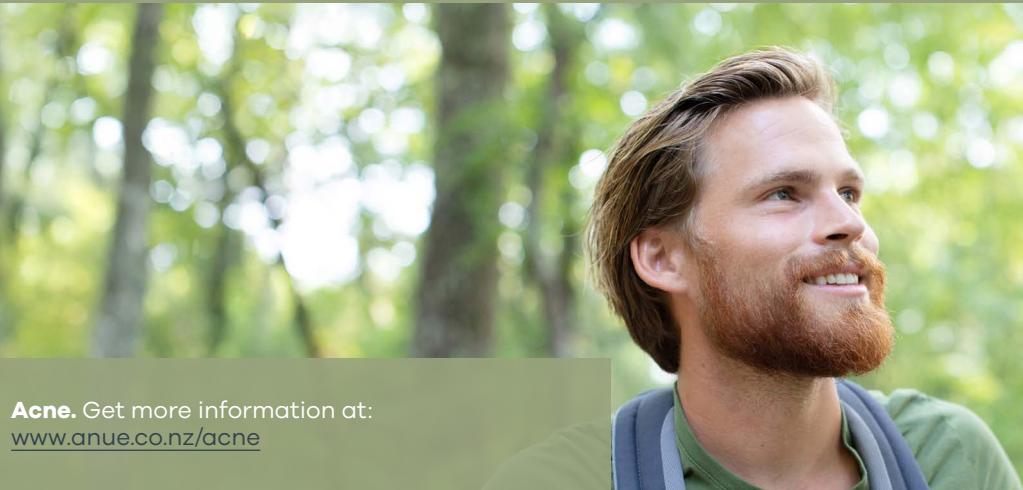


# Acne

**anue**  
A SKINTEL CLINIC



**Acne.** Get more information at:  
[www.anue.co.nz/acne](http://www.anue.co.nz/acne)

## At Anue, acne is a curable condition - we treat it properly so you can get on with life.

Acne is a very common, potentially devastating condition. Acne can potentially have major impacts on self-esteem, mental health and can cause scarring.

At Anue, we take these very real complications seriously and ensure we use effective treatments to minimise the risk of these outcomes.

### What Causes Acne?

Acne is a disorder of the pilosebaceous units of the skin. This includes the hair follicle and sebaceous (grease) glands.

Factors that influence acne include:

- follicular hyperkeratinisation (increased & disordered keratin)
- seborrhoea (increased sebum)
- altered microbiome balance

- increased sensitivity of pilosebaceous unit to hormones
- complex interaction of hormones, microbiome and immune response
- diet: studies suggest that high dairy and sugar intake **may** play a role

### Diagnosis and Investigations

Almost all cases will be diagnosed during a routine consultation without the need for further investigations.

Investigations are done when there is suggestion of an underlying disorder:

- Women with excess hair, deep voice, increased musculature & irregular menstruation
- Children under the age of six years
- Association with joint or bone pain (SAPHO syndrome)

If you have any concerns regarding your treatment, please contact your care team.

Anue: **0800 437 632**

After Hours: **(09) 242 3532**

Email: **info@anue.co.nz**

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## Treatment for Acne

Acne treatment can be organised into groups of treatment types and efficacies.

### Topical Creams

**Examples:** Benzoyl peroxide (Benzac), clindamycin (ClindaTech), salicylic acid (numerous), azelaic acid (Azclear), tretinoin (ReRetrieve), adapalene (Differin), Epiduo, clascoterone (Winlevi)

**Efficacy:** 10-35% improvement

**Duration:** ongoing; doesn't cure acne

### Tablets

**Examples:** antibiotics (doxycycline, clindamycin etc), oral contraceptives, spironolactone

**Efficacy:** 40-60% improvement

**Duration:** ongoing; doesn't cure acne

### Retinoid Capsules (isotretinoin)

**Examples:** Oratane, Accutane, Roaccutane

**Efficacy:** Close to 100% clearance

**Duration:** Depends on dose, typically 12-18 months; long-term cure achievable. Although, recurrences can occur

### Other Treatments

Acne lasers only achieve clearance in 40% of people and do not provide a long-term cure. Treatment is typically expensive and can cause scars.

Medical peels achieve 20-40% improvement. However, need to be repeated monthly on an ongoing basis to maintain efficacy. As a result the cost can add up.

## We're dedicated to caring for you

We want you to be delighted with the results of your treatment at Anue. Following this guide can help ensure a successful recovery and maximize the benefits of your treatment.

If you have any questions or concerns at any point throughout your treatment, please do not hesitate to contact us.

### Follow-up appointment(s):

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### Notes

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