

SURVEY HIGHLIGHTS

The objective of the survey was to understand Canadian patient experiences with acne including acne onset, healthcare resource use, experiences with treatments and impact on quality of life. Of the respondents, 37% reported having mild acne, nearly half (47%) reported moderate acne and 16% indicated severe acne. Here is what we found:

Lasting effects of acne: The vast majority of respondents reported they have scarring and pigmentation due to their acne (87% and 90% respectively), representing significant, lasting and detrimental manifestations of acne.

Challenges in everyday life: The vast majority of respondents (97%) report struggling to control their acne with the most prevalent challenges being hiding acne, trying to identify triggers and out-of-pocket expenses.

Emotional impact: Half of the respondents reported they are often or always concerned that their skin will never clear up, while 44% often or always feel self-conscious due to their acne and one-quarter avoid social interactions regularly.

Experiences with the health care system

- Number of healthcare visits to get help: Almost half of respondents (42%) said they had between 2 - 5 healthcare visits before being diagnosed and prescribed treatment.
- Rating medical care: While many (58%) were satisfied or strongly satisfied with medical care they received, nearly one-quarter were dissatisfied or strongly dissatisfied.

Treatment effectiveness and costs

- **Treatment goals:** Top reasons to undergo treatment were the ability to enjoy personal relationships, having less scarring and having fewer changes in skin pigment.
- **Acne treatments:** Isotretinoin pills were the most effective treatment option seen in the survey. Some 59% of respondents had used these pills, with 28% reporting significant improvement and 43% improving slightly. Hormone pills, including birth control and spironolactone pills, were the second most effective treatment option. Of 59% who used them, 23% had significant improvement and 36% had minor improvement.
- **Financial burden of personal acne treatments:** Facials and peels were used by 53% of respondents with 12% paying more than \$500 for each session. Some 65% of those surveyed used light or laser therapy with 15% spending more than \$500 each time.

SURVEY RECOMMENDATIONS

1
Increase access to new treatment options that are safe and effective.

2
Ensure health care providers who see patients with acne are aware of all new and existing treatment options.

3
Evaluate every patient with acne for depression and anxiety and connect them with support.



Acne and Rosacea
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