


Puesta al hasta 2007 Dec 10 07:32 AM: revision continua de la literature Tomada de Dynamed Servidor Ebsco  
Finnish Medical Society Duodecim evidence-based guideline  
(National Guideline Clearinghouse 2007 Dec 3)  
American Academy of Dermatology guideline on acne vulgaris  
management (National Guideline Clearinghouse 2007 Aug 27)

- lesions) were randomized to methyl aminolaevulinate cream 160 mg/g (Metvix) to one side of face vs. placebo cream to other side of face
  - o cream applied for 3 hours under adhesive occlusive dressing, then wiped off immediately before noncoherent red light illumination; second photodynamic therapy repeated 2 weeks later
  - o 27 patients followed at 4 and 10 weeks after second treatment, 3 patients who dropped out within first 2 weeks were analyzed by intention to treat using last observation carried forward
  - o clinical success defined as clear or almost clear (few scattered comedones and < 5 small papules)
  - o comparing topical methyl aminolaevulinate vs. placebo
    - median reduction in total inflammatory lesion counts 63% vs. 28% at week 6 ( $p = 0.0004$ ) and 54% vs. 20% at week 12 ( $p = 0.0006$ )
    - no significant differences between groups in median reduction in total noninflammatory lesion counts
    - 9 (30%) vs. 3 (10%) had clinical success at week 12 ( $p = 0.0143$ , NNT 5)
  - o 21 (70%) patients had adverse events
    - including pain (30% events), erythema (27%) and skin swelling (17%)
    - local adverse events resolved within 10 days
  - o Reference - [Br J Dermatol 2006 Sep;155\(3\):608](#)  [EBSCOhost Full Text](#)
- **blue light promoted for acne treatment, expensive and insufficient evidence to evaluate efficacy ([level 3 \[lacking direct\] evidence](#))**
  - o high-intensity narrow band blue light (ClearLight) FDA approved for treatment of moderate inflammatory acne vulgaris
  - o current evidence limited to uncontrolled studies with rates of improvement ranging from 32% to 77%
  - o high-intensity lamp costs \$49,000 or can be leased for \$1,000/month, typical treatment course (15-minute exposures twice weekly for 4 weeks) costs \$800-\$1,600 to the patient
  - o Reference - [The Medical Letter 2003 Jun 23;45\(1159\):50](#)
- laser therapy
  - o **pulsed-dye laser therapy may reduce severity of inflammatory acne but evidence inconsistent ([level 2 \[mid-level\] evidence](#))**
    - based on 2 small, single-blind randomized trials
    - 41 adults with mild to moderate facial inflammatory acne randomized to pulsed-dye laser vs. sham treatment as movement of laser handpiece over entire face in about 15 minutes; patients were blinded to treatment assignment but

