

that can be taken orally, to treat moderate to severe acne. Examples include Doxycycline or Erythromycin. Your doctor can also recommend specific steps to minimise acne scars.

Although acne is often a chronic condition, even though it lasts only during adolescence, it can leave lifelong scars. Acne scars typically look like "ice pick" pit scars or crater-like scars. Although proper treatment may help minimize scarring, several dermatological procedures may help to further minimize any acne scars. Dermabrasion (involves removing the top layers of skin with an electrical machine), chemical peels (involves removal of top layer of skin by applying a chemical to the skin) are some of the common procedures carried out to treat the scars caused by acne.



## Complications of acne

Acne can leave lifelong physical scars. It can also cause self-esteem problems.

### When to seek medical care?

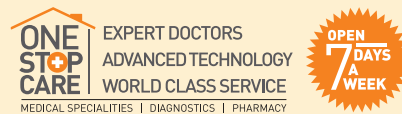
Acne is a common condition. If you have acne that isn't helped with home care or is severe or leaving scars, see your healthcare provider.

### Can acne be prevented?

Acne is caused by normal hormonal changes that occur during puberty. This makes prevention of acne very difficult, or even impossible.

However, avoiding substances that can cause acne may help. This includes certain medications (such as corticosteroids, lithium and barbiturates), mineral or cooking oil or certain cosmetics. Also, daily shampooing helps prevent oil and grease on the scalp from getting on your face or back. Early treatment of acne may prevent it from getting worse and causing scars.

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# ACNE AND ITS TREATMENT.

*Read on to find out.*



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## What is acne?

Acne is a disorder of the hair follicles (tissue which surrounds the root of our hair) and oil glands (sebaceous glands). The sebaceous glands secrete oils (sebum) to keep the skin moist. When the glands get clogged, it can lead to pimples.

Acne is a common skin condition that affects most people at some point. Acne most often begins at puberty. It causes spots, oily skin and sometimes skin that is painful to touch.

Acne most commonly develops on the face (affects almost everyone with acne), back (affects more than half of the people with acne) and chest.



### There are six main types of spots in acne:

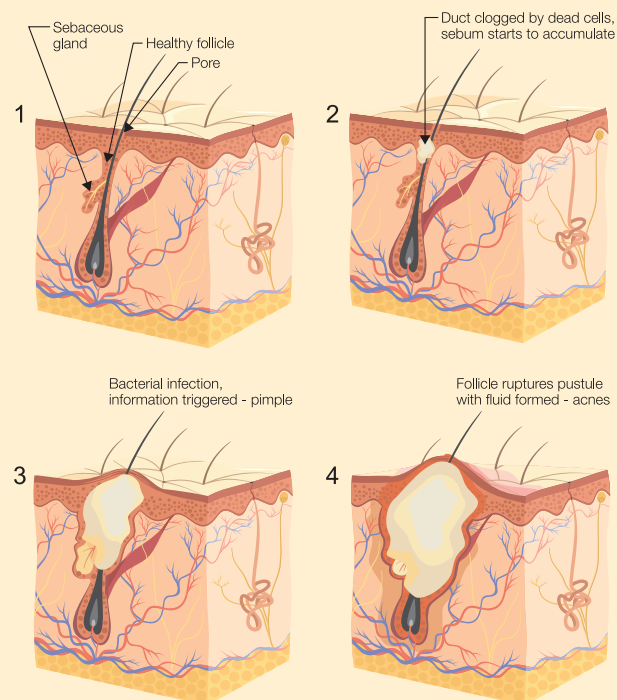
- Whiteheads (pimples that stay under the skin's surface)
- Blackheads (pimples that rise to the surface of the skin)
- Papules (painful pink bumps)
- Pustules (pimples that have pus)

- Nodules (hard, large, painful pimples that arise deep in the skin)
- Cysts (pus-filled, deep, painful pimples that often result in scars)

## What causes acne?

Rising hormone levels during puberty cause the sebaceous glands to produce more oil. These hormones also cause blockage of the pores (opening of the hair follicles). When follicles become plugged, skin bacteria begin to grow inside the follicles. Rising hormone levels during puberty may cause acne. Also, acne is often inherited. Sometimes, hormone level changes during a woman's menstrual cycle or during pregnancy causing acne. Starting or stopping of birth control pills, certain medications and oil and grease from the scalp, mineral or cooking oil, and certain cosmetics can result in acne.

### FORMATION OF SKIN PIMPLE AND ACNE



## What are the symptoms of acne?

Acne can appear as pimples without abscesses or pus-filled cysts that rupture and result in larger abscesses. It can occur anywhere on the body. However, acne most often appears in areas where there is a high concentration of sebaceous glands like face, chest, upper back and shoulders.



## How is acne diagnosed and treated?

Your doctor can usually diagnose acne by examining your skin. He/she will consider your age, overall health, the severity of the acne and other factors in determining what treatment is best for you. Treatment for acne focuses on minimising scarring and improving appearance. This may include medications you apply to your skin or medicine you take in the form of a pill. Some of these medicines need to be prescribed by your doctor. In some cases, a combination of both types of medications may be advised. Medications you apply to the skin may come in the form of a cream, gel, lotion or solution. Examples include Benzoyl Peroxide-antibiotic skin ointment. Sometimes, the doctor may prescribe acne medications