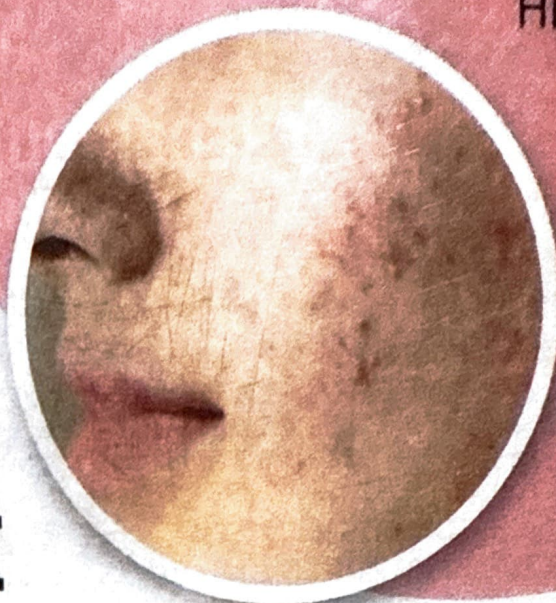


Acne and it's Management



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Over recent years with the expansion of social media, "selfies" and zoom meetings, facial appearance has been more under the spotlight than ever before. It is not an easy time to have acne.

Acne starts with a blocked pilosebaceous gland. When the oil cannot escape it collects within the gland and provides a perfect environment for bacteria. These bacteria multiply, causing inflammation in the surrounding tissues and thus the cycle of acne begins.

Factors such as hormonal changes during puberty, stress and diet can all increase the secretion of sebaceous glands which lead to an outbreak of pimples. This oil, rich in nutrients, provides a perfect environment for

bacteria to multiply - the healthy balance is lost and as the bacteria increase in number, they overwhelm the skin's defences, causing inflammation. Also the practice of wearing a mask has become one of the new expected "norms" after pandemic that has aggravated acne problems caused by wearing a face covering (Maskacne).

Managing acne effectively involves consideration of various factors including lifestyle and skincare products. The effective and rationale use of procedures and devices not only helps with your physical appearance, but taking this active step in itself will bolster morale and self-esteem.

Paying attention to your diet, eating less processed food and following healthy lifestyle regime can all be effective interventions.

There are several clinically effective skincare and treatments that address all the underlying factors that contribute to acne:

- Blocked pores
- Excess oil and sebum,
- Bacterial infection
- Inflammation

Topical therapies are considered one of the mainstay and safe treatments for patients with mild-to-moderate acne. They acts as a comedolytic, sebum regulators, antimicrobial, and anti-inflammatory agent. Commonly prescribed topical treatments for patients with acne includes benzoyl peroxide (BP), salicylic acid (SA), Clindamycin, erythromycin, azelac acid and tretinoin.

Oral medications are prescribed as second-line therapy for patients with mild-

to-moderate acne that is not adequately controlled with topical agents alone and are a mainstay of acne treatment in patients with moderate-to-severe inflammatory acne. Commonly used oral antibiotics includes minocycline, doxycycline, & azithromycin, Isotretinoin, adapalene and hormonal contraceptives are also recommended for effective control of acne.

If topical or oral medications aren't effective at clearing acne, or if you have scarring as a result of past breakouts, dermatologists can offer several medical procedures that may help you achieve clear skin.

Chemical peels involve an agent (such as glycolic acid, salicylic acid, or trichloroacetic acid) that is left on the skin for a period of time to remove the surface layer. This triggers the remodeling process as the skin starts to heal itself.

Cortisone injections are not considered a first-line treatment for acne but are rather used when a large pimple fails to respond to standard treatments.

During a laser treatment, a high-intensity pulse of light is directed onto the skin. Depending on the treatment used, a laser can reduce inflammation and acne-causing bacteria, help existing pimples heal, and stimulates the skin to rejuvenate itself.

Although some consider acne to be merely a cosmetic problem, it may have significant and enduring emotional and psychological effects. Acne can negatively impact mood, self-esteem, and interpersonal relationships and may lead to depression. The sooner we proceed to the treatment of acne, fewer physical and psychological impacts and lower the cost of therapy.