

Adapalene-Benzoyl Peroxide Combination Effective and Safe for Acne **CME**

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November 9, 2007 — The combination of **adapalene with benzoyl peroxide (BPO)** in a fixed-dose gel formulation appears to be rapidly effective with a good safety profile in treating acne vulgaris, researchers report in the November issue of the *Journal of the American Academy of Dermatology*.

The combination, lead investigator Dr. Diane M. Thiboutot told Reuters Health, "will be a welcome addition to the available treatments for acne in that the retinoid is effective against blackheads, whiteheads and inflamed acne lesions and BPO is the most potent agent bactericidal against *Propionibacterium acnes*."

Dr. Thiboutot of Pennsylvania State University, Hershey and colleagues studied 517 subjects who were randomized in a double-blind fashion to receive the fixed combination of adapalene 0.1% with BPO 2.5%, adapalene alone, BPO alone or vehicle alone.

The study, conducted at 36 centers, enrolled male and female subjects at least 12 years of age, with 30-100 noninflammatory facial lesions, 20-50 inflammatory facial lesions, and no nodules or cysts. Study medication was applied once daily.

As early as the first week of the 12-week study, there were significant differences in total lesion counts between the combination and the monotherapies.

By the end of the study, a reduction of at least 50% in total lesion count was seen in 53% of the combination group, compared to 34.5% of the adapalene-only group, 34.9% of the BPO-only group, and 25.4% of the vehicle group.

Patient assessments also reflected the greater efficacy of the combination therapy. "At week 12, the percentage of subjects rating their skin as 'clear' or showing a 'marked improvement' were 42.5% for adapalene-BPO, 34.8% for adapalene, 30.6% for BPO, and 14.5% for vehicle," the investigators report.

Adverse events in the combination group were similar in frequency to those in the adapalene monotherapy group. The most frequently reported therapy-related adverse effect was dry skin.

"The combination," concluded Dr. Thiboutot, "will be easy for patients to use once a day, and there is no concern about the development of antibiotic resistant bacteria with use of this product."

The study authors have disclosed various financial relationships with Galderma Research & Development and Galderma Laboratories.

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