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The emerging utility of the cutaneous microbiome in the treatment of acne and atopic dermatitis

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2 **and atopic dermatitis**

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25 Abstract

26 The cutaneous microbiome has potential for therapeutic intervention in
27 inflammatory-driven skin disease. Research into atopic dermatitis and acne vulgaris has
28 highlighted the importance of the skin microbiota in disease pathogenesis,
29 prognostication and targets for therapeutic intervention. Current management of these
30 conditions aims to control the inflammatory response thought to be associated with
31 specific pathogens using both topical and systemic antimicrobials. However, commensal
32 microbiota found naturally on the skin have been shown to play an important role in the
33 resolution of disease flares. While often efficacious, the mainstay treatments are not
34 without side effects and raise concerns regarding the development of antimicrobial
35 resistance. Augmentation of microbial communities with targeted biotherapy could
36 revolutionize the way inflammatory conditions of the skin are treated. Herein, we review
37 evidence for the role of the cutaneous microbiome in atopic dermatitis and acne vulgaris
38 and suggest that these conditions highlight the potential for microbiome-directed
39 therapeutics.

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48 **Capsule Summary**

- 49 • Cutaneous microorganisms are implicated in the pathophysiology of both acne
50 and atopic dermatitis.
- 51 • Interventions targeting the cutaneous microbiome are a promising area of
52 therapeutics in acne vulgaris and atopic dermatitis.

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71 Introduction

72 Rapid advances in nucleic acid sequencing technologies have enabled the
73 detection of a large number of eukaryotes, bacteria, viruses and other microorganisms,
74 which collectively compose the human microbiome. Skin is the largest human organ
75 (~1.8 m²) and serves as a physical and immunological barrier to the environment. This
76 interface, with plentiful folds, invaginations and specialized niches, is a harsh
77 environment for microbes with its cool temperature, an acidic pH and a milieu of host
78 defense molecules (proteases, lysozyme and antimicrobial peptides)^{1,2}. Despite these
79 conditions, human mucosal surfaces and skin harbor more commensal microbes than the
80 number of eukaryotic cells in the body³. To maintain human health an interplay between
81 the host's innate immune system and the microbial communities must transpire^{2,4}. A
82 wide breadth of microbial species is organized into complex microbial communities on
83 the skin. The density of these communities is an estimated one million bacteria per
84 centimeter squared⁵ and their demographics vary depending on the body site involved⁶.
85 Areas such as hair follicles, sebaceous and glandular structures represent unique
86 environmental niches for the colonization of microorganisms. Nineteen phyla represent
87 the core skin microbiome⁶ including Actinobacteria (51.8%), Firmicutes (24.4%),
88 Proteobacteria (16.5%) and Bacteroidetes (6.3). At the genus level, *Corynebacterium*,
89 *Propionibacterium* and *Staphylococcus* are most commonly identified.

90 Both commensal and pathogenic microorganisms have been suggested to play an
91 important role in the pathogenesis of inflammatory skin conditions⁷. Recent evidence
92 suggests that commensal microbial metabolites contribute to local homeostasis by
93 influencing host cell gene expression⁸. Disruption of the balance between the microbiome

94 and the host can lead to a pro-inflammatory environment and the development of clinical
95 disease⁹. The transition to a pro-inflammatory state in the skin is often associated with
96 changes in the microbial richness (total number of bacterial species) and evenness (the
97 relative proportion of microorganisms in a community)¹⁰. Disruption of the normal
98 microbiome homeostasis manifests in atopic dermatitis and acne vulgaris as decreased
99 richness, a decrease in the total bacterial load, or altered evenness^{11,12}. As such, targeted
100 interventions focused on restoring the microbial community to a stable anti-inflammatory
101 state are of great interest and represent a shift in the way we manage and treat
102 inflammatory skin disease (Figure 1).

103 **Atopic dermatitis is a disease of microbial dysbiosis**

104 Atopic dermatitis is a chronic condition contributing to significant morbidity in
105 approximately 7% of the general population¹³. It's pathogenesis is multifactorial, with
106 important genetic and environmental factors. Atopic dermatitis is highly heritable¹⁴ and
107 most often secondary to loss-of-function mutations in the filaggrin gene¹⁵. A notable
108 modifiable environmental risk factor, which has been implicated in the exacerbation of
109 disease is the composition and dynamics of commensal skin microbiota that can be
110 associated with more severe clinical presentations¹¹. Specifically, an inverse relationship
111 between baseline Shannon diversity (a measurement which takes into account both
112 species richness and evenness of a sample) and the severity of atopic dermatitis has been
113 well documented. For instance, individuals who have lower measures of diversity have
114 more severe disease as compared to healthy controls, which coincides with an
115 overgrowth of *Staphylococcus aureus*¹¹. This corresponds with a decrease in the relative
116 abundance of *Streptococcus*, *Corynebacterium* and *Propionibacterium*. Moreover,

117 resolution of acute flare correlates with the reestablishment of a commensal community
118 with a rich and even structure.

119 *S. aureus* has a diverse range of virulence factors that contribute to the
120 pathogenesis of atopic dermatitis¹⁶⁻¹⁸. Virulence factors include superantigen production,
121 which promotes inflammatory pathways through the activation of interleukin-mediated T
122 cell responses^{19,20}. While the role of *S. aureus* in invoking inflammatory responses is
123 clear, understanding how *S. aureus* interacts with the resident commensal microbiota is of
124 great clinical interest. Milder forms of atopic dermatitis are seen in patients when *S.*
125 *aureus* is not the predominant organism²¹. In these cases, patients are colonized
126 predominantly by *S. epidermidis*, suggesting a broader antagonistic relationship between
127 coagulase-negative *Staphylococcus* and *S. aureus*²². In addition, *Cutibacterium acnes* also
128 appears to have an antagonistic relationship with *S. aureus*²³. Likely, these observations
129 are due to the ability of commensal microbiota to inhibit the growth of *S. aureus* through
130 the fermentation of compounds occurring naturally on the skin. Many of the members of
131 the cutaneous microbiome can metabolize glycerol into antimicrobial compounds, which
132 inhibit *S. aureus* growth²²⁻²⁴. This degree of interaction extends beyond the context of
133 atopic dermatitis, suggesting that commensal organisms may attenuate the virulence of *S.*
134 *aureus* in polymicrobial diabetic foot infections²⁵.

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140 Acne vulgaris is a clinical morphology of pro-inflammatory microbial communities

141 The pathogenesis of acne highlights the interplay between skin microbiota and
142 inflammatory disease. The pathophysiology of acne involves abnormal follicular
143 hyperkeratinization, excessive sebum production, colonization by *C. acnes* (recently
144 reclassified from *Propionibacterium acnes*²⁶) and subsequent activation of an
145 inflammatory cascade²⁷. Formation of comedones or inflammatory papules, pustules and
146 nodules are a significant source of morbidity and are associated with depressive
147 symptoms, including lower self-attitude, feelings of uselessness, lower self-worth and
148 lower body satisfaction²⁸.

149 It has been demonstrated that the overall microbial community between involved
150 and uninvolved skin at the same location is similar²⁹. While acne microbiology research
151 has mainly focused on *C. acnes*, recent studies have highlighted the important role played
152 by the commensal microbiota as significant differences in phyla are noted in the
153 following cases. First, Proteobacteria are under-represented in comedone and papulo-
154 pustular lesions as compared to clear skin. Additionally, *Cutibacterium* and
155 *Staphylococcus* are abundantly found on sebum-rich areas of the skin and are associated
156 with disease flares²⁹.

157 Treatment of acne with antimicrobials (often used for their anti-inflammatory
158 properties) decreases the richness and evenness of the cutaneous microbiome^{29,30}. In
159 addition to the impact on *C. acnes*, the collateral damage to the resident microflora may
160 also impact acne pathogenesis. A relevant relationship between *S. epidermidis* and *C.*
161 *acnes* has been identified. Screening of genotypic isolates of *C. acnes* revealed an
162 inhibitory effect of *S. epidermidis* against a majority of *C. acnes* strains³¹. The

163 mechanism of this inhibition is propagated through the fermentation of glycerol into
164 short-chain fatty acids, including succinic acid by *S. epidermidis*³². Topical use and
165 intralesional injections of succinic acid have been shown to inhibit the growth of *C.*
166 *acnes*³². Likely, the production of these potent inhibitory compounds reduces the clinical
167 inflammation observed by others studies³³.

168 **Recent developments in the treatment of acne and atopic dermatitis**

169 Acne and atopic dermatitis are promising diseases for the development of
170 microbiome-specific biomarkers to guide clinical intervention¹². Targeted therapies
171 aimed at optimizing the health of a microbial community have the potential to be used as
172 adjuvant or maintenance therapy. Notably, they could avoid adverse consequences
173 typically associated with long-term use of topical corticosteroids³⁴ or aid in mitigating the
174 ongoing development of antimicrobial resistance associated with the use of topical
175 antimicrobials³⁵. Furthermore, evidence suggests that long-term antimicrobial treatment
176 used in an attempt to eradicate exacerbating pathogens such as *S. aureus* is not possible.
177 While short-term use of antimicrobials effectively clears *S. aureus* during treatment
178 periods (using traditional culture-based approaches), re-colonization is typically seen
179 within four to eight weeks³⁶. This is likely a result of the ubiquity of the organism on the
180 skin and in areas such as the nares. These treatments appear to only provide short-term
181 benefit and also disrupt the commensal microbiota. Therefore, therapies that maintain and
182 promote a stable healthy microbial diversity may reduce the frequency of exacerbations
183 and improve outcomes in these patients in the long term. This resembles what is seen in
184 chronic airways disease, including cystic fibrosis, whereby periods of clinical stability are
185 punctuated by exacerbations that require acute and maintenance therapy. In the context of

186 cystic fibrosis, new evidence shows changes to the specific organization of the lung
187 microbiome and overgrowth of anaerobic pathogens being associated with pulmonary
188 exacerbations³⁷.

189 **New Therapeutic Developments in Atopic Dermatitis**

190 Existing and emergent therapeutics in atopic dermatitis are targeted towards the
191 inflammatory response in active disease (Table 1). Established therapies have already
192 been shown to influence the skin microbiota and improve disease outcomes. In atopic
193 dermatitis, the use of narrow band ultraviolet-B (UVB) therapy has been shown to
194 significantly reduce the concentration of *S. aureus* and decrease superantigen production
195 (pro-inflammatory peptides)^{38,39}. Recent studies in atopic dermatitis have focused on the
196 clinical utility of modulating the microbiota²². Nakatsuji *et al.* treated five patients with
197 strains of *S. epidermidis* or *S. hominis* with antimicrobial properties against *S. aureus*.
198 These strains were formulated into a vehicle and applied topically to lesions, which
199 significantly decreased the abundance of *S. aureus* at the application site. Moreover,
200 Myles *et al.* have shown that that topical transplantation with *Roseomonas mucosa* in 10
201 adults with no preexisting gram-negative bacilli is associated with clinical improvement
202 in both adult and pediatric patients⁴⁰. These data provide the basis for rational
203 development of bacteriotherapy.

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209 Table 1. **Microbiome therapeutics under development for atopic dermatitis.**

Study	Intervention	Outcome
Totté <i>et al.</i> 2017	Bacteriolysin targeted against <i>S. aureus</i>	Trial in progress
Nakatsuji <i>et al.</i> 2017	Antimicrobial peptides produced by coagulase-negative <i>Staphylococcus</i>	Decreased colonization by <i>S. aureus</i>
Nakatsuji <i>et al.</i> 2018	Autologous application of antimicrobial peptide producing coagulase-negative <i>Staphylococcus</i>	Decreased colonization of <i>S. aureus</i> and increased microbial diversity
Myles <i>et al.</i> 2018	Transplantation with <i>Roseomonas mucosa</i>	Decreased disease severity, <i>S. aureus</i> burden, and topical corticosteroid use
Gallo <i>et al.</i> 2017 (NCT03151148)	Allogenic Targeted Microbiome Transplant	Trial in progress

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224 **New Therapeutic Developments in Acne Vulgaris**

225 Acne vulgaris is a promising disease for the advent of unique microbiome
226 therapeutics (Table 2). Ongoing therapies in development include utilizing a targeted
227 bacteriophage endolysin selective for causative organisms without disrupting the
228 commensal microbiota. Whereas the use of bacteriophage therapy against *S. aureus* is of
229 current investigation in atopic dermatitis⁴¹, bacteriophage therapy targeted against *C.*
230 *acnes* in the treatment of acne vulgaris has also shown promising results *in vitro*⁴².
231 Though resistance to phage therapy is a concern, the inclusion of multiple phage strains
232 may help reduce the development of resistance. Furthermore, the requirement of
233 refrigeration or storage requirements for this therapy may limit its utility to an in-office
234 treatment. Though preliminary evidence remains optimistic, further trials are required to
235 evaluate its efficacy.

236 More broadly, the use of prebiotics (carbohydrates utilized by commensal
237 microbiota) and probiotics (beneficial commensal microorganisms) have shown promise
238 as treatments for acne and atopic dermatitis.. In addition to the modulation of the
239 microflora, topical probiotics are able to contribute to barrier function by increasing
240 ceramide production. This may reduce inflammatory lesions and lend their widespread
241 applicability in many inflammatory skin diseases^{43,44}. It is also clear that exploiting the
242 biology of the members of the cutaneous microbiome could be therapeutically useful
243 given their role in *C. acnes* inhibition by anti-microbial proteins^{45,46}. Indeed, many
244 commensal organisms can breakdown natural skin products to produce nitric oxide,
245 which displays antimicrobial and anti-inflammatory properties⁴⁷. As such, exploiting this
246 mechanism will likely lead to advancements in the treatment of disease flares.

247 Development of a vaccine for acne vulgaris is an active area of research. Current
248 attempts to develop a long-lasting immune response against the Christie-Atkins-Munch-
249 Petersen (CAMP) factor have shown promising results in *ex vivo* mouse models⁴⁸. The
250 CAMP factor contributes to *C. acnes* colonization and the inflammatory response. The
251 antibodies directed against the CAMP molecule resulted in decreased *C. acnes* growth
252 and two pro-inflammatory interleukins (IL-1 and IL-8). Further research could yield
253 similar molecular targets that contribute to the function of microbial communities
254 residing in the sebaceous gland.

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270 Table 2. **Microbiome therapeutics under development for acne vulgaris.**

Study	Intervention	Outcome
Wang <i>et al.</i> 2014	Topical application of <i>Staphylococcus epidermidis</i>	Fermentation of glycerol and inhibition of <i>C. acnes</i>
Brown <i>et al.</i> 2016	Bacteriolysin against <i>C. acnes</i>	Lysis of <i>C. acnes</i>
Baldwin <i>et al.</i> 2016	Suspension of Topical Nitric Oxide-releasing drug	Nitric oxide production and decreased inflammatory lesions
Wang <i>et al.</i> 2018	Vaccine against CAMP Factor	Decreased production of interleukin IL-8 and IL-1 β (pro-inflammatory cytokines)
Taylor <i>et. al</i> 2019 (NCT03709654)	Topical application of Healthy Bacterial Strains	Trial in Progress

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286 Skin microbiota transplants could potentially be used in the future, similar to how
287 fecal microbiota transplants have revolutionized the management of recurrent
288 *Clostridium difficile* infections⁴⁹. Fecal microbiota transplants work because the inoculum
289 consists of entire intact communities and contain organisms that cannot be effectively
290 cultured in the laboratory. These microbial communities harbor all the necessary
291 microbe-microbe and microbiome-host interactions capable of restoring the dysbiotic,
292 pathogenic state to a balanced immunologic equilibrium that prevents domination by a
293 single pathogen. Similar to the recurrent infections of *C. difficile*, current therapies are
294 aimed at addressing the manifestation of many cutaneous diseases without addressing the
295 underlying etiology as microbial dysbiosis. Evidence suggests that repeated antibiotic
296 exposure impacts the commensal microbiota⁵⁰. Overreliance on antimicrobial treatments
297 may lead to a higher rate of recalcitrant disease due to the development of antimicrobial
298 resistance. Moreover, the relative failure of anti-*Staphylococcus* therapies for long-term
299 control of atopic dermatitis should prompt the development of alternative personalized
300 therapies such as cutaneous microbiota transplantation.

301 **Conclusion**

302 Next-generation sequencing has allowed for the detection and characterization of
303 numerous components of the cutaneous microbiome. However, ongoing research focused
304 on understanding how these complex communities function is still in its early stages. As
305 we learn more about the function of the cutaneous microbiome, it has become clear that
306 these complex communities play a fundamental role in inflammatory skin disease⁷.
307 Furthermore, a change in dermatology clinical practice may occur with the advent of a

308 new treatment paradigm reliant on the appreciation of the role of the cutaneous
309 microbiome in chronic inflammation. This could change the way patients presenting
310 with common skin conditions such as atopic dermatitis and acne vulgaris are managed.
311 Bacteriotherapy, selective bacteriophages, vaccines, improved pro and prebiotics and
312 perhaps even skin microbiota transplants, could one day be incorporated into the
313 treatment arsenal^{22,42,45,46,51}. With refinement in these therapies, clinical practice may shift
314 towards the treatment of acute flares with bacteria instead of antibiotics.

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331 **Figure Legends**

332 **Figure 1. The transition between healthy and dysbiotic microbial communities are**
333 **reflected by a change in the community structure and microbial diversity and**
334 **clinically manifests as an exacerbation of disease.** Several broad therapeutic targets
335 exist that offer mechanisms to shift the dynamic balance from a proinflammatory
336 environment to a balanced and diverse community. The data represented in the figure is
337 an example of the mean abundance of the cutaneous phyla of healthy and cutaneous
338 disease.

339 **Table 1. Developments of potential microbiome therapeutics in atopic dermatitis.**

340 **Table 2. Recent developments in potential microbiome therapeutics in acne vulgaris**

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