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Nicotinamide and acne vulgaris

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Acne vulgaris is one of the most common and potentially distressing dermatologic conditions. With growing concerns about antibiotic resistance, there is an increasing need for safe, efficacious alternative treatment options for patients. Nicotinamide is the water-soluble, active form of vitamin B3. It has significant anti-inflammatory properties that may explain its usefulness in the treatment of acne patients. Both the topical and oral form have been studied in acne patients. In addition to its anti-inflammatory properties, the topical form may help to protect the natural barrier of the skin against infection and it may have a bacteriostatic effect on *P. acnes*. The topical form may be more effective in those with oily skin types. As well, the micro emulsion and multiple emulsion formulations may be innovative for dermal delivery of nicotinamide. Both the topical and oral formulations have shown to be safe and effective. In fact, oral nicotinamide has demonstrated a low incidence of side effects and toxicity at oral doses up to 3 g per day for up to 5 years. This review will assess the previous work of those who have used both topical and oral formulations of nicotinamide and evaluate ways this potentially underutilized treatment may be further optimized for improved efficacy and use.

Biography

Amanda Doyle has her expertise in Acne Vulgaris and Cosmetic Dermatology. She has been in New York for 10 years, completing her training at SUNY Downstate, where she worked closely with her mentor, Dr. Alan Shalita, who was an internationally recognized acne expert. Her beauty and health tips are frequently quoted in the media. She currently works at Russak Dermatology Clinic.

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