



Evaluation of Trifarotene 50 µg/g Cream in the Treatment of Facial and Truncal Acne Vulgaris: A Single Centre Study

Mohammed Mosharraf Hossain^{1*}, Md. Akram Ahsan², Syed Muzibur Rahman³, Rafiqul Islam⁴, Asfaq Bin Rahman⁵, Masuma Amanullah⁶

¹Assistant Professor, Department of Skin & Venereal Disease, Shahid Syed Nazrul Islam Medical College, Kishoreganj, Bangladesh.

Email: drmmnadias@gmail.com

Orcid ID: 0000-0002-8557-0437

²Assistant Professor, Department of Skin & Venereal Disease, Shahid Syed Nazrul Islam Medical College, Kishoreganj, Bangladesh.

Email: drakramjewelk48@gmail.com

Orcid ID: 0000-0002-0707-3638.

³Assistant Professor, Department of Skin & Venereal Disease, Shahid Syed Nazrul Islam Medical College, Kishoreganj, Bangladesh.

Email: drpolash70@gmail.com

Orcid ID: 0000-0003-3595-5563.

⁴Assistant Professor, Department of Skin & Venereal Disease, Mymensingh Medical College, Mymensingh, Bangladesh.

Email: rafiqulislam@gmail.com

Orcid ID: 0000-0002-1141-7122

⁵Assistant Professor, Dermatology Department, Shaheed Tajuddin Ahmad Medical College, Gazipur, Bangladesh.

Email: asfaqbinrahman@gmail.com

Orcid ID: 0000-0001-9117-5110.

⁶ Junior Consultant, Department of Obstetrics and Gynecology, Tarail Upazila Health Complex, Kishoreganj, Bangladesh.

Email: drmasuma999@gmail.com

Orcid ID: 0000-0002-9961-1527

*Corresponding author

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Abstract

Background: Acne vulgaris is a frequent skin condition of the face and trunk that negatively influences the quality of life. It frequently impacts the face, shoulders, chest, and back, however, the cure for nonfacial acne has no longer been fastidiously studied. Trifarotene is a new first-in-class fourth-generation topical retinoid that has been uniquely studied in the treatment of each facial and truncal acne. Through selective agonism of the retinoic acid receptor (RAR)- γ , the most predominant RAR- γ isotype in the epidermis, trifarotene exerts extra targeted, skin-specific outcomes than earlier-generation retinoids. The aim of the study to assess the safety and efficacy of trifarotene 50 µg/g cream, a novel topical retinoid, in moderate facial and truncal acne. **Material & Methods:** Clinical samples were analyzed between 36 weeks in Shahid Syed Nazrul Islam Medical College, Kishoreganj, Bangladesh. The patient informations and sources were retrospectively collected. 120 patients were detected in the department of Skin & venereal disease, at Shahid Syed Nazrul Islam Medical College, Kishoreganj, Bangladesh. This cross-sectional study was done among patients to the evaluation of trifarotene 50 µg/g cream in the treatment of facial and truncal acne vulgaris. **Results:** Out of 120 patients, the study population of patients according to age, where 46(38.33%) were 12 to 20 years and 74(61.67%) were 21 to 30 years. And according to sex, where 60% were female and 40% were male. Most of the patients belong to the female. **Conclusion:** We focus on efficacy, safety, and tolerability records and highlight exceptional life outcomes and patient-reported satisfaction. Future medical trials and the clinical applicability of this novel medication in the treatment of acne are additionally discussed.

Keywords:- Acne vulgaris, Trifarotene, Retinoid, Truncal acne.

INTRODUCTION

Acne vulgaris, or acne, is a frequent cutaneous disorder that manifests as comedones, papules, pustules, and/or nodules on the face, neck, and

trunk. Epidemiologic studies indicate acne impacts about 9.4% of the world population, ranking it as the eighth most familiar disease worldwide.^[1] Up to 85% of adolescents



experience acne and whilst frequently mistakenly perceived as a disorder constrained to teenagers, many adults are affected as well.^[2,3] The psychosocial outcomes of acne are properly documented and encompass poor influences on self-perception, social functioning, and intellectual health.^[4,5,6]

In a referral cohort of 965 patients with acne, Tan et al. suggested that the occurrence of acne on the face, chest and trunk was once 92, 45 and 61%, respectively.^[7] However, patients show up much less possibly to report truncal acne on preliminary appointments for assessment of acne. In a US study about of acne patients, Del Rosso et al. located that round a quarter of patients who introduced with each facial and truncal acne did not voluntarily point out the presence of truncal acne, which used to be detected solely after medical examination.^[8] Regardless of whether or not or now not they referred to it as section of their chief complaint, extra than 75% of the preferred therapy for their truncal acne.^[8] Tan et al. additionally referred to that patient reporting used to be constant with the medical assessment in 92% of instances for facial acne, however solely in round 70% of instances for truncal zits.^[7] There is a paucity of literature overlaying patient-reported results of remedies for truncal acne.^[9] Retinoids are broadly used in the administration of pimples.^[5,6,7] Topical trifarotene (AKLIEF_Cream 0.005%; Galderma) is the first new retinoid molecule authorised in the USA in over 20 years for the once-daily topical treatment of acne vulgaris.^[10,11,12] Trifarotene 50 µg/g cream first obtained approval in the USA in October 2019, accompanied via Canada in November 2019 and Europe in December 2019. Trifarotene is a robust and selective retinoic acid receptor

(RAR)-γ agonist.^[13] An increased protection profile is estimated with trifarotene since, in vitro, it is lively and steady in cultured keratinocytes however unexpectedly metabolized with the aid of human hepatic microsomes,^[14] in addition, scientific pharmacology records display low systemic absorption of trifarotene 50 µg/g cream when utilized each day beneath maximal use stipulations.^[15] Previously developed retinoids have been evaluated solely in facial acne and now not truncal acne, perchance due to security issues about treating a massive region or a lack of consideration for truncal acne and its prevalence. Trifarotene 50 µg/g cream used to be evaluated in each reasonable facial and truncal acne in two large-scale, randomized, double-blind, vehicle-controlled research and one long-term protection find out about.^[16,17] As medical practitioners had a little real-world journey with its qualities, reporting from the patient's viewpoint affords a treasured adjunct to the consequences of these pivotal studies.

MATERIAL AND METHODS

This research was carried out on a descriptive and cross-sectional observational study. The research was conducted between 36 weeks at Shahid Syed Nazrul Islam Medical College, Kishoreganj, Bangladesh. Here, included 120 patients in this study, of these 120 patients admitted to the department of Skin & venereal disease. The age of the population in this study was defined as 12 to 30. Data were collected from the skin & venereal disease department in this institute. The following data were extracted: demographic data (gender, age), clinical features and sample sources. A repeated result of the same facial and truncal Acne Vulgaris from the same sample source of the

same patient was excluded. However, the same facial and truncal acne vulgaris from a different sample source of the same patient was included.

RESULTS

[Table 1] shows study that, demonstrate and distribution of the study according to age, where 46 (38.33%) were 12 to 20 years and 74(61.67%) were 21 to 30 years.

[Figure 1] show study that, demonstrate and distribution of the study according to sex, where 60% were female and 40% were male. Most of the patients belong to female.

[Figure 2] show the truncal acne vulgaris: secondary end points from baseline to 36 weeks success rate according to the Inflammatory

lesion count face and trunk. According to Face 9% were 6 weeks, 25% were 12 weeks, 35% were 18 weeks, 60% were 24 weeks and 95% were 36 weeks. And according to trunk 11% were 6 weeks, 30% were 12 weeks, 50% were 18 weeks, 65% were 24 weeks and 90% were 36 weeks.

[Figure 3] show the truncal acne vulgaris: secondary end points from baseline to 36 weeks success rate according to the non-inflammatory lesion count face and trunk success rate. According to face 18% were 6 weeks, 30% were 12 weeks, 50% were 18 weeks, 70% were 24 weeks and 100% were 36 weeks. And according to trunk 18% were 6 week, 25% were 12 weeks, 45% were 18 weeks, 65% were 24 weeks and 95% were 36 weeks.

Table 1: Demonstrate and distribution of the study according to age.

	n=120	%
12-20	46	38.33
21-30	74	61.67

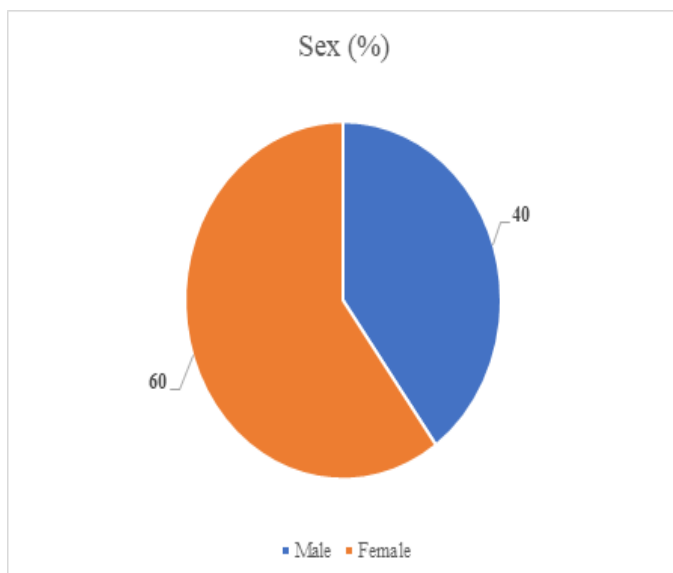


Figure 1: Demonstrate and distribution of the study according to sex.

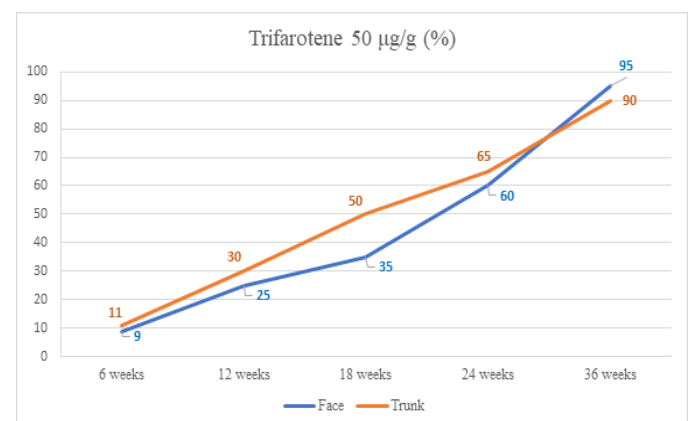


Figure 2: Truncal acne vulgaris: secondary end points from baseline to 36 weeks success rate according to the inflammatory lesion count face and trunk.

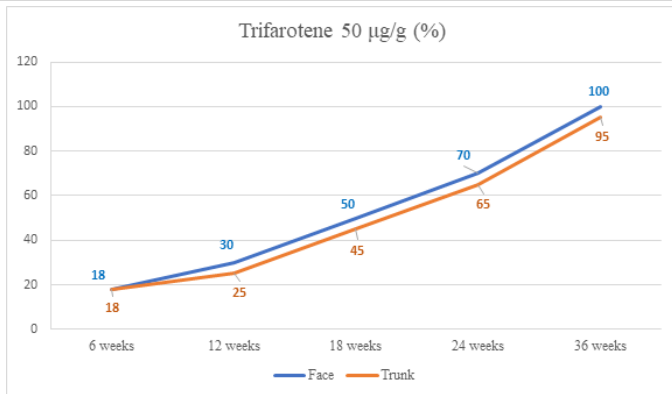


Figure 3: Truncal acne vulgaris: secondary end points from baseline to 36 weeks success rate according to the non-inflammatory lesion count face and trunk success rate.

DISCUSSION

Truncal acne (back and/or chest) is a frequent presentation of acne vulgaris, affecting about 50% of humans with facial acne.^[18] However, truncal acne has traditionally been neglected in each medical critique throughout consultations and scientific trials, ensuing in a lack of evidence-based therapy options. Indeed, the treatment panorama has remained generally the equal for many decades. We have generally relied on benzoyl peroxide (BPO) washes, oral antibiotics, and isotretinoin for truncal acne treatment, in spite of the lack of randomized scientific trials and cure hints involving the trunk.^[18] In the hope of presenting higher results for our patients, we have to keep away from inferring efficacy and tolerability on the trunk from facial acne records and seem to be towards gaining sturdy evidence. Current therapy pointers for acne administration have constrained preparation for the trunk, and accordingly we proceed to manipulate pimples on the back, shoulders, and chest, on the groundwork of pointers particularly for facial

acne.^[18] Many dermatologists reflect on consideration on systemic treatment an indispensable phase of the therapy routine owing to the involvement of massive physique floor areas in truncal acne. Moreover, there can be some reluctance to use topical sellers as a first-line remedy for truncal acne due to the understanding of constrained efficacy and achievable for inflammation with retinoids on the trunk, and bleaching results of BPO on apparel and mattress linen.

In our study, the total population was 120 and the demonstration and distribution of the study according to age, 46(38.33%) were 12 to 20 years and 74(61.67%) were 21 to 30 years. And according to sex, where 60% were female and 40% were male. Most of the patients belong to females.

Systemic remedy like oral isotretinoin, mainly the lidose formula with some proof on the trunk, is a valid choice for extreme inflammatory and nodular acne for these inclined to use it.^[19] However, an aggregate routine involving constant mixtures of topical retailers (e.g., retinoid/BPO or clindamycin/BPO) or topical healing procedures plus systemic antibiotics is usually endorsed for different instances.^[18] In fact, for patients who existing with moderate or reasonable truncal acne, topical monotherapy may also be ample as each an initial and maintenance treatment.^[18] Topical therapy on large and hard-to-reach areas such as the trunk and shoulders can be difficult for patients; thus, wash-off formulations of BPO are frequently advocated for handy software in the bathe and to reduce bleaching/discoloration of garb and bedsheets.^[20] However, the constrained medical research reachable reveal that the very brief

exposure of the skin to wash-off formulations can result in suboptimal antimicrobial efficacy, exemplifying the want for choice topical formulations and remedies such as quick contact, “leave-on” emollient foams, gels, or lotions.^[20]

Historically, truncal acne has been studied much less than facial acne however there has been some growth in current years, with trials that have evaluated exceptional systemic and topical remedies on the trunk – some with extra sturdy evidence than others. Sarecycline (1.5 mg/kg/day) is a once-daily, narrow-spectrum tetracycline for the therapy of average to extreme acne, which was once currently evaluated in two identically designed, randomized, placebo-controlled, 12-week, segment III research in the USA. The most important endpoint for these trials was once Investigator Global Assessment (IGA) and inflammatory and non-inflammatory lesion depend discount on the face. Although this research had been no longer statistically powered to consider the impact of sarecycline on the trunk, the returned and chest have been additionally evaluated the usage of IGA scores, offering some advisable proof for the treatment of average to extreme truncal acne.^[21] In phrases of topical treatments, dapson 7.5% gel is an anti-inflammatory agent that is many times used for the treatment of truncal acne in the USA. It has been evaluated in one small (n = 20), open-label, pilot study, which verified efficacy in sufferers with average truncal pimples over sixteen weeks.^[22]

Our study shows the truncal acne vulgaris: secondary end points from baseline to 36 weeks success rate according to the inflammatory lesion count face and trunk. According to face

18% were 6 weeks, 30% were 12 weeks, 50% were 18 weeks, 70% were 24 weeks and 100% were 36 weeks. And according to trunk 18% were 6 week, 25% were 12 weeks, 45% were 18 weeks, 65% were 24 weeks and 95% were 36 weeks.

Perhaps the strongest proof for truncal acne comes from trifarotene (50 lg/g cream), the first new retinoid molecule for the therapy of acne in 25 years, authorised by way of the US Food and Drug Administration (FDA) and European Medicines Agency (EMA) [16, 23]. Trifarotene is a potent, topical retinoid that selectively goals retinoic acid receptor- γ . This centered undertaking outcomes in low systemic exposure, making it appropriate for software on the face and giant physique floor areas like the trunk. Moreover, we reflect onconsideration on the car for trifarotene cream to be effortlessly spreadable, with an appropriate texture for truncal application. The trifarotene pivotal research are the first largescale, randomized, vehicle-controlled trials of a topical acne therapy to consider the trunk as a professional endpoint the usage of the Physician Global Assessment (PGA) scale (N = 2420 patients).^[16] Trifarotene remedy extensively decreased each comedones and inflammatory lesions on the face and trunk over 12 weeks versus car (p \ 0.001), demonstrating that topical retinoids can be appropriate for the first-line therapy of truncal acne.^[16] Given some dermatologists’ grasp that retinoids may additionally be unsuitable for the trunk, it is encouraging to see that trifarotene was once properly tolerated on each the trunk and face and that the tolerability and protection profile was once suited and manageable usual.^[16] From our realistic



scientific experience, it appears that trifarotene can also be an excellent choice even for these with dry pores and skin or susceptible to atopic dermatitis.

In our study, the Truncal acne vulgaris: secondary end points from baseline to 36 weeks success rate according to the non-inflammatory lesion count face and trunk success rate. According to Face 9% were 6 weeks, 25% were 12 weeks, 35% were 18 weeks, 60% were 24 weeks and 95% were 36 weeks. And According to trunk 11% were 6 weeks, 30% were 12 weeks, 50% were 18 weeks, 65% were 24 weeks and 90% were 36 weeks.^[23]

There is sparse literature on the incidence and treatment of chest and trunk acne in spite of it being a very frequent condition. Truncal acne regularly accompanies facial acne in adolescence, or it may additionally first happen in and, indeed, persist properly into adulthood.^[24] Truncal acne has been estimated to appear in 56% of patients with acne, with solely a barely greater predominance in men (55% vs 46%).^[25] Back acne, as soon as idea to be a predominantly male disease, has been proven to be accepted in females.^[26] The pathophysiologic mechanism of acne on the chest and trunk is comparable to that of facial acne and facilities on the physiology and homes of the pilosebaceous unit.^[24,27] Both anatomic areas are regarded sebum-rich locations, even though the sebaceous follicles on the trunk have a histologic look extraordinary from these on the face.^[27] Few researches have evaluated drugs in the cure of truncal acne and there are no well-designed comparative studies. Most research have been small in scale and no longer carefully controlled.^[25] An evaluation of the sparse proof of the cure consequences of acne

positioned in one-of-a-kind anatomic areas has proven various responses to systemic treatment when the face and trunk are involved.^[27] The onset of the impact of trifarotene 50 µg/g cream versus that of its car was once rapid, with enormous savings in both inflammatory and noninflammatory lesion counts considered as early as 1 week after treatment on the face and as early as two weeks after therapy on the trunk. This statement is regular with the findings of a 12-month, long-term security study about of trifarotene 50 µg/g cream, in which the success rate for the face and trunk validated a regular non-stop medical enchantment over time and inside the identical issue.^[28]

Limitations of the study

This was a cross-sectional study with a small sized sample. So, the findings of this study may not reflect the exact scenario of the whole country.

CONCLUSIONS

Truncal acne has been insufficiently studied, and trifarotene is a new retinoid molecule especially developed and accepted for the treatment of each facial and truncal acne. Acne vulgaris is a frequent cutaneous circumstance that negatively influences self-esteem. Trifarotene is a first-in-class fourth-generation topical retinoid to be in particular studied in each facial and truncal acne. Continuous enchantment over time used to be found in accordance to each investigator and affected person assessments in a long-term study. Trifarotene well-known shows high selectivity for the skin-predominant RAR-γ, for that reason theoretically rendering a highest quality nearby tolerability profile than the before technology



retinoids. The cure of facial and truncal acne with trifarotene 50 µg/g cream, describes excessive usual difficulty pleasure and super tolerability to guide the use of this new retinoid for the therapy of acne vulgaris on each the face and trunk.

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