

A photograph of a man with a beard and long hair, looking upwards and to the right, smiling slightly. He is wearing a green shirt and a blue backpack. The background is a blurred forest with green trees and sunlight filtering through the leaves.

Acne. Get more information at:
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)



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 (ReTrieve), 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):

Notes