



Patient perspectives on acne management

Acne vulgaris is a common inflammatory condition affecting up to 80% of adolescents. Despite the plethora of therapies available, isotretinoin remains the most established management option targeting primary etiological factors. In recent years there has been a growing presence of alternative therapies provided by various health and cosmetic professionals. With a general trend towards 'natural' and 'safer' treatment options, alternative therapies have become increasingly popular and easily accessible to the general public. It has become increasingly important for health professionals to convey a unified message in order to provide optimal acne management. We aimed to gain an understanding of patient perspectives on acne management.

Patients presenting to the Woden Dermatology Acne Solutions clinic in the Australian Capital Territory, Australia were surveyed on their personal experiences and perspectives of acne management. Questions included previous advice, treatments for acne. Information collected included who patients initially sought advice from, what treatments they had trialed and what aspects of acne management remained confusing. We will present our results in anticipation of receiving feedback from conference delegates and building a discussion to unify the management approach of acne.