor uso de antibióticos
- ¿Cambios en formulación?
- ↑ Alarmismo en redes sociales y consulta

Research Letter

February 12, 2025

**The Role of Formulation in Benzene Formation in Benzoyl Peroxide Products**

John S. Barbieri, MD, MBA<sup>1,7</sup>; Courtney B. Rubin, MD, MBE<sup>2,3</sup>; James P. Pham, MD<sup>4,5</sup>; [et al](#)



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# Antibióticos en acné y rosácea

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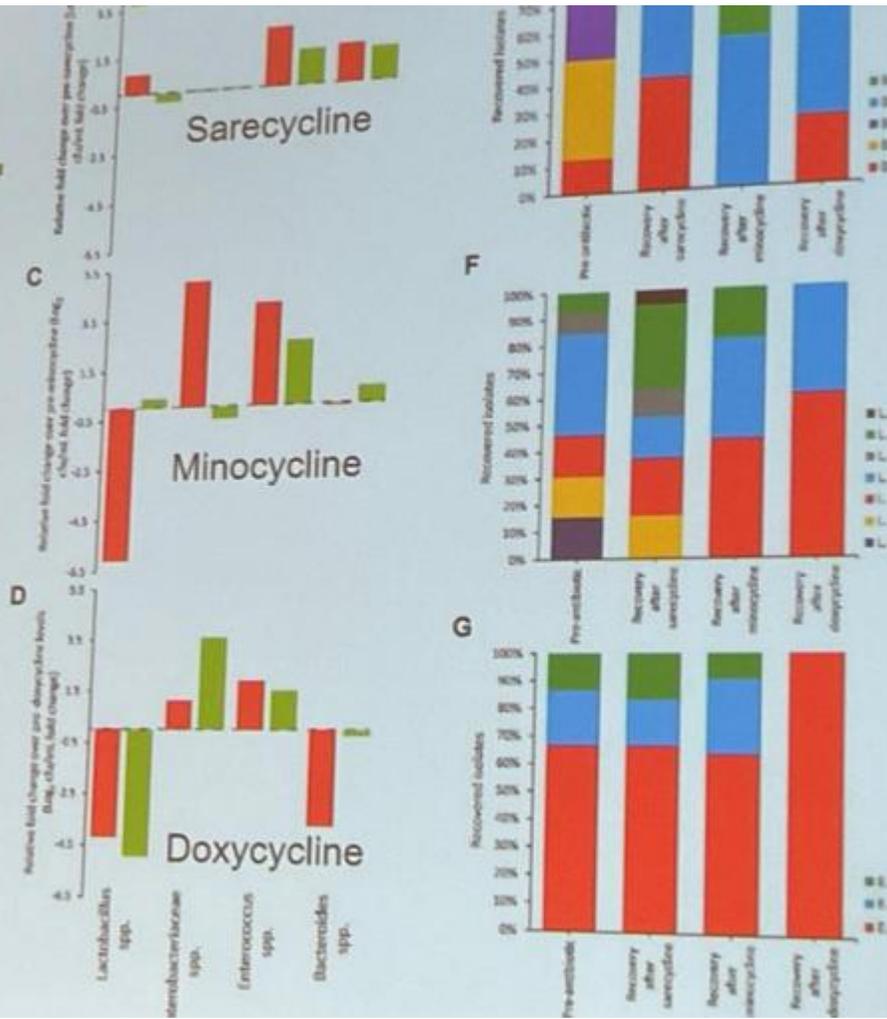


# Sarecycline

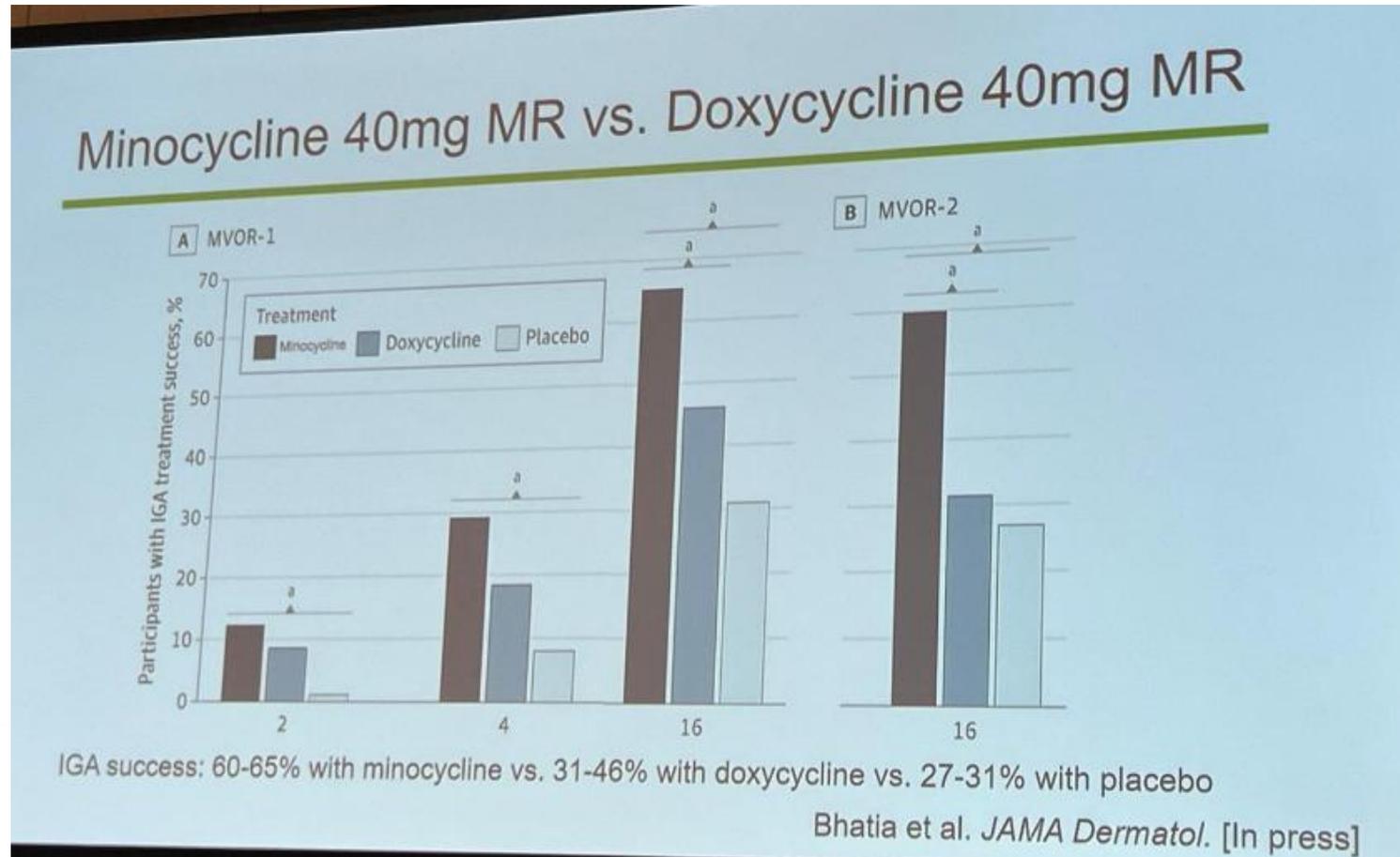
In an *in vitro* gut model, sarecycline induced less gut microbiota dysbiosis vs minocycline and doxycycline

- Slight decline in bacterial diversity at the start of treatment, but abundances of most families remained stable during treatment.
- Ruminococcaceae and Desulfovibrionaceae decreased 9% and 4%, and a transient increased in Enterobacteriaceae abundance
- Most populations recovered to pre-antibiotic levels after sarecycline exposure

Moura et al. *Front Microbiol.* 2023



# Antibióticos en rosácea



# Resistencias antibióticas

- Somos los especialistas que más antibióticos recetamos

>30% *S. epidermidis* in patients with acne R to macrolides and clindamycin  
-- >80% if patient also carried *C. acnes* R to clindamycin

After 12 weeks of topical erythromycin monotherapy:

- aerobic skin flora dominated by *S. epidermidis* R to erythromycin
- nasal passage increase *S. aureus* R to erythromycin

Topical erythromycin + BPO combination therapy did not change R pattern

Resistance patterns are local

Karadag et al. *JEADV*. 2021.

# Resistencias antibióticas

**Doxy-PEP on Antibiotic Resistance Genes**

nature medicine 

Article <https://doi.org/10.1038/s41591-024-03274-8>

**Impact of doxycycline post-exposure prophylaxis for sexually transmitted infections on the gut microbiome and antimicrobial resistome**

- Participants from the DoxyPEP trial RCT
- Metagenomic DNA sequencing & metatranscriptomic RNA sequencing from self-collected rectal swabs
- Compared the bacterial microbiome and resistome over 6 months
- Doxy-PEP use over a 6-month period was associated with an increase in the proportion of tetracycline ARGs comprising the gut resistome and an increase in the expression of tetracycline ARGs.
- At 6 months of doxy-PEP use, no residual differences were observed in alpha and beta diversity or taxonomic composition of the gut microbiome

Chu et al. *Nat Med.* 2024



# Resistencias antibióticas

## Antibiotics linked to... URI

115% higher odds of URI within 1 year

STUDY

### Antibiotic Treatment of Acne May Be Associated With Upper Respiratory Tract Infections

David J. Margolis, MD, PhD; Whitney P. Rowe, BS; Ole Hoffstad, MA; Jesse A. Berlin, ScD

Table. Descriptive Variables of Patients With Acne Comparing Those Who Used and Did Not Use an Antibiotic to Treat Their Acne

Variable	No Antibiotic Used (n = 22 176)	Antibiotic Used (n = 84 877)	P Value
Upper respiratory tract infections, No. (%)	2090 (9.2)	15 180 (18.0)	<.001
Lower respiratory tract infections, No. (%)	1269 (5.6)	2012 (2.3)	.08
Age, mean (SD), y	21.7 (5.7)	21.4 (5.6)	<.001
Female sex, No. (%)	21 087 (94.2)	41 728 (50.2)	<.001
Acne-associated risk factors, mean (SD)	2.2 (2.0)	2.2 (2.0)	

Oral antibiotics = 4.3x higher odds of developing pharyngitis

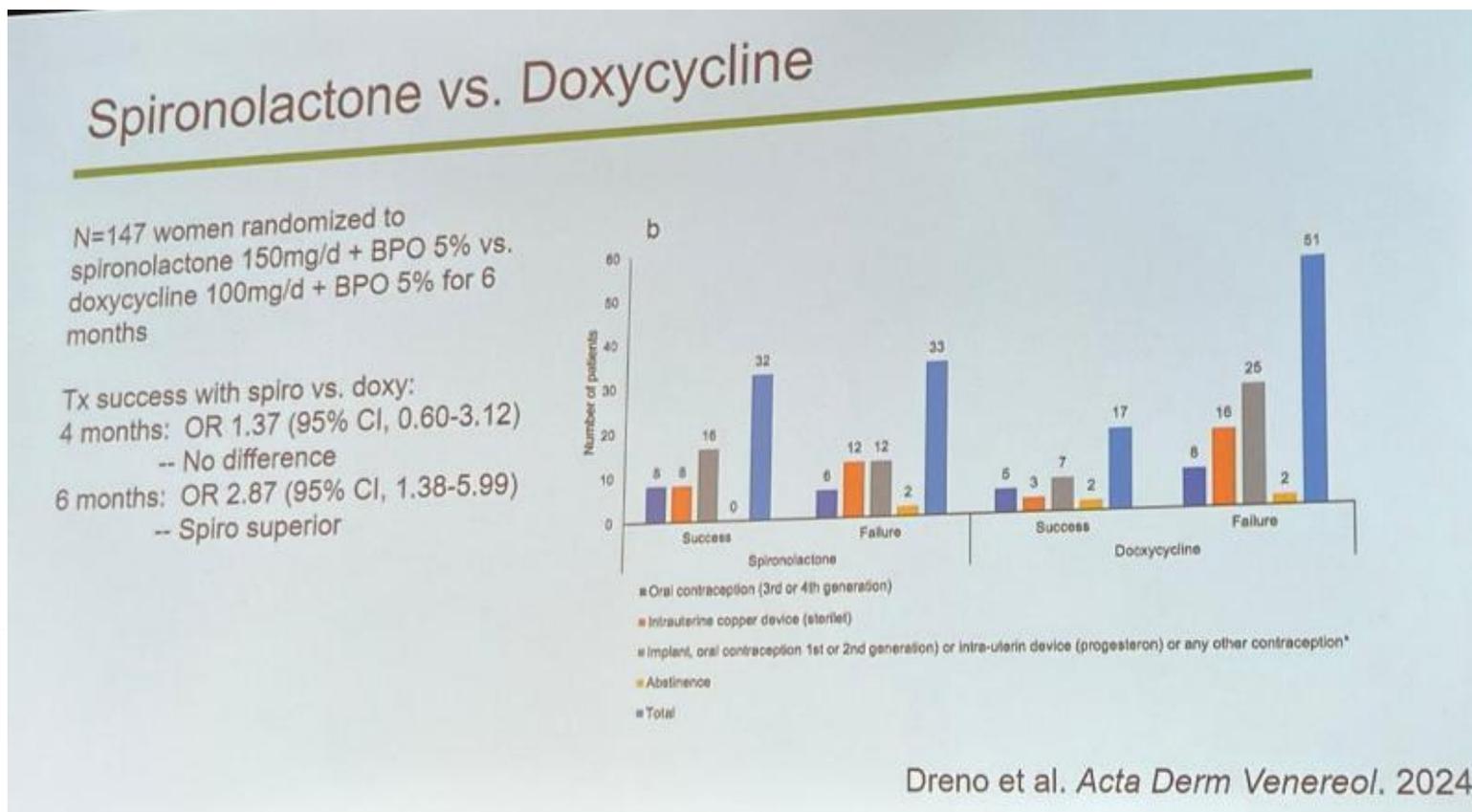
Table 4. Longitudinal Cohort Study: Adjusted (Age, Sex, Race/Ethnicity) Odds Ratios (ORs) and 95% CIs for Developing Pharyngitis With Respect to Several Exposure Variables

Variable	Adjusted OR (95% CI)
Oral antibiotics	4.34 (1.51-12.47)
Topical antibiotics	0.62 (0.22-1.81)
Has severe acne	1.62 (1.10-2.40)
Age	0.99 (0.90-1.08)
White	2.06 (0.85-5.03)
Female	0.60 (0.30-1.21)
Washes face regularly	1.02 (0.50-2.10)
Chews tobacco	2.23 (0.25-19.65)
Flosses regularly	0.70 (0.33-1.51)
Has >5 cavities	0.64 (0.33-1.51)
Smoker (any daily cigarette use)	1.21 (0.98-1.49)
Alcohol use daily	1.17 (0.91-1.50)
Has acne on chest	1.05 (0.47-2.35)
Has body piercings	3.61 (0.72-17.95)

Margolis et al. *Arch Dermatol.* 2005. Margolis et al. *Arch Dermatol.* 2012

# Alternativas a los antibióticos

- Espironolactona y/o isotretinoína como primera línea



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# Dieta en acné y rosácea

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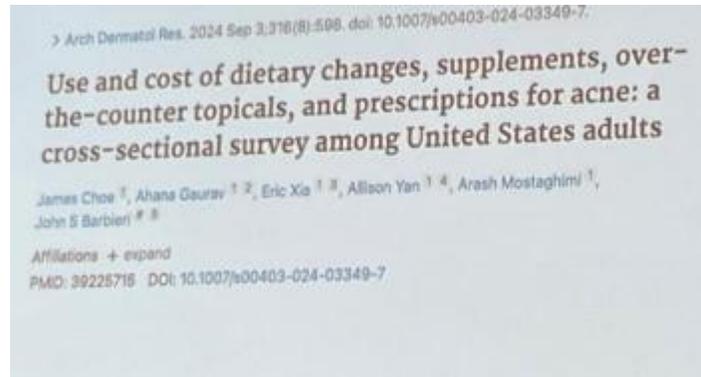


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# Dieta en acné

- Intervenciones dietéticas no recomendadas en guías de práctica clínica
- 42% de pacientes modifica su dieta o añade suplementos

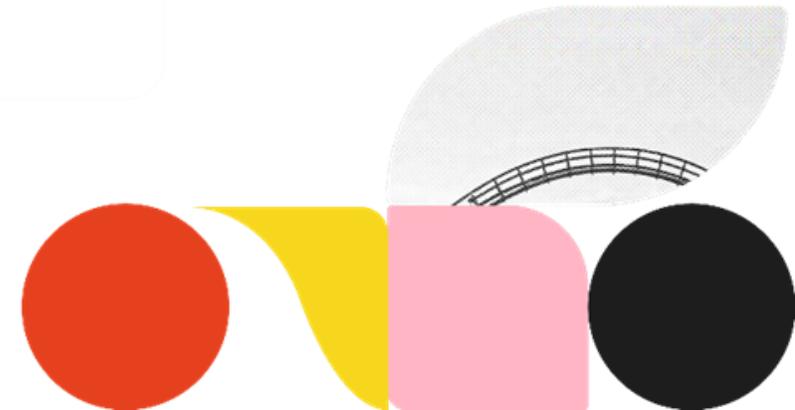


## Dieta con carga glucémica baja

- Carga glucémica= índice glucémico x hidratos de carbono / 100

- 50 young female patients in Pakistan were randomized to received low GL dietary counseling or no intervention for 3 months.
- Patients that received the dietary counseling had an improvement in their GL score and acne severity.

Raza Q, et al. Cureus, 2024 Nov 2;16(11):e72886.



# Proteínas de suero de leche

- Estudios casos y controles encuentran relación



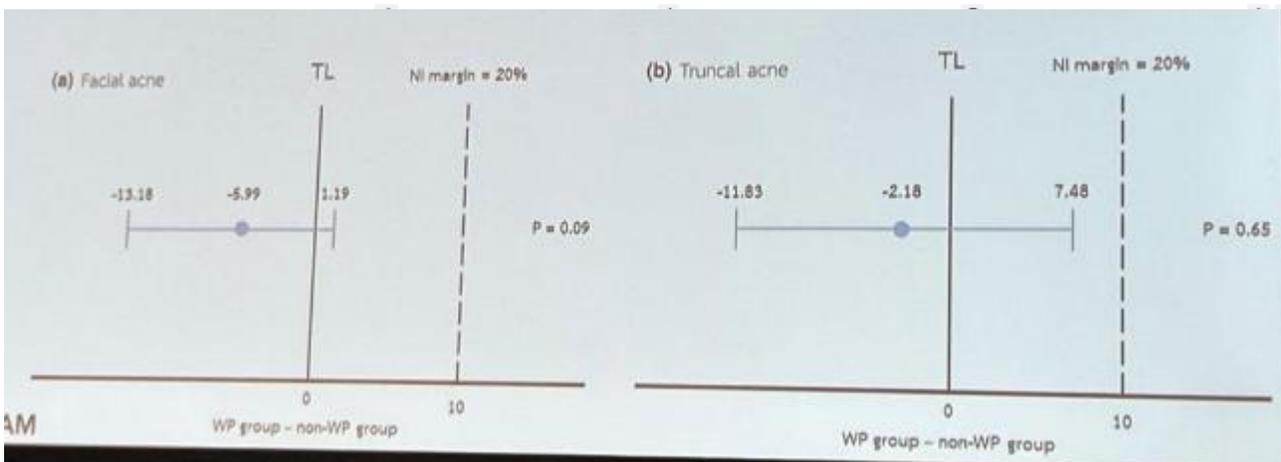
# Proteínas de suero de leche

Randomized Controlled Trial > J Dermatol. 2024 Jul;51(7):1022-1025.

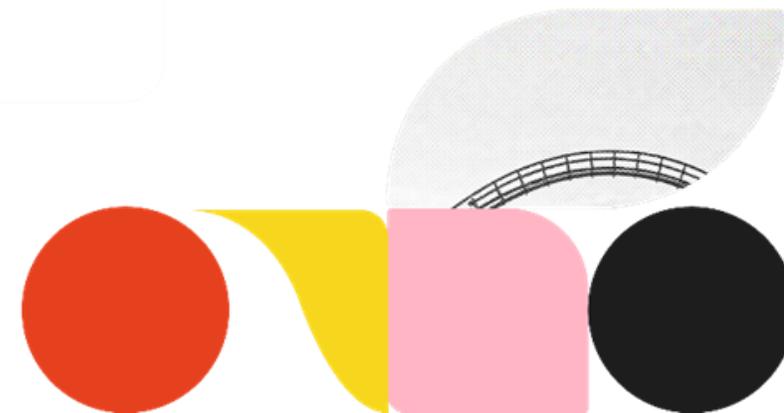
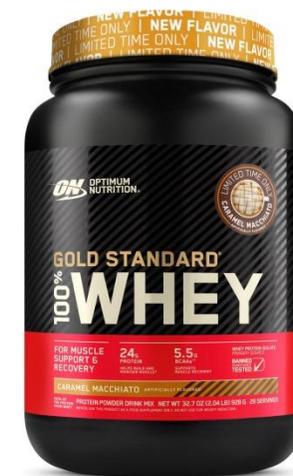
doi: 10.1111/1346-8138.17109. Epub 2024 Jan 31.

## Whey protein and male acne: A double-blind, randomized controlled trial

Kittithorn Sompochpruetikul <sup>1</sup>, Thanon Khongcharoensombat <sup>2</sup>, Yuda Chongpison <sup>3</sup>,



- 15g de proteína
- ¿Asociación con anabolizantes?



# Chocolate

- Observational studies have shown an association between chocolate and confectionary consumption and acne.
- In a small blinded study of acne-prone male individuals, consumption of 100% cocoa capsules led to a statistically significant increase in acne lesions.
- Another study had 25 male patients with a history of acne consume 24 g of 99% dark chocolate daily for 4 weeks. These patients also had a statistically significant increase in acne lesions.
- A larger Polish study of female and male patients also showed an increase in acne severity with consumption of chocolate.



(a)

Caperton C. et al. J Clin Aesthet Dermatol. 2014;7(5):19-23.  
Baldwin H, Tan J. Am J Clin Dermatol. 2021 Jan;22(1):55-65.  
Vongraviopap S, Asawanonda P. Int J Dermatol. 2016 May;55(5):587-91.  
Daszkiewicz M, et al. Foods. 2024 Jun 24;13(13):1993.

**THE UNIVERSITY OF ALABAMA AT BIRMINGHAM**



## Omega 3

- Niveles basales de omega 3 bajos
- Suplementación con DHA/EPA 16 semanas: disminución de sebo y lesiones inflamatorias



Guertler A, et al. J Cosmet Dermatol. 2024 Oct;23(10):3295-3304.



# Probióticos en acné

- Two small RCTs have shown improvement of acne with consumption of a **probiotic supplement**.

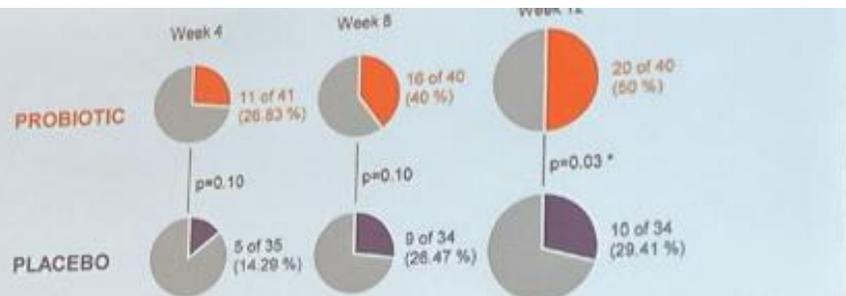
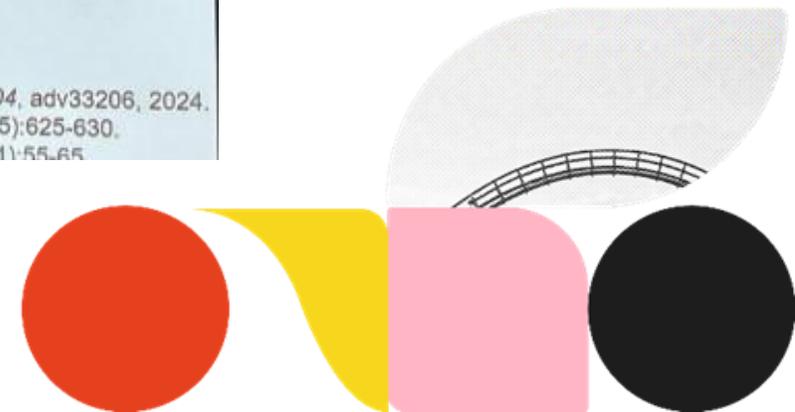


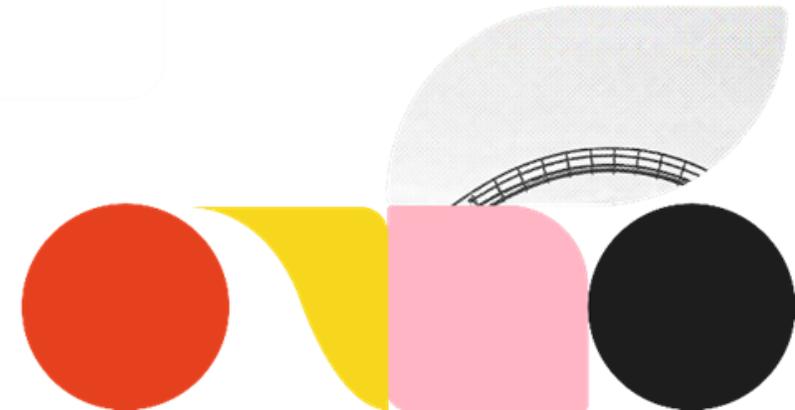
Fig. 2. Evolution of the Acne Global Severity Scale (AGSS). Patients with improvement in at least 1 category of less severity during the study in both intervention groups. Since as early as week 4 of treatment the proportion of patients with clinical response according to AGSS was higher in the probiotic group compared with the placebo group. This difference was statistically significant when treatment was completed after 12 weeks of intervention.



## Dieta en rosácea

- Evidencia en flushing, menos a largo plazo
- Probióticos podrían disminuir disbiosis
- Omega 3 para síntomas oculares

Searle T, et al. J Clin Aesthet Dermatol. 2021 Dec;14(12):49-54.  
Alia E, Feng H. Clin Dermatol. 2022 Mar-Apr;40(2):122-127.  
Weiss E, Katta R. Dermatol Pract Concept. 2017 Oct 31;7(4):31-37



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# Anticoncepción en acné

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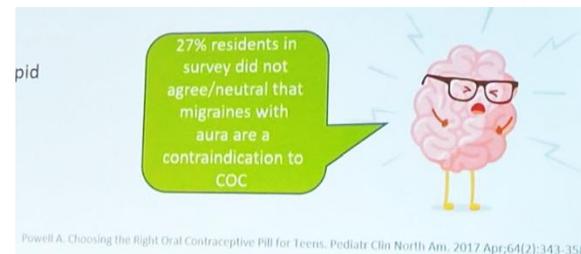


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# Anticoncepción en acné

- Migraña con aura: contraindicación absoluta
- Impacto en densidad mineral ósea en adolescentes: mejor 30mg etinilestradiol > 20mg
- Metaanálisis: no más riesgo de enfermedad mental, dudas en TDAH en adolescentes
- Recordar anticoncepción de emergencia

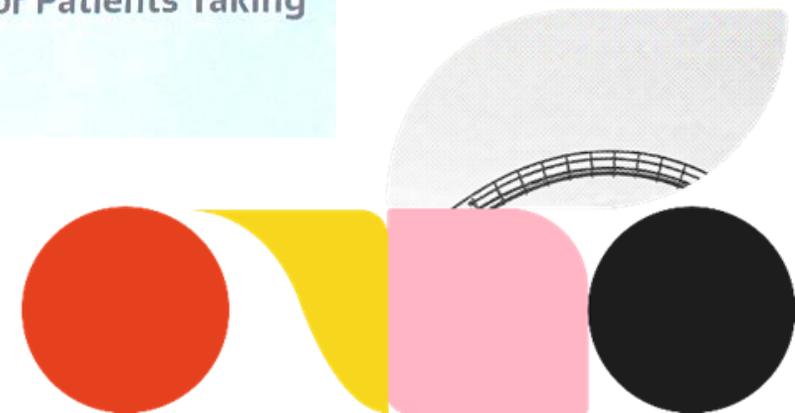


Kraft MZ, Rojczyk P, Weiss T, Derntl B, Kikinis Z, Croy I, Heller C. Symptoms of mental disorders and oral contraception use: A systematic review and meta-analysis. *Front Neuroendocrinol.* 2024 Jan;72:101111.

April 3, 2024

## Emergency Contraception for Patients Taking Isotretinoin

Sarah Gold, BA<sup>1</sup>, Sarah Horvath, MD<sup>2</sup>, Andrea Zaenglein, MD<sup>3</sup>



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**Muchas gracias**



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