

The treatment of acne as a strategy to improve contraceptive adherence in Colombian young women

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Abstract

Colombia is a country with great natural resources. In recent years, great economic and political efforts have been made to achieve change and emerge from underdevelopment. In public health, strategies have been designed to reduce teenage pregnancies, given that this phenomenon generates low schooling and an uncertain future. Despite the achievement of results, there is still a long way to go. One of the problems detected in teenage pregnancies is the low adherence to modern contraceptive therapies. As a way to encourage greater adherence to contraception, one of the initiatives of the Program of Health Promotion in Santiago de Cali University, was to highlight the beneficial effect of some hormonal contraceptive therapies on acne. The aim of this study was to determine the clinical effect of facial acne management with ethinylestradiol 20 µg/dienogest 2 mg in a cohort of Colombian adult women. A cohort of 120 female university students was followed during 12 months. These participants were enrolled in the sexual and reproductive health program of the Santiago de Cali University. Monthly monitoring of facial acne lesion count was performed. Relative changes in facial lesion count were identified. At the end of follow-up, the percentage of reduction of lesions was 94% and 23% of women had a 100% reduction in acne lesions. In conclusion, the continued use of the ethinylestradiol 20 µg/dienogest 2 mg COCPs reduced inflammatory and non-inflammatory acne lesions in reproductive age women between 18 and 30 years of age with no severe acne.

Biograph :

John Palacio-Cardona is working as a Professor at the Santiago de Cali University. He currently coordinates the University Health

Service from where he designs and implements health promotion strategies focused on young people. He is a Member of the research group Health Care, in the same institution.