

Low-dose isotretinoin therapeutic for seborrhea

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(HealthDay)—For patients with moderate-to-severe seborrhea and

seborrheic dermatitis, low-dose oral isotretinoin can be therapeutic, according to a study published online Oct. 25 in the *International Journal of Dermatology*.

Cristhine de Souza Leão Kamamoto, M.D., Ph.D., from the Universidade Federal de São Paulo in Brazil, and colleagues determined the efficacy and safety of low-dose oral isotretinoin in the treatment of moderate-to-severe seborrhea and seborrheic dermatitis on the scalp and/or face. Over six months the trial was conducted in two groups: Patients in Group ISO received isotretinoin 10 mg every other day; patients in Group X received antiseborrheic topical treatment.

There were 45 patients with a mean age of 28.7 ± 5.8 years in Group ISO and 29.8 ± 6.5 years in Group X. The researchers observed a significant decrease in the rate of sebum production in Group ISO. In both groups, patient opinion, investigator, and quality of life assessments improved.

"Low-dose oral isotretinoin can be a therapeutic modality for moderate to severe seborrhea and seborrheic dermatitis," the authors write.

Germed Pharma donated the oral isotretinoin; L'Oréal Brasil and Galderma Brasil donated the topical products.

More information: [Full Text \(subscription or payment may be required\)](#)

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