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## **Spironolactone and Acne**

Androgen (male hormone) signals are believed to affect the presentation and degree of acne. This is why some women get improvement with acne when on oral contraceptives.

Spironolactone is a well-known diuretic agent. It has been used for more than 20 years as an antagonist of androgens in the treatment of acne and hirsutism. Serious adverse drug-related events and the discontinuation of therapy have been uncommon in spironolactone therapy. Gynecomastia and menstrual irregularities may accompany high dose use. Other side effects include lethargy, fatigue, dizziness and headaches.

Dosage starts at 25 mg per day and works up to a total of 100mg a day. Duration of treatment depends on how quickly you respond to treatment.

Monitor: menstrual irregularities, gynecomastia