

## ACNE (Pimples)



Acne is a common skin disease of the sebaceous glands. It is more common in teenagers, though it can occur at any age. It can affect the face, neck, back, chest and shoulders.

Though it is not a fatal disease, it can cause huge scars, leading to low self esteem. Early treatment with a qualified doctor can prevent a lot of pain and suffering in the future, as most of the scars are permanent.

Facts:

1. New evidence suggests that some diets can influence Acne. Food which is high in carbohydrates (e.g. chocolates and sweets) can aggravate acne.
2. It is not a given that Acne will disappear by the age of 30. It can persist life-long.
3. Squeezing, popping and scrubbing can cause permanent scars- thus one should not touch the pimples too frequently.
4. Most cosmetics can decrease Acne, however, do not offer a definitive treatment. A qualified doctor can offer more scientifically proven treatment. Most people spend thousands on useless cosmetics (guided by unqualified people) before seeking definite help.
5. Treatment can be in the form of antibiotics, creams, oral contraceptives, Photodynamic therapy and oral retinoid.
6. Skin peels, washes containing Salicylic acid and glycolic acid can help to control the disease.

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