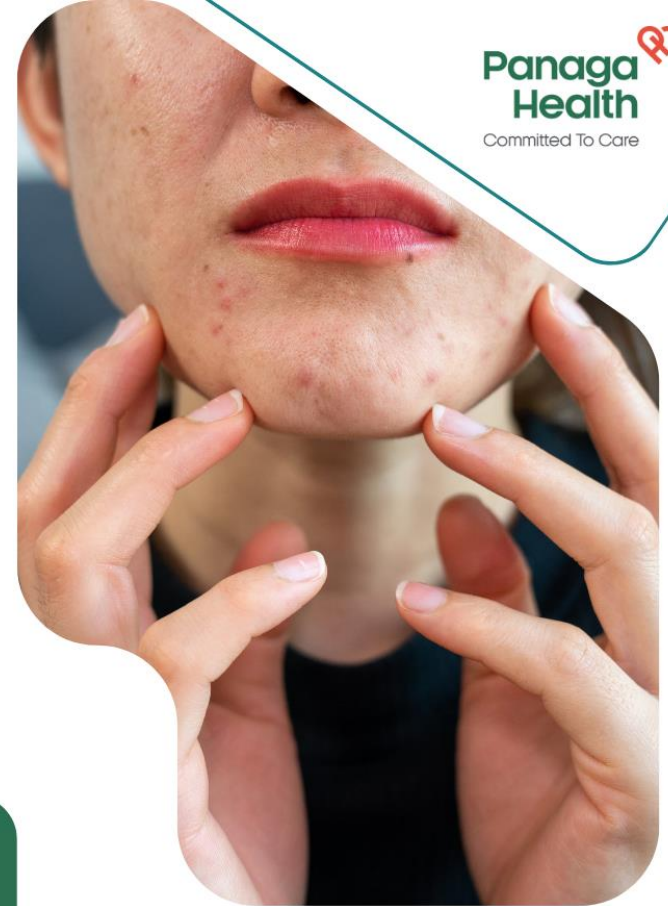


PREVENTION TIPS

- Skin hygiene: Wash your face no more than twice daily with non-soap facial cleanser and warm water using your hands. Avoid vigorous washing and scrubbing. Avoid over cleaning the skin as this may cause dryness and irritation.
- Avoid touching your facial skin unnecessarily as contaminated skin of the hand can potentially introduce infection.
- Do not squeeze or pick pimples which leads to infection and/or scarring.
- Moisturizers and sunscreen: Use the non-comedogenic ones and oil-free ones which would avoid blocking skin pores.
- Use a non-alkaline synthetic detergent cleansing product twice per day.
- Avoid oil-based skin care products and make-up. Remove any make-up at the end of the day using proper make-up cleanser. Do not overuse make-up.
- Keep your skin cool: Sweating heavily and humid weather may worsen acne. For example; working in a hot kitchen and sweating can block the skin pores.
- Wear loose clothes: Acne can develop under tight clothing like headbands, tight bra strap, tight collars due to sweating and friction under tight clothing.
- Diet: Eat a healthy and balanced diet with fruits and vegetables.

WHEN TO SEE A DOCTOR

- Diagnostic uncertainty about acne.
- Mild or moderate acne not responding to over the counter medicines.
- Severe acne.
- Nodular-cystic variety.
- Acne with scarring.
- Acne with persistent pigmentary changes.



For more information, contact us at:



+673 3372709 /
+673 3373033



+673 7295428
(WhatsApp text only)



phc@bsp-shell.bn



www.panagahealth.com



[panagahealth](https://www.facebook.com/panagahealth)

ACNE

A skin condition also known as pimples or zits.

HOW DOES IT DEVELOP

There are 4 base events involved in the development of acne lesions:

1. Hair follicles become blocked with overabundance of normal skin cells. These cells combine with sebum (an oily substance that lubricates the hair and skin) creating a plug in the follicles.
2. The glands that produce sebum, known as sebaceous glands, enlarge during adolescence and sebum production increases. These glands are found on the face, upper chest and upper back.
3. The increase in sebum production allows for the overgrowth of a bacterium called *Cutibacterium Acnes* that normally lives on the skin.
4. Inflammation occurs as a result of bacterial overgrowth. This can lead to the rupture of the follicle and formation of red or painful pimple.

SYMPTOMS

(TYPES OF ACNE ONE CAN PRESENT WITH)

1. **Mild acne:** Mostly non-inflamed lesion in the form of blackheads or whiteheads.



Blackheads
(Open)



Whiteheads
(Closed)

SYMPTOMS

(TYPES OF ACNE ONE CAN PRESENT WITH)

2. **Moderate acne:** More widespread with more papules and pustules.



Pustules



Papules

3. **Severe acne:** Wide-spread papules, pustules, nodules or cysts often with scarring.



Cysts



Nodules

CAUSES

1. **Hormonal changes:**

- In adolescents, it is due to the enlarged sebaceous glands.
- In others, although hormones levels are normal however the sebaceous glands are highly sensitive to hormones.
- A condition called polycystic ovarian syndrome in women is associated with acne.
- Before menstruation in people older than 30 years of age.

CAUSES

2. **External factors:**

- Oil based cosmetics may worsen acne.
- Soap and astringents which when used for acne may actually worsens acne due frequent and aggressive scrubbing.

3. **Diet:** Sweetened beverages and food, high glycemic index food may increase risk.

4. **Stress.**

5. **Side effects of drugs like progesterone only oral contraception pills, steroids, anti-epileptics.**

TREATMENT

- Over the counter treatment to be used (minimum of two months) prior to seeing improvement for mild and moderate acne. Available treatment includes salicylic acid, benzoyl peroxide, alpha hydroxy acid, adapalene and tea tree oil.
- Use cleanser containing BPO, AHA or salicylic acid may provide some relief, however response may vary among individuals.
- These products can cause drying of the skin therefore use oil-free moisturizers.