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The use of complementary medicine among acne vulgaris patients: Cross-sectional study

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Background & Aim: Acne vulgaris is a skin disease characterized by inflamed spots and blackheads on different parts of the body. It is a very common disease and several modalities are used to manage the condition. Among those is Complementary Alternative Medicine (CAM). This study aims to evaluate the prevalence of CAM usage among acne vulgaris patients and to determine possible factors associated with its adoption over the prescribed modern medicines.

Methods: A cross-sectional survey, conducted during an acne diagnosis and management awareness campaign at King Abdulaziz University Hospital (KAUH), in Jeddah, Saudi Arabia. The survey was conducted between January 21st and 28th 2016.

Results: A total of 658 subjects were interviewed of which 68% were female, 32% were male and 72% reported a positive past-history of acne. The most common acne type described was comedonal and face was the site most frequently affected (90.7%). Among all acne sufferers, 77% admitted using CAM. Honey was the most common CAM type used by 53.4%, followed by yogurt (43.4%). Both gender ($P=0.0001$) and past history of side effects to medical treatment ($P=0.007$) were associated with CAM use, but the levels of education were not related to the use of CAM. A score scale from 1 to 10 for the participant's satisfaction showed that the mean score of CAM users was 4.8 versus 5.1 for prescribed medicine users.

Conclusions: CAM users were mainly middle-aged females and their high levels of education did not lower the CAM adoption rates. Their choices could have been driven by cultural beliefs and boundaries embedded in the community.

Biography

Ahmad Ahmad is a graduated Doctor from King Abdul-Aziz University and is currently a Medical Resident at East-Jeddah Hospital in Jeddah, Saudi Arabia. He has interest in dermatology and has been working on several researches in different medical facilities including papers on studies and case reports related mainly to dermatology.

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