

Acne Vulgaris

Acne (Acne Vulgaris) occurs when the hair follicles are clogged with oils and dead skin cells.

This leads to the appearance of white or black heads, pimples, pustules, cysts, and various scars, usually on the face, forehead, chest, back, and shoulders.

Depending on its severity, acne can cause mental disorder and skin scarring. The earlier you start treatment, the lower the risk.

For many women, it can get worse a week before menstruation.



Causes of acne

- Excess sebum (skin oils) secretion
- Hair follicles clogged by fat and dead skin cells
- Bacteria
- Excessive activity or sensitivity to androgen hormones

Some factors affecting acne

- **Age.** Acne is more common among teenagers, although it affects people of all ages. Since more than half of women in their twenties (and 42% of men) suffer from acne. The latest studies have found that until the forties of age, 25% of women (one woman out of every four women) and 10% of men (one of Every 10 men) are still suffering from acne
- **Hormones.** Androgens are hormones that increase in the level of boys and girls during adulthood and cause enlarged sebaceous glands and increased level of secretion of sebum. Hormonal changes associated with pregnancy and the use of oral contraceptives may also affect sebum production.
- **Certain medications.** Examples include drugs containing corticosteroids, testosterone, lithium, or vitamin B12 injections.
- **Diet.** Studies indicate that certain nutritional factors, including dairy products and foods rich in carbohydrates - such as bread, cakes, potato chips and chocolates - may worsen acne in a small percentage of people.
- **Makeup.** Non-comedogenic cosmetics should be used, and cosmetics should be removed regularly especially before going to bed.
- **Family history.** Genetics play a role in acne. If both parents have acne, you will also likely have it.
- **Friction or pressure on the skin.** This can happen due to different items, such as phones, cell phones, helmets, narrow collars and backpacks.
- **Stress.** Stress does not cause acne, but if you do have acne, it may make it worse.

Acne Treatment

If you have tried commercial acne products for several weeks without any improvement, you should visit a dermatologist who will help you in several areas:

- Control acne
- Avoid leaving scars or other skin damage
- Treating acne scar
- Treating other effects such as redness and pigmentation

Acne treatments reduce the skin's production of oils, accelerate cell regeneration, fight bacterial infection, and reduce inflammation - which helps avoid scarring on the skin.

With most acne medications prescribed by your doctor, your skin condition may initially deteriorate before it starts to improve and you may notice an improvement in the condition only after 4-8 weeks have passed. It may take several months for the acne to completely disappear from the skin.

The doctor determines the treatment regimen based on age, type of acne, its severity, and your willingness to adhere to the regimen.

Consult your doctor about the risks and benefits of medications and other treatments you are considering.

Topical medications

- Daily cleansers and lotions. Usually it is an anti-bacterial and a light scrub
- Medicines from vitamin A and salicylic acid derivatives. These medications are used at night. It works to protect hair follicles from clogging.
- Antibiotics. These medications work by killing the excess of skin bacteria and relieving redness. Topical antibiotics alone are not recommended.
- Other medicines, as appropriate.

Oral medications

- **Antibiotics.** For moderate to severe acne, you may need oral antibiotics to reduce bacteria and combat inflammation. Usually the first option for treating acne is minocycline or doxycycline.
 - Oral antibiotics should be used for short periods of time to prevent antibiotic resistance.
 - Antibiotics may cause side effects such as upset stomach and dizziness.
 - These medications also increase the skin's sensitivity to the sun.
- **Hormonal treatments** (contraceptive drugs or antiandrogenic drugs). The most common side effects of these medications are weight gain, breast pain, and nausea. A rare and potentially serious complication is a slight increased risk of blood clots.
- **Isotretinoin.** (Roaccutane / CurAcne / Xeractan / Ruatine/..) is a powerful drug for treating people with severe acne that does not respond to other treatments. But because of its potential severe side effects, the doctor will need to closely monitor anyone taking it. Possible side effects include increase liver enzymes and lipids, ulcerative colitis and an increased risk of depression, but the most important are serious birth defects if used by women during pregnancy.
- **Other treatments** as appropriate.
- **Different acne scars:** Laser and other treatments as RF microneedling, dermapen, dermaroller, with or without PRP and/or mesotherapy.
- **Chemical peels.** This method uses a chemical solution to help with other treatments.
- **Extracting white and black heads.** With Silkpeel or the use of special tools.