

Isotretinoin Appears Effective for Acne in Transgender Individuals on Hormone Therapy

Key Takeaways:

1. Isotretinoin is effective in treating acne in individuals undergoing masculinizing hormone therapy, with improvement in 87.3% of patients and complete clearance of acne in 47.3%.
2. Higher cumulative doses of isotretinoin (≥ 120 mg/kg) showed better results compared to lower doses.
3. The risk of acne relapse after treatment was 20% among patients who achieved complete clearance.
4. Major side effects included dry skin (80%), joint pain (14.5%), and headaches (10.9%).
5. Further research is needed to determine the optimal dosage and overcome treatment barriers for transgender and gender-diverse individuals receiving testosterone.
6. Study limitations include a small sample size and variability in outcomes reported by clinicians and patients.