

Review on Acne

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Abstract: *Acne is generally associated with hormonal oscillations endured during your teenage times, but grown-ups can witness acne, too. About 17 million Americans have acne, Making it one of the most common skin conditions among both children & adults. More obvious than regular pimples. Acne is a common skin affliction that involves redundant sebum product. Although sebum and dead skin cell contribute to inflammatory acne.*

Keywords: Acne, Gland, Skin, Pimples, sebum, inflammatory, Bacterium

I. INTRODUCTION

Acne is a type of disorder that mainly affects oil glands and hair follicles. The small holes in your skin (Pores) connect to oil glands and the skin. These gland make an unctuous substance called sebum. The pores connect to the glands by a conduit are called a follicle. Inside the follicles, Oil carries dead skin cells to the surface of the skin.

A thin hair also grows through the follide & out to the skin. Sometimes, the hair, sebum & Skincells clump together into a plug. The bacteria in the plug cause swelling. Also when draw starts to breakdown, a pimple grow.

Most pimples are set up on the face, neck, back, chest & shoulders. Acne is usually not serious health threat, but it can cause scars.

1.1 Types of Acne

Generally the pimples are a type of Blackheads, Whiteheads, Papules, Pustules, Nodules & Cysts.

The Inflammatory acne are Papules, Pustules, Nodules & Crysts.

Non-Inflammatory acne are Blackheads (Open Comedones) & Whitehead (Closed Comedones)

A. Papules

- Occur when the walls surrounding your pores break down from severe inflammation.
- This result in hard, clogged pores that are tender to touch

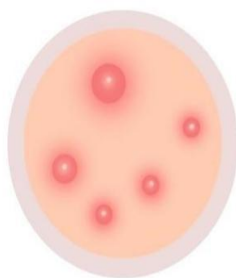


Image No.1- Papules

B. Pustules

- Form when walls around your pores break down.
- Unlike Pustules are filled with pus.
- These bumps come out from the skin & are usually Red in Color.
- They frequently have unheroicor white heads on top.

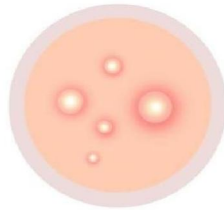


Image No.2-Pustules

C. Nodules

- That causes large, inflamed & painful lumps.
- These are larger & more serious than pimples.
- Affect deeper layers of the skin
- Appear on the face, back & the body.

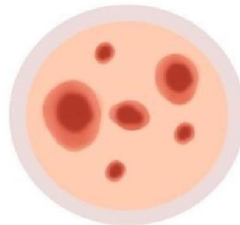


Image No.3-Nodules

D. Cysts

- Serious type of acne.
- Cysts are very large, soft, painful.
- Red & white lumps situated deep in the skin
- They are filled with pus.

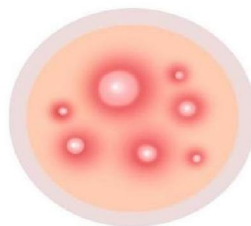


Image No.4-Cysts

E. Blackheads (Open Comedones)

- Occur when a pore is clogged by a combination of sebum & dead skin cells.
- This results in the characteristic black color seen on the surface.



Image No.5-Blackheads

F. Whiteheads (Closed Comedones)

- Also form when a pore is clogged by a combination of sebum & dead skin cells.
- It looks like a small bump protruding from the skin.
- They are more difficult to treat because the pores are already closed.
- Topical Retinoids give the best results.

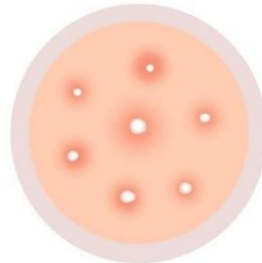


Image No.6-Whiteheads

Symptoms:

- More obvious than regular pimples.
- Larger & redder in color due to inflammation.
- Take longer to heal than a regular pimple
- May be painful or sensitive to touch
- May be filled with pus
- At a high temperature
- Red, Painful lumps, typically on the neck, Face or buttocks.

Treatment:

To treat an infected pimple at home, a person can use the following:

1. Gently apply a warm compress to the infected pimple twice a day.
2. Apply benzoyl peroxide (over the counter Cream that kill bacteria).
3. Avoid touching the pimple & clean it regularly to stop the infection from spreading & creating more infected pimples.

Other tips that Can help to treat & prevent infected pimples include

1. Avoiding tight clothing, such as gym clothes near the pimple .
2. Changing bed sheets & clothes regularly.
3. Avoiding scratching or popping pimples as this can increase the risk of further infection.
4. Avoiding using makeup around the affected area.

Acne Bacterial Mechanism of Action

Acne is a common skin affliction that involves excess sebum production modified lipid composition, duct blockage, Colonization by bacteria & inflammation.

We conducted comparative analysis, of the activity of common topical acne. Drugs against the principle etiological agent associated with acne: the anaerobic Gram-positive organism propionibacterium acne.

Propionibacterium Acne

Acne is a folliculitis with Acute & chronic inflammation caused by bacteria propionibacterium acne Gram-positive bacilli that loves fatty acids of the sebaceous glands.

II. CONCLUSION

You have known certain foods can affect your acne.

Patients need to be aware that treatment can take several weeks to months.

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