

Isotretinoin effective for acne in those receiving gender-affirming therapy, study shows

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Isotretinoin is well tolerated and effective for individuals receiving masculinizing gender-affirming hormonal therapy who have acne, according to a study [published](#) online May 29 in *JAMA Dermatology*.

James Choe, from Brigham and Women's Hospital in Boston, and colleagues examined clinical outcomes of isotretinoin among transgender and gender-diverse individuals receiving gender-affirming hormonal therapy in a multicenter retrospective case series study. Fifty-five patients aged 12 to 49 years who were receiving masculinizing gender-affirming [hormonal therapy](#) and prescribed isotretinoin for the management of [acne](#) were included.

The median isotretinoin course duration was six months, with a median cumulative dose of 132.7 mg/kg. The researchers found that isotretinoin was associated with improvement and clearance in 87.3 and 47.3% of patients, respectively. These rates increased to 97.0 and 63.6%, respectively, for the 33 patients treated with a cumulative dose of 120 mg/kg or more.

The risk of recurrence was 20.0% among the 20 patients who achieved acne clearance and had any subsequent health care encounters. Dryness, [joint pain](#), and eczema were the most frequently reported adverse events (80.0, 14.5, and 9.1%, respectively). Laboratory abnormalities were rare. Cost, pharmacy issues, adverse effects, logistical reasons, and wound healing concerns for gender-affirming surgery were reasons for premature treatment discontinuation.

"Isotretinoin may play an underappreciated role in gender-affirming care," the authors write.

More information: James Choe et al, Isotretinoin for Acne in

Transgender and Gender-Diverse Individuals Receiving Masculinizing Hormone Therapy, *JAMA Dermatology* (2024). DOI: [10.1001/jamadermatol.2024.1420](https://doi.org/10.1001/jamadermatol.2024.1420)

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