

The Facial Room™

ACNE & SKIN CARE CLINIC

Drugs That Can Cause *and/or* Aggravate Acne

The following drugs can *aggravate* acne:

- **Marijuana** - lowers and then raises testosterone levels, producing an imbalance in hormones.
- **Cocaine and Speed**
- **Bromides** – Common in cold and flu medications

The following drugs can *cause* acne:

- **Corticosteroids** -Topical or oral corticosteroids (like Prednisone and Methylprednisone) are often used to treat asthma and other chronic lung diseases. Like cortisol, a natural steroid produced by the body during times of intense stress, corticosteroids can stimulate sebum production and lead to blemishes.
- **Dexamethasone, prednisolone, betamethasone, cortisone, hydrocortisone, triamcinolone, anabolic steroids [danocrine (Danazol), stanozolol (Stomba)**
- **Anticonvulsants** - (Dilantin) Prescribed for the treatment of epilepsy and other kinds of seizures. Most medications in this family list acne as a common side effect.
- **Lithium Carbonate** – Used to treat Bipolar Disorder
- **Thyroid preparations** – Some thyroid medications (such as Thiourea and Thioracil) are known to trigger acne. These preparations are used to stimulate the thyroid gland in patients with low thyroid function.
- **Quinine** – prevents and/or treats malaria.
- **INH (Isoniazid)** – Treats tuberculosis (TB).
- **Immuran** – Used to suppress the immune system in patients awaiting an organ transplant or with Lupus.
- **Danazol** – (Danocrine) Used for hormone management
- **Hormonal medications** - Progesterone, androstendione, testosterone or contraceptive agents like Provera or Depo-Provera) and older oral contraceptives—(newer birth control pills such as Ortho Tri-Cyclen and Estrostep can actually improve acne)
- **Gonadotrophin** - may be prescribed in certain pituitary disorders can indirectly induce acne by stimulating testosterone production.
- **Cyclosporin** – A drug for post-transplant patients who must take it to prevent organ rejection.
- **Medications containing iodine or bromine** - These medications are much less common today than in earlier years, but some are still in use. In the United States today, it is probably more likely to see acne-like outbreaks resulting from heavy consumption of iodine-containing health foods such as kelp. The iodine-caused lesions can occur at any age, they occur rapidly after the consumptions of large amounts of iodine, they are likely to be widespread on the face and body, and inflammatory pustules are common.
- **Disulfuram** (or Antabuse) – Prescribed to help chronic alcoholic patients who want to remain sober.
- **Phentermine** - A diet drug that can cause inflamed acne.