

The 10 most commonly asked questions about Acne in my dermatology practice.

1. I have pimples but not acne. Why am I getting them?

A: Pimples and acne are the same things. There are many different types of acne, including, blackheads, whiteheads, pustules and cysts. Up to 80% of people will get acne in their lifetime. Thus there is no specific reason as to why somebody is developing them.

2. I am above 30 yrs of age. Why am I getting acne now?

A: Acne can occur at any age. There is no rule that it should only inflict teenagers and disappear by the age of 30 yrs. Even babies can be born with acne and you can even get it when you are retiring. In many cases, acne is a long term disease.

3. I cleanse my face with very expensive products and do facials etc and still develop pimples?

A: Many people waste money in buying expensive products. These products are not recommended by their doctors, but by beauticians in whom they have more faith. Acne is not due to dirt on the skin and cleansers are just an add-on to medications. They will not cure the pimples.

4. How does one get Acne?

A: Acne occurs as a combination of hormones acting on the sebaceous glands, causing an increase in sebum production. This sebum can exit the skin easily and gets broken down by bacteria, causing inflammation and acne.

5. Does diet and lifestyle affect acne?

A: Yes . The latest evidence does point out that chocolates and other high glycaemic index food can aggravate pimples. Poor eating habits, lack of exercise, obesity and stress can all contribute to it.

6. I have spent thousands on expensive cosmetics, why I am not getting better?

A: you have been fooled

7. What are the available treatments for acne?

A: There are several medical creams, oral contraceptives, antibiotics and oral retinoids like Oratane. More advanced treatments include salicylic skin peels, photodynamic therapy and hormone manipulation.

8. How does one prevent scars?

A: Treat the pimples early and do not squeeze them.

9. What face wash or other adjuvant treatments do you recommend?

A: I recommend products from established dermatological companies. My favourites are cetaphil bar soap, Neutrogena face wash and Eucerin washes.

10. How long will my treatment for acne take?

A: It can take up to few years.

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