

skin diaries

I am Dr.Sarah Fazy better known as Dr Cherry. I am currently practicing as an aesthetic physician at the The Durdans Hospital Colombo.

Today I will be addressing a very common skin condition causing distress to many. It is non other that Acne. This by far is one of the most common and repetitive skin problem that I have been treating many in my practice .

Acne normally starts in the pubertal or adolescent years when the body increases production of a hormone called androgen. This hormone stimulates production of an oily substance called sebum, which mixes with dead skin cells and hair in skin openings known as hair follicles.

Moreover your skin has tiny holes called pores that can become blocked by oil, bacteria, dead skin cells, and dirt. When this occurs, you may develop a pimple or "zit." If your skin is repeatedly affected by this condition, you may have acne.

Furthermore many factors contribute to the development of acne, including sebum and keratin production, acne-causing bacteria, hormones, blocked pores and inflammation

Bacteria can trigger inflammation and infection resulting in more severe breakouts. Sudden breakouts can be because of numerous reasons, including hormonal changes or hormonal imbalance, an unhealthy diet including lots of deep fried and junk food. Excessive stress can also be a causative factor

You're more likely to have acne if your diet is full of foods and drinks that are high in sugar and carbs. The sugar and carbohydrates in these foods tend to get into your blood really quickly.

According to research acne is the most common skin condition among teenagers. Although it isn't a life-threatening condition, it can be painful, particularly when it's severe. It can also cause emotional distress.

Acne that appears on your face can affect your self-esteem and, over time, may cause permanent physical scarring.

There are many effective treatments for acne that reduce both the number of pimples you get and your chance of scarring.



Sometimes, you may continue to experience signs. If this happens, you may want to seek medical advice. Your doctor can prescribe medications that may help reduce your symptoms and prevent scarring.

These procedures work by removing damaged skin and reducing oil production.

Certain cases its difficult to prevent acne however you can take steps at home to help control it.

These steps include:

- > washing your face twice a day with an AHA or BHA cleanser
- > using acne friendly moisturizer
- >use sunscreen