

# Efficacy and Safety of 30% Urea Cream in Treatment of Acanthosis Nigricans

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## ABSTRACT

Although various therapeutic approaches to this skin disease are available, a single unit of universal standard treatment is not yet established. The approach is to treat the underlying disease, weight management in obesity, avoidance of drug-induced skin lesions, application of topical agents, and cosmetic surgery. The potential of topical agents in the treatment with this skin disorder involves interfering with keratinocyte proliferation. The aim of this study is to assess the efficacy of 40% urea cream in the treatment of Acanthosis nigricans. The current investigation was meticulously structured as a single-arm, non-randomized trial aimed at assessing the therapeutic efficacy and safety profile of a 30% urea cream in the management of acanthosis nigricans. Participants received detailed instructions alongside jars containing the 30% urea topical cream, which bore an official label. At baseline, all patients had lesions of grade 1 or more. After 3 weeks of treatment, 3 (11.1 %) cases showed marked improvement and the lesions became of grade 0. There was also marked reduction in proportion of cases of grade 3 and 4 and marked increase in cases of grade 1. We obtained significant changes when comparing proportions of cases with lesions of grade 2 or less versus cases with grade 3 and 4 lesions between week 0 and week 3. After 6 weeks, most cases had less severe lesions of grades 0 and 1 and no case reported lesions 3 or 4 and the differences were significant ( $p < 0.001$ ). The 30% urea cream is effective in reducing hyperpigmentation in acanthosis negricans without any significant adverse outcomes.

**Keywords:** urea cream, acanthosis nigricans

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