Solubilized Gel Bests Combination Acne Tx

BY ROBERT FINN

A new preparation of 5% benzoyl peroxide solubilized in a gel proved better than a 5% benzoyl peroxide/1% clindamycin preparation for treating acne vulgaris, according to the results of a poster presented at the annual Hawaii Dermatology Seminar sponsored by Skin Disease Education Foundation.

Dr. Leon H. Kircik of Louisville, Ky., and his colleagues followed 65 patients who applied solubilized benzoyl peroxide (BPO) gel to one side of their face and BPO/clindamycin to the other side twice daily for up to 12 weeks.

The patients were aged 11-45 years and had moderate acne. The solubilized BPO gel was associated with a significant reduction in noninflammatory lesions, compared with BPO/clindamycin at weeks 1, 2, 3, 4, and 12. At week 12, for example, the solubilized BPO gel was associated with a 57% reduction in noninflammatory lesions, compared with 46% for the BPO/clindamycin. There were no differences between the products in relation to the number of inflammatory lesions.

Levels of erythema, dryness, peeling, stinging/burning, and itching were reported more by patients with the solubilized BPO gel. While this difference was statistically significant, it was not clinically significant, Dr. Kircik said in an interview. Because of these study results, "I use the solubilized BPO gel anytime I need a benzoyl peroxide," he said.

The new preparation is proprietary and is available commercially under the brand name SoluCLENZ Rx Gel from Obagi Medical. Dr. Kircik disclosed receiving research funding from the manufacturer.

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