



Drug Info

New Product Focus

Epiduo®

Approved indication

Epiduo® is registered for the topical treatment of *acne vulgaris*, in the presence of comedones, pustules and papules. Each gram of gel contains 0,1% adapalene and 2,5% benzoyl peroxide.¹

Mode of action

Adapalene and benzoyl peroxide have different but complementary mechanisms of action.¹

Adapalene is a naphthoic acid derivative with retinoid-like activity. It is a potent modulator of cellular differentiation and keratinisation and has anticomedogenic, comedolytic and anti-inflammatory properties.^{1,2,3,4}

Benzoyl peroxide has sebostatic, antimicrobial (particularly against *P. acnes*), exfoliative and keratolytic activities.¹

Dosage

Epiduo® gel is available in a multidose container with an airless pump, and contains 30g of gel.¹

Apply once a day, in the evening, to entire acne affected areas.¹

Evidence of efficacy

According to studies, the fixed dose combination product provided synergistic and significantly greater efficacy compared to the corresponding monotherapies.^{2,3,5} In addition, the fixed dose combination had a faster onset of action.^{2,5} Significant differences in percentage lesion count change, as well as early and sustained reduction in inflammatory and non-inflammatory lesions were observed, with clinically significant lesion reductions, from as early as week one.^{2,5}

A study has demonstrated that the fixed combination of adapalene and benzoyl peroxide, applied once a day, was effective and well-tolerated in the long-term (up to 12 months) management of acne vulgaris.⁴

Precautions

General

The efficacy and safety have not been studied in children below 12 years of age.¹

Skin irritation may occur with the use of Epiduo®. Treatment should be discontinued if a reaction suggests sensitivity to any component of the formula.¹

The following should be avoided:

- Application to eczematous, damaged or broken skin¹
- Contact with mucous membranes, the eyes, mouth or nostrils¹
- Excessive exposure to sunlight or UV radiation¹

Pregnancy & lactation

Epiduo® should not be used during pregnancy and lactation.¹

Major adverse effects

According to studies, the fixed dose combination, when applied once daily, had an acceptable safety profile and adverse events reported were generally mild to moderate.^{1,3,4} Adverse events occurred early (peaking during the first weeks) in the studies and decreased subsequently.^{1,4}

Dry skin, irritative contact dermatitis, burning and skin irritation are listed as common side effects.¹

Drug interactions

Interactions with systemic medicinal products is unlikely to occur after topical application of Epiduo.¹

There are no known interactions between Epiduo® and other topical medicinal products when applied concomitantly.¹ However, Epiduo® should not be used concomitantly with medicines with a similar mode of action, other retinoids or benzoyl peroxide.¹

In addition, caution should be exercised when Epiduo® is used concomitantly with cosmetics with desquamative, irritant or drying effects as these may produce additive irritant effects.¹

Cost: SEP (Incl VAT)

Epiduo® 30g SEP R222,23⁶

Patient information

Epiduo® should be applied with the fingertips to a dry, clean skin. A thin film of gel should be applied in the evening. The entire acne affected areas should be covered and care should be taken to avoid the eyes, lips and nostrils.^{1,7} Patients should wash their hands after applying Epiduo®.⁷ Patients should avoid using other acne products and cosmetics that may irritate, dry or exfoliate the skin while using Epiduo®.⁷

Because Epiduo® may cause bleaching or discolouration, contact with any coloured material including hair and dyed fabrics should

be avoided.^{1,7} Patients should also be informed to avoid excessive exposure to sunlight or UV radiation while using Epiduo®.^{1,7}

The 30g Epiduo® pump lasts about 2 months.⁶ Once opened any unused product should be discarded after 6 months.^{1,7}

Conclusion

The fixed dose once-daily combination product (adapalene with benzoyl peroxide) targets multiple pathogenetic factors of acne.³ A fixed-dose combination may be more convenient and reduces the complexity of acne treatment regimens.⁵ In addition, due to the faster onset of action and the shortening of the time for visible signs of success, patient outcomes and adherence to treatment may be improved.^{2,4,5}

References

1. Epiduo® gel (adapalene and benzoyl peroxide) Package insert. 2014. Galderma Laboratories South Africa (Pty) Ltd
2. Tan J, Gollnick HP, Loesche C, Ma YM, Gold LS. Synergistic efficacy of adapalene 0.1%-benzoyl peroxide 2.5% in the treatment of 3855 acne vulgaris patients. *J Dermatolog Treat.* 2011 Aug;22(4):197-205. doi: 10.3109/09546631003681094. Epub 2010 Jul 28. [cited 2016 March 2] Available from: <http://www.tandfonline.com/doi/abs/10.3109/09546631003681094?journalCode=ijdt20>
3. Gollnick HPM, Draelos Z, Glenn MJ, et al, for the Adapalene-BPO Study Group. Adapalene-benzoyl peroxide, a unique fixed-dose combination topical gel for the treatment of acne vulgaris: a transatlantic, randomized, double-blind, controlled study in 1670 patients. *Br J Dermatol* 2009; 161(5):1180-1189.
4. Pariser DM, Westmoreland P, Morris A, et al. Long-term safety and efficacy of a unique fixed-dose combination gel of adapalene 0.1% and benzoyl peroxide 2.5% for the treatment of acne vulgaris. *J Drugs Dermatol* 2007; 6(9):899-905. [cited 2016 March] Abstract available from: <http://www.ncbi.nlm.nih.gov/pubmed/17941361>
5. Thiboutot DM, Weiss J, Bucko A, et al, for the Adapalene-BPO Study Group. Adapalene-benzoyl peroxide, a fixed-dose combination for the treatment of acne vulgaris: Results of a multicenter, randomized double-blind, controlled study. *J Am Acad Dermatol.* 2007 Nov;57(5):791-9.
6. Epiduo® gel (adapalene and benzoyl peroxide) Launch letter. 2015 Galderma Laboratories
7. Epiduo® gel (adapalene and benzoyl peroxide) Patient information leaflet 2012 Galderma Laboratories



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Long established chemist situated in a busy business complex in the suburb of Zinniville Rustenburg. Owner retiring.

Well established pharmacy (20yrs) for sale in Potchefstroom, excellent location, good mix of medical aids and cash, doctors in vicinity, price negotiable contact Mahomed 0825757531

CAPE ROAD PORT ELIZABETH: Established, growing pharmacy with a very loyal customer base that has been operating for over 60 years. It is a stable business, has increasing turnover year on year. They offer free deliveries, vet products, full clinic with baby clinic, pregnancy testing, injections (nurse on site) etc. Advice and treatment of minor ailments. Lots of potential to grow in a rapidly growing area. The business will be sold as a going concern. Price: R3 200 000 including property (building in which pharmacy is situated approx.170m²) and vehicle (Citi Golf); contact David: 084 403 7549 or Nicky: 083 459 3773

EAST RAND - Busy pharmacy for sale, mainly cash business, price R3.18 milj include stock & debtors. Contact Mike e-mail: michael@mwrk.co.za or 011-421 8044.

Positions offered

Pharmaceutical Company seeks a half day (8 until 12) Responsible pharmacist to release batches to the market and maintain the legal requirements of the manufacturing facility. Suitable for a retired pharmacist with production experience. Contact Bronwen St John-Ayre (B.Pharm) 011 704-6100/082 779-7696

Pharmacist looking for locum appointments within 20 km radius of Randburg. Has experience with Unisolve system. Contact Louis at 082 9265833.

Apteker benodig vir Medkem Apteek, Vredendal. Kontak Pieter Bothma by tel: 027 2133108 of epos CV na: medkem@telkomsa.net

Hartenbos Apteek: Benodig apteker vir 2016 in Hartenbos (Suid-Kaap). 13km vanaf Mosselbaai. Kontak nommer 044-695 1510. Stuur asseblief CV aan hartenbosapteek@gmail.com

Positions wanted

Locum pharmacist available - mainly Pretoria but also countrywide. Extensive retail pharmacy experience as well as hospital pharmacy experience. Contact Carline at 082 781 4059 or carline.za@gmail.com

Pharmacist with 30 years retail experience looking for fulltime position in GAUTENG, WESTERN CAPE OR GARDEN ROUTE. Fully Bilingual ... English and Afrikaans. Contact Marita at 082 821 2417 or email details to maritakotze@vodamail.co.za

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I am looking for an internship post in any pharmaceutical environment. I am willing to relocate to any province. Contact Privilege Togarepi [BPharm (bachelor of pharmacy honors)]. Email: togarepi57@gmail.com Tel: 0790964277

Pharmacist with 27 years retail experience is looking for locum/permanent position in Mosselbay area. Contact Helena 082-855-8188.

I am looking for a pharmacy internship, near Bryanston, Gauteng. I can start immediately. For more information contact Sofia: 0843505422 or sofia_pimentel2006@hotmail.com

Locum pharmacist available for Industrial / Wholesale / Veterinary. Eastern Suburbs of Johannesburg. Contact: Contact Hermann at 082-441-3198

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