

Acne and sun exposure: epidemiology, feelings and behaviours in Mediterranean countries

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Background. Acne vulgaris is a common skin disease with a great impact on quality of life. Differences in latitude and sun exposure can totally change the characteristics of the disease. No universally accepted epidemiologic data are currently available. **Objective.** The aim of this study is to collect epidemiological data about acne, its severity and its management during the summer months in different ethnic groups of the Mediterranean area.

Methods. We analysed 355 acne patients (198 Italian, 85 Egyptian and 72 Croatian), between the ages of 12 and 40, and interviewed 80 dermatologists (40 Italian, 20 Egyptian, 20 Croatian) about their habitual therapeutic protocols. A group of expert dermatologists developed a questionnaire for acne patients to gather epidemiologic data and to assess their attitude towards therapy during summertime. Another questionnaire was created for dermatologists, to evaluate their approach to acne management and treatment during the summer.

Results and discussion. Our results show that summer is an important period for the management of acne in these three countries: a lot of differences in behaviour among patients were registered. Egyptian patients tend to continue therapy during the summer compared to Italian and Croatian patients.