

Epidemiologic study about acne



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What is ACNE?

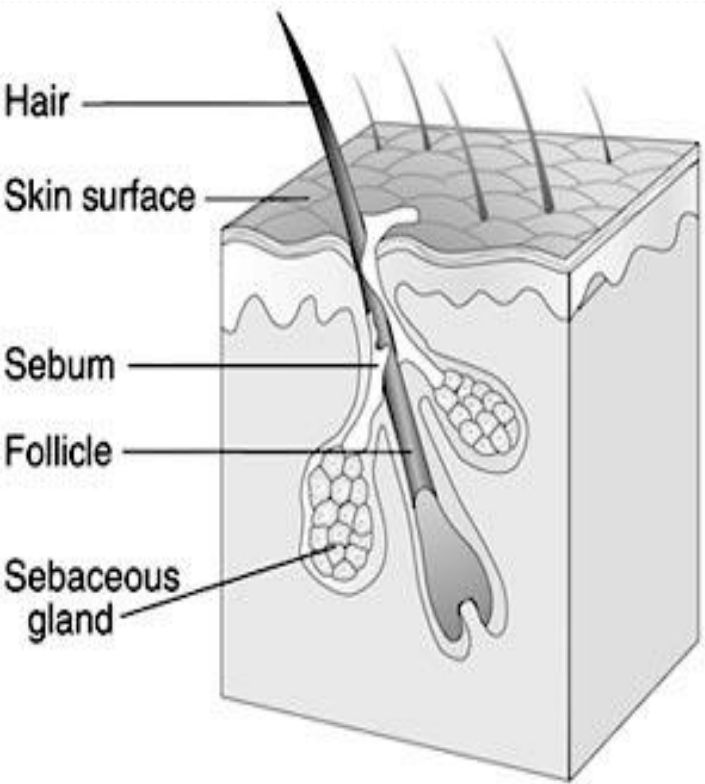
What is acne

- Acne is a skin condition in which we have
 - ** red, inflamed pimples (known as *papules* and *pustules*)
 - **non-inflamed pimples (known as *comedones*) appear on the skin.

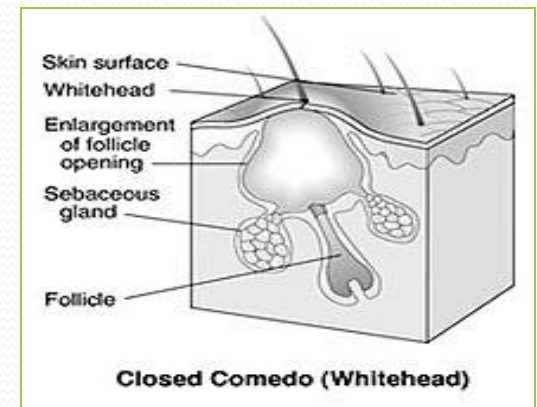
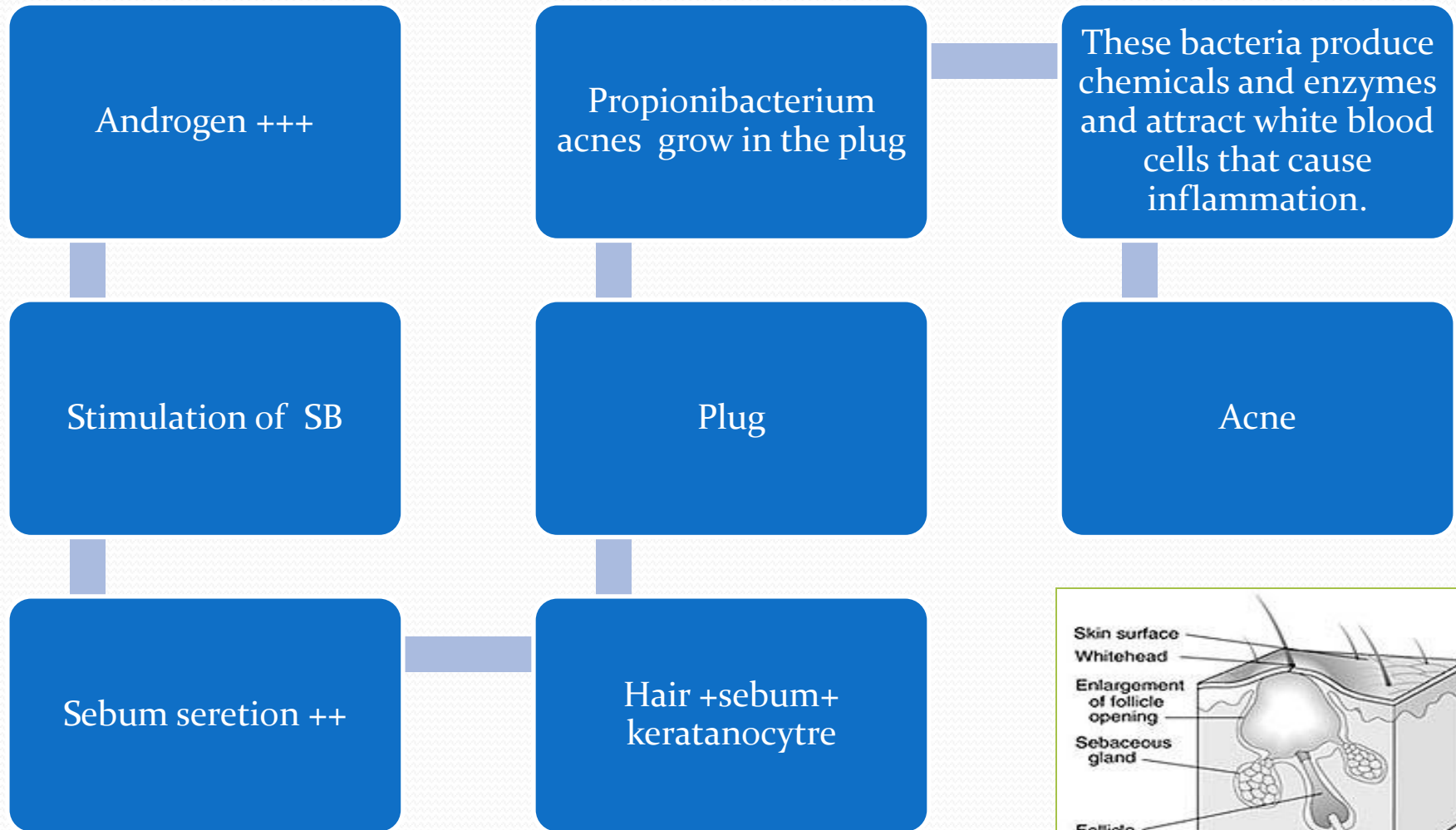
These pimples usually, can occur from anywhere on the face, chest, neck, shoulders .



How does acne develop ??



- **pilosebaceous units** (PSUs). Found over most of the body, PSUs consist of a **sebaceous gland** connected to a canal, called a **follicle**, that contains a **fine hair**
- The **sebaceous glands** make an oily substance called **sebum** that normally empties onto **the skin surface**



Study Aim

The aims of our study is to

- ** identify the main causes of acne
- ** what factors make it scare
- ** take some information about treatment, and social impact of acne.

Methodology

Methodology

- A cross sectional observation design easy conducted in alquds university students
- Our sample was 100 student
- . The questioner was composed from 4 parts:

** first, general questions.

** Second part was question for the **acne and non acne** people , this question was written to see what the **is differences** between acne and non acne **people that lead to acne**

**.Third , questions for acne people, to know some facts about acne ,

Causes of acne ?

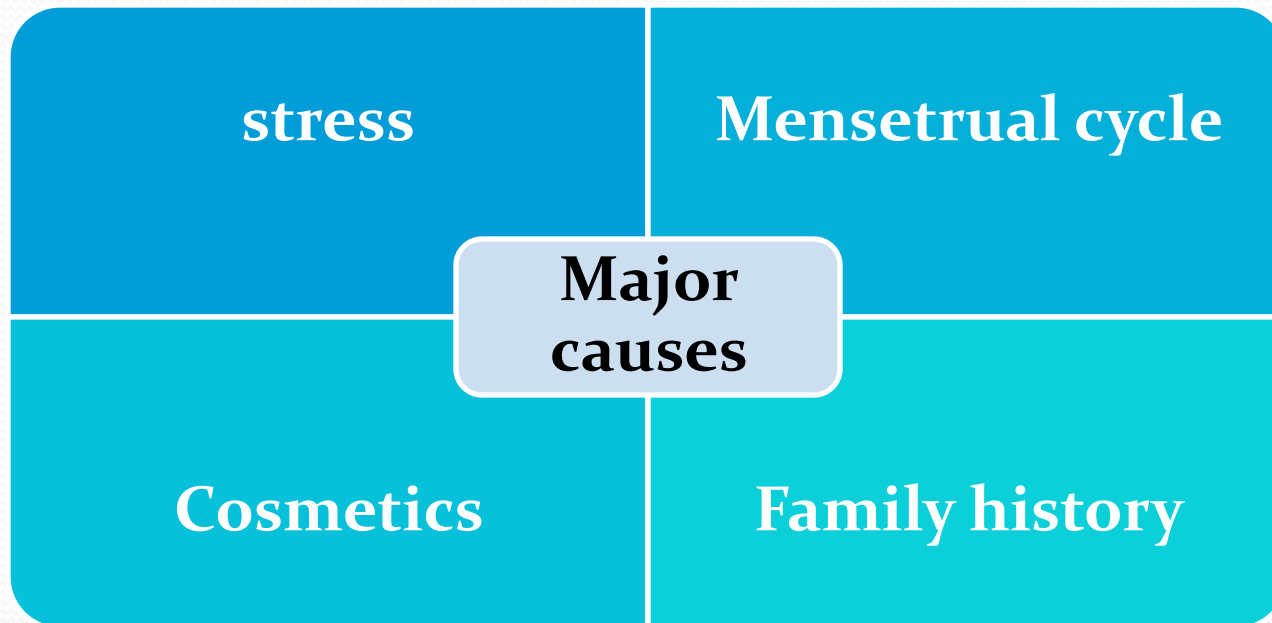
Major factors

Minor factors

Factors make it worse

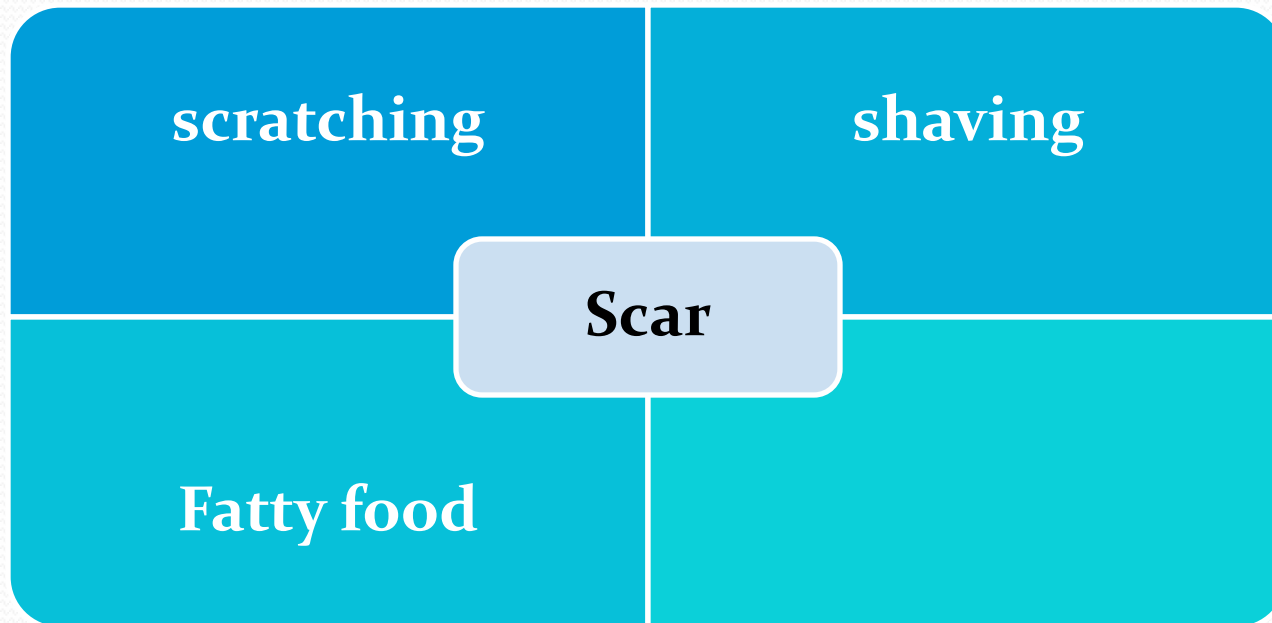
Causes of Acne

- **** Major causes :**
- This causes directly cause acne or make it bad .have agreement from dermatologist that cause acne .



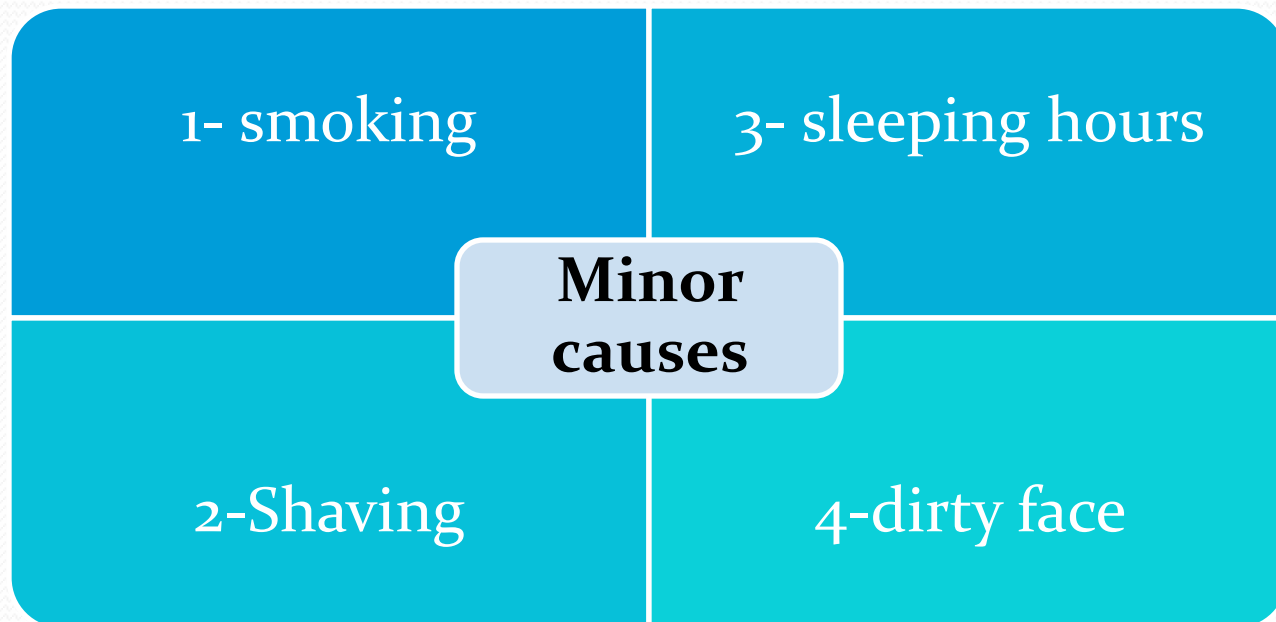
Causes of Acne

- **** Factors make it scar :**
- This factors **not the starting point** for acne , but it increase the **severity of acne**

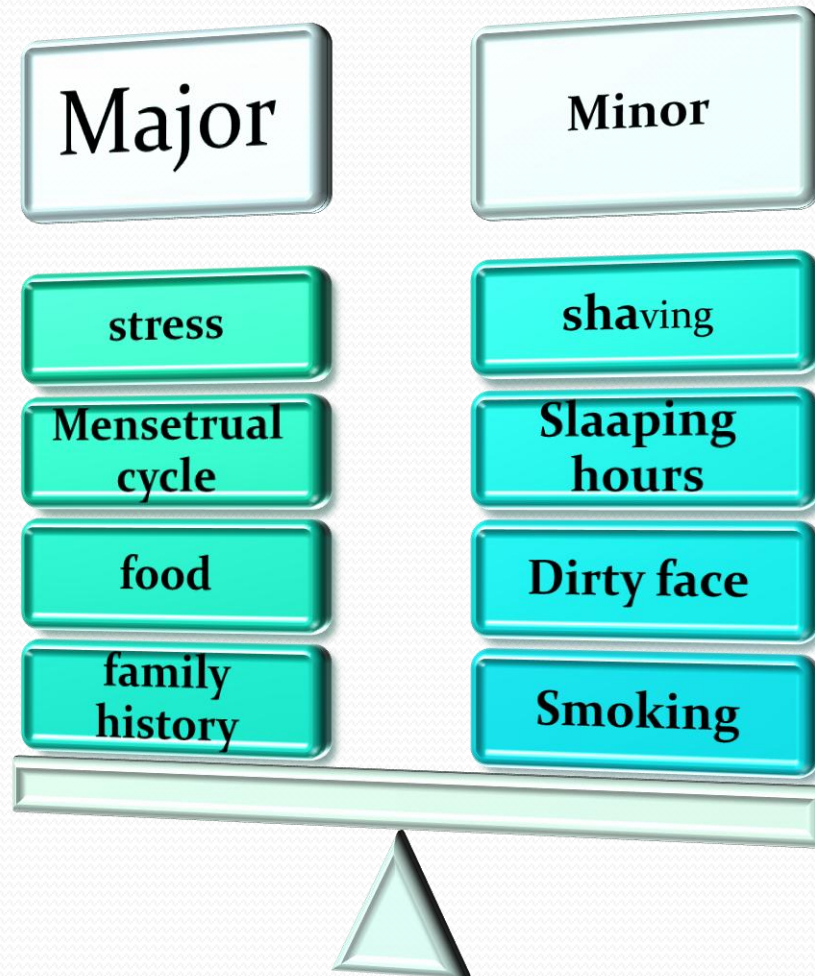


Causes of Acne

- **Minor causes :
- This causes **not directly** associated with Acne , no **agreement** that cause acne . But some **studies** interest of it .



Causes of acne



Results And Discussion





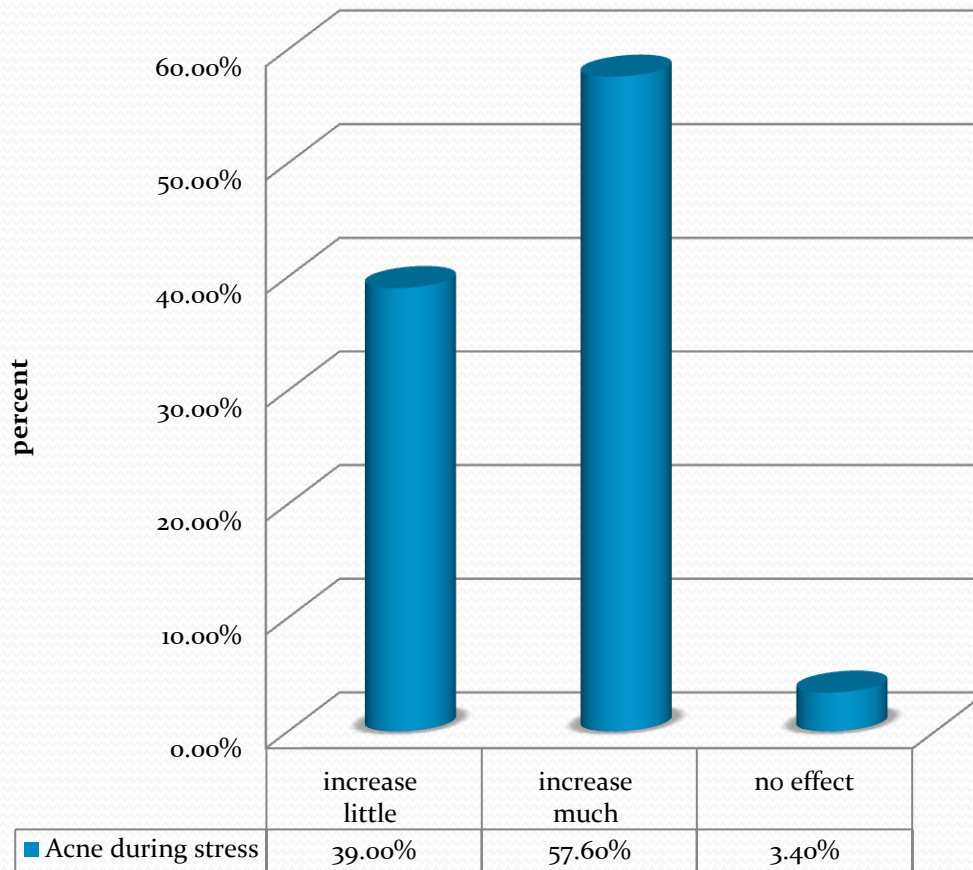
Stress and acne

Result

Discussion

STRESS And Acne

Acne \$ Stress



96.6 Of the sample have Acne during the stress

**** Stress ----- increase Androgen secretion ----- increase sebum secretion ----- Acne**

Nearly The same as found in France 89.6 %

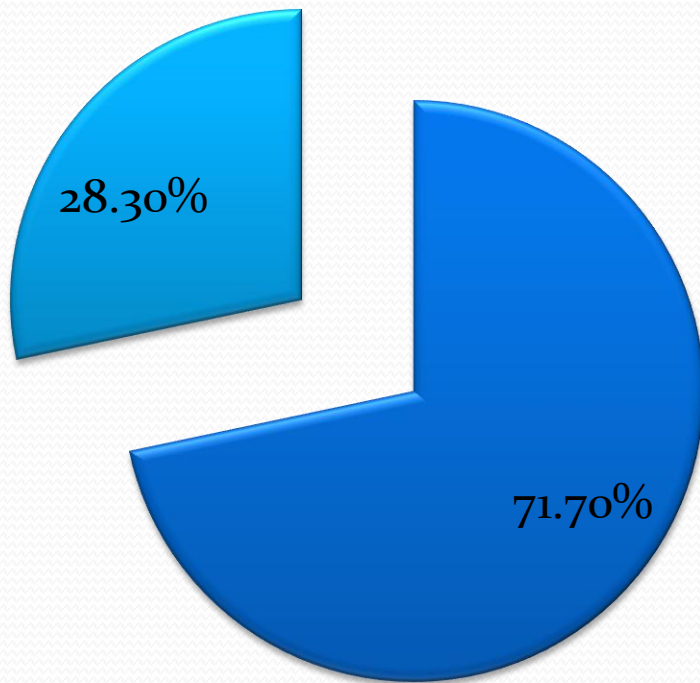
Menstrual cycle and acne

Result

Discussion

Menstrual cycle And Acne

Acne During Menstrual cycle



- 71.7 Of the females have Acne during the Menstrual cycle
- ** Menstrual cycle ----- increase Androgen secretion - ----- increase sebum secretion ----- Acne
- Nearly The same as found in France 78.00 %



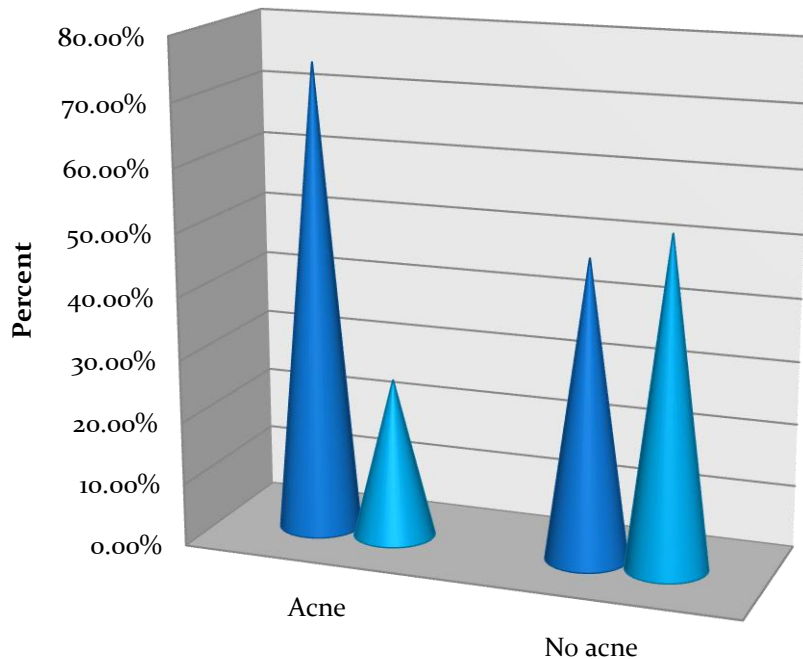
Family history of acne and acne

Result

Discussion

Family history of acne and acne

Family history and acne



74.6 Of acne people have family history of acne

Patient may inherit acne from his parents

Conclusion : Family history of acne play a major role in developing acne

The same when compare with other results 65%



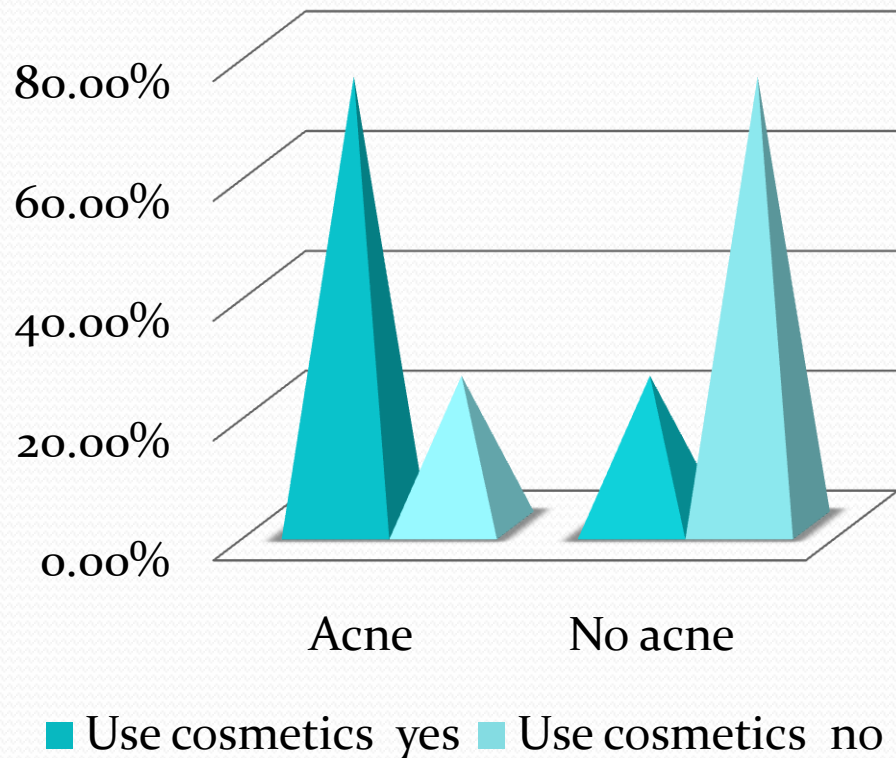
Cosmetics and acne

Result

Discussion

Cosmetics and acne

Chart Title



75.00% of acne people use cosmetics , and 25 % of non acne people use cosmetics

Cosmetics close the pores of the skin ... prvent sebum secretion to the skinso sebum accumulatecause acne .

The same when compare with other results 69.6%

.



Minor factors

Smoking

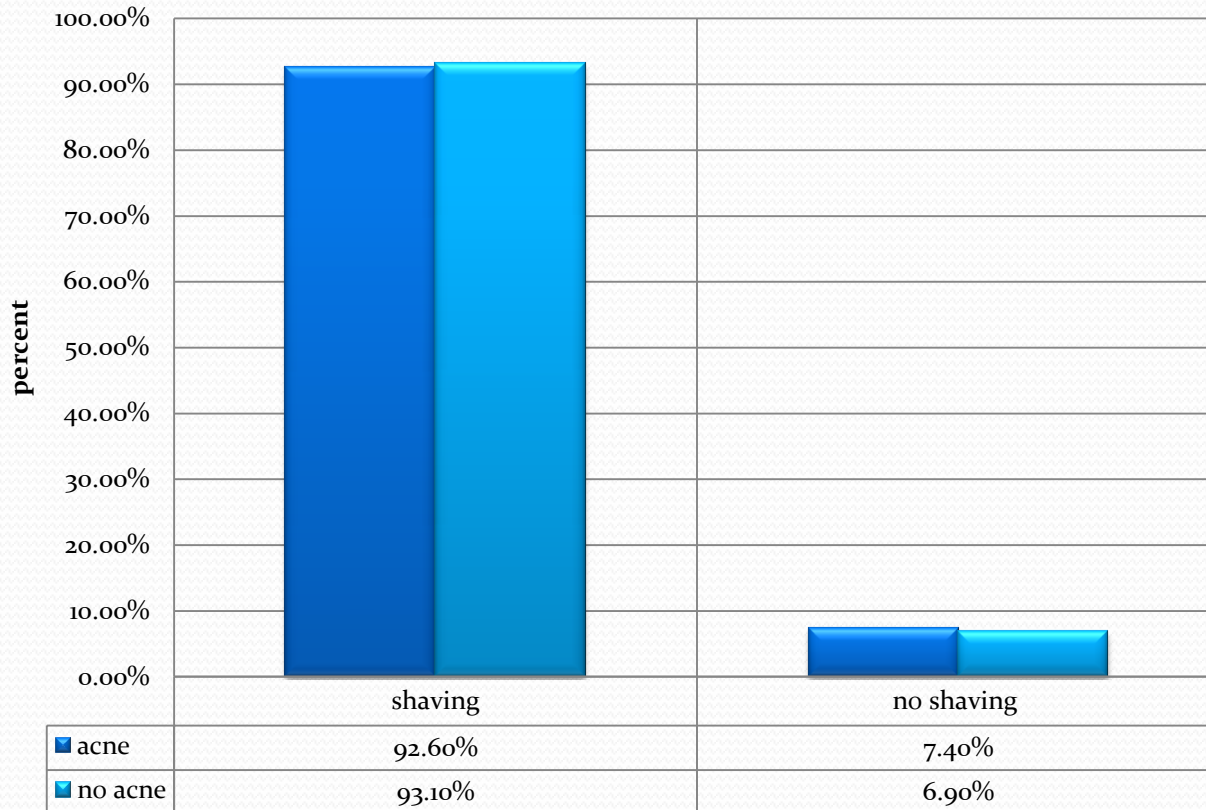
Shaving

Washing face

Sleeping hours

Shaving and acne

Relation between shaving and acne



****92% of acne people do shaving
93% of non acne do shaving**

****No signifigant differene**



What make acne scare

Shaving
Scratching
Fatty food



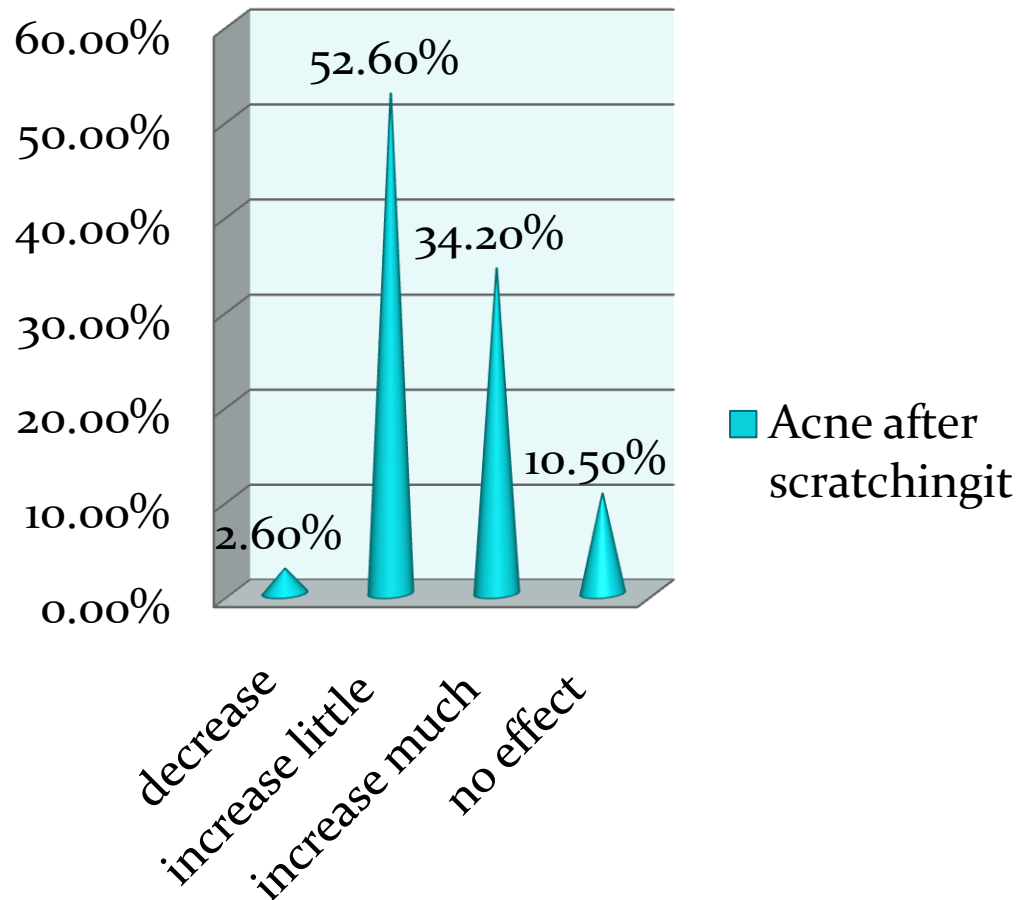
Scratching acne

Results

Discussion

Acne after Scratching

Acne after scratching



64.6 % of acne people scratching acne

86.8 % their acne increase after scratching ,and only 10.50 % have no effect .

scratching lead to spread the bacteria that causes acne to other areas of the skin, and it will also leave acne scars.

Study in Senegal show that 90.3 % of acne people scratch their acne (Kane .A).

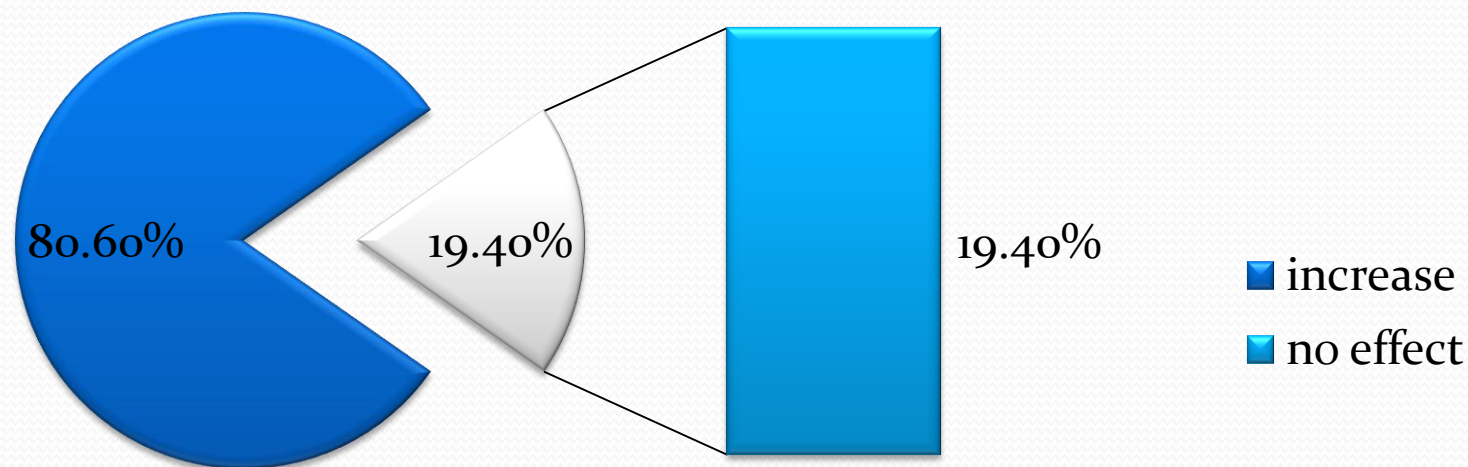


Acne after shaving

Results
discussion

Acne after shaving

Acne after shaving



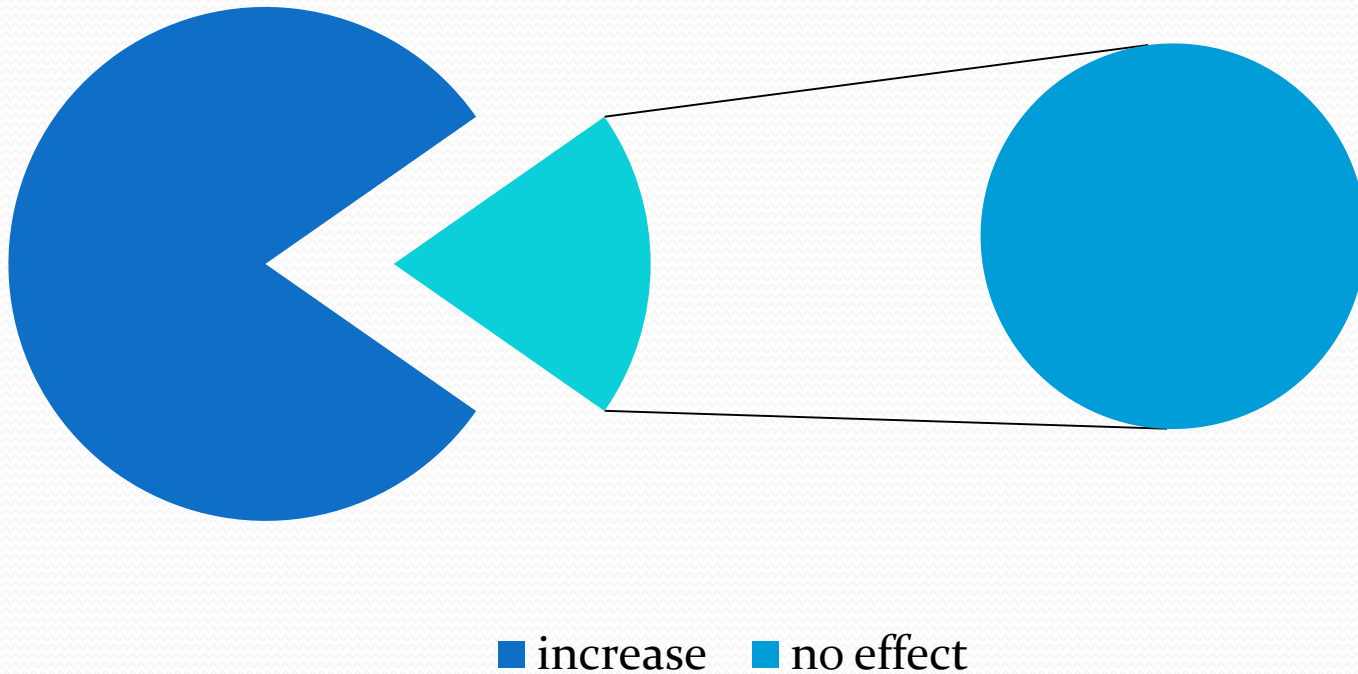
80.60 % of acne people their acne increase after shaving

The friction between acne and handle and that lead to spread the bacteria that causes acne to other areas of the skin, and it will also leave acne scars

Acne after eating fatty food

Results
discussion
Conclusion

Acne after eating fatty food



75 % of acne people their acne increase after eating fatty food

Fact and frequency about acne

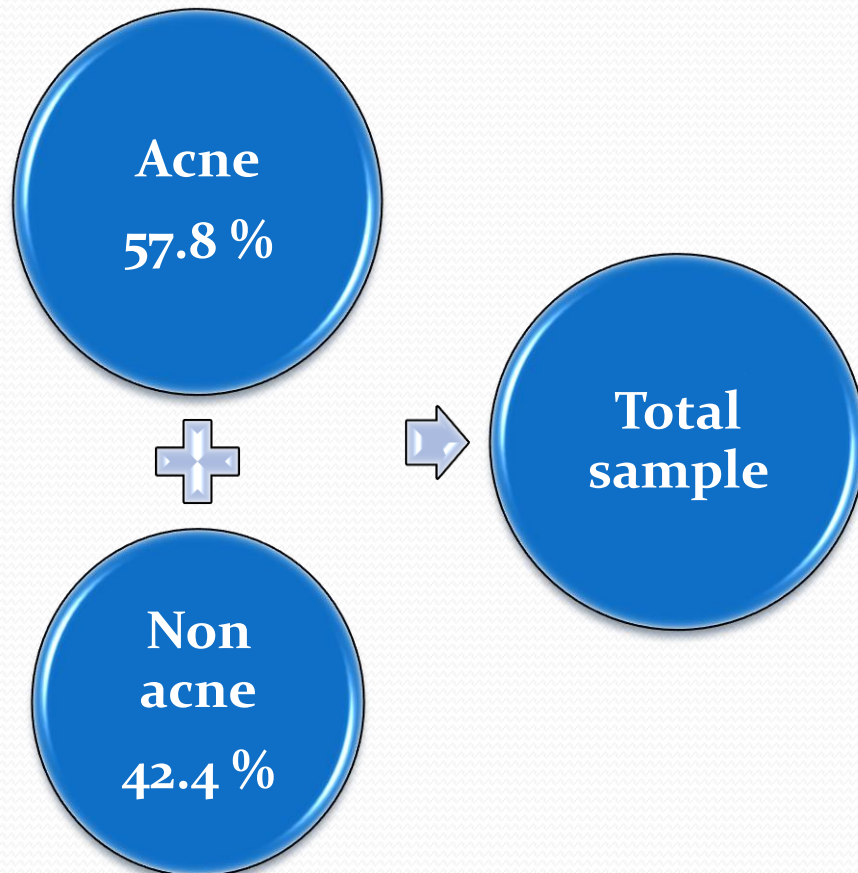
.BETID

.ACNE LOCATION

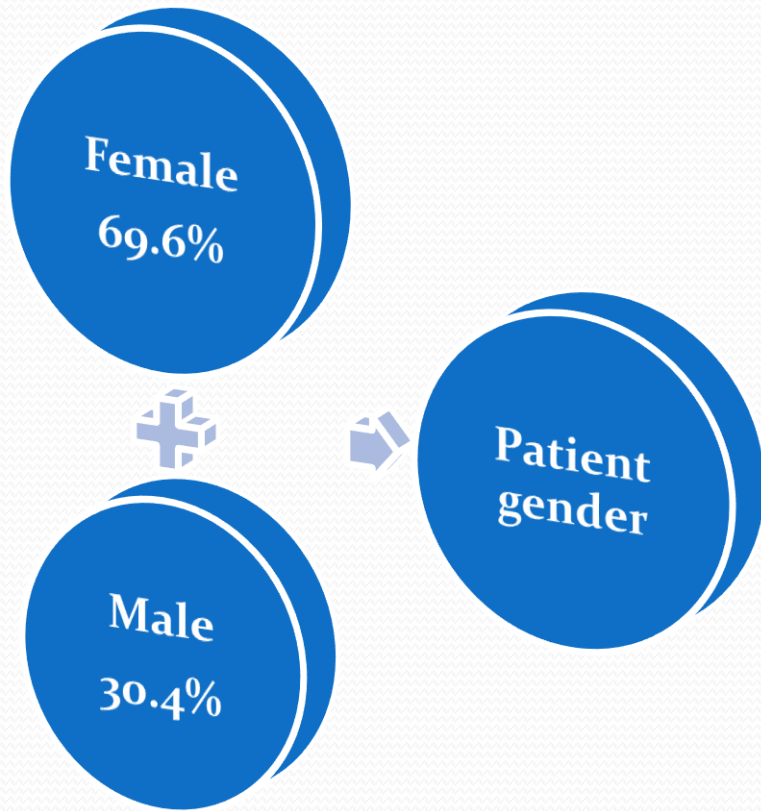
ACNE SEVERITY

Fact and frequency about acne

- 57.8 % of the sample have acne

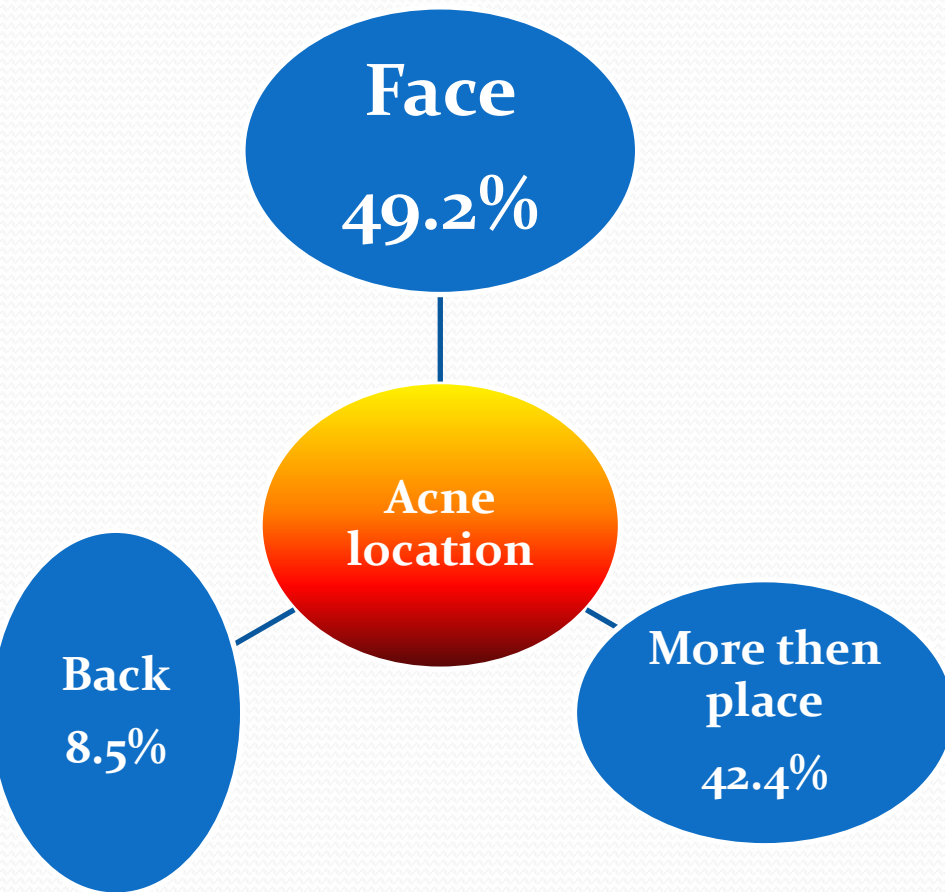


Patient gender



- Female has more chance to develop acne more than male , because of menstrual cycle and cosmetics
- Some dermatologist say that it is equal chance

Acne location

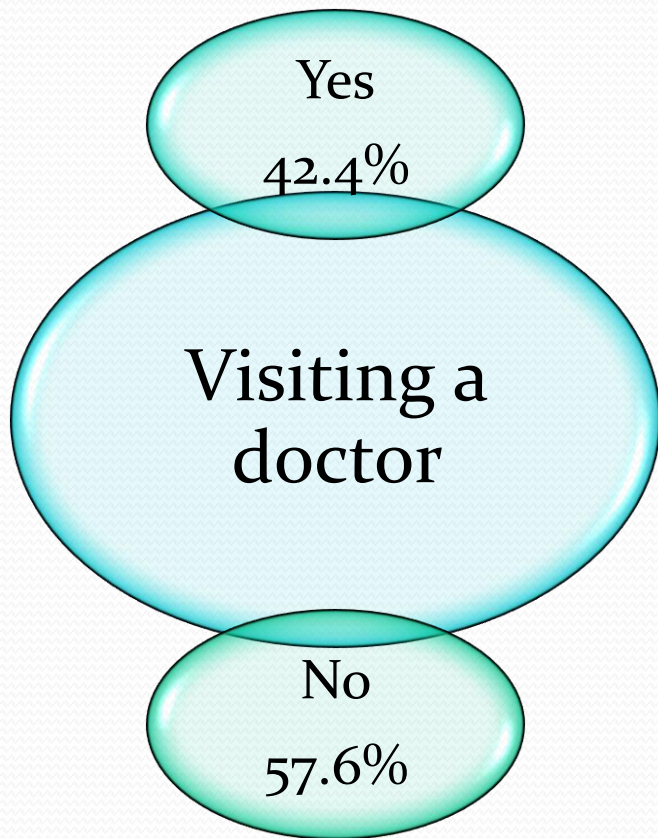


- Acne more concentrated in the face , because it is exposed to bacteria , and more sebaceous glands. .

Treatment of acne

- .Visiting doctor
- .Duration of treatment
- .Type of drug
- . Level of improvement
- . Cost of treatment

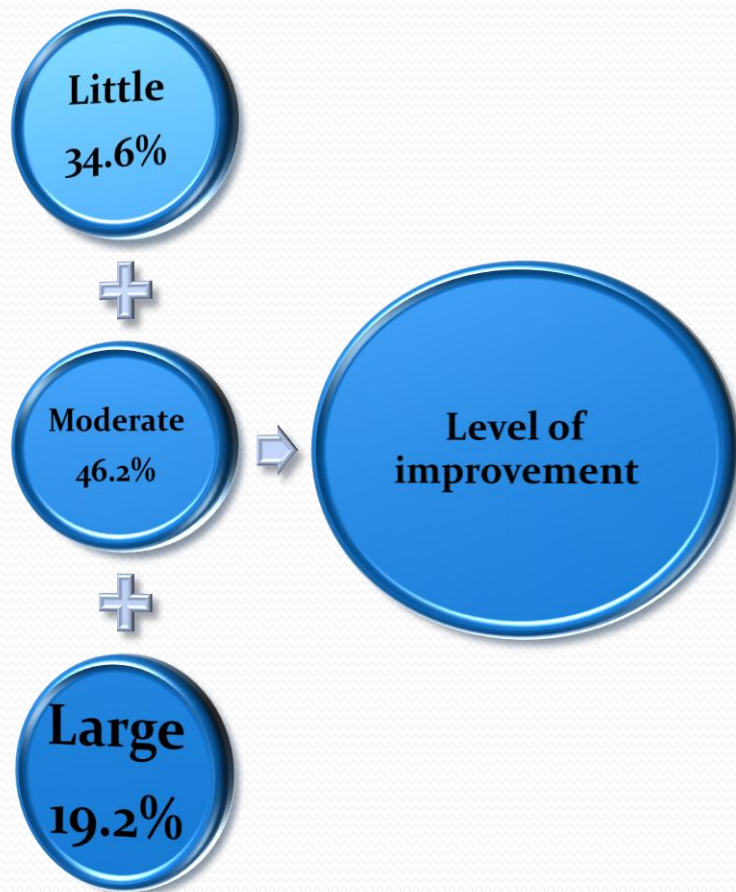
Visiting a doctor



○ Small percent (42,45 %) of patient have visited a doctor , because :

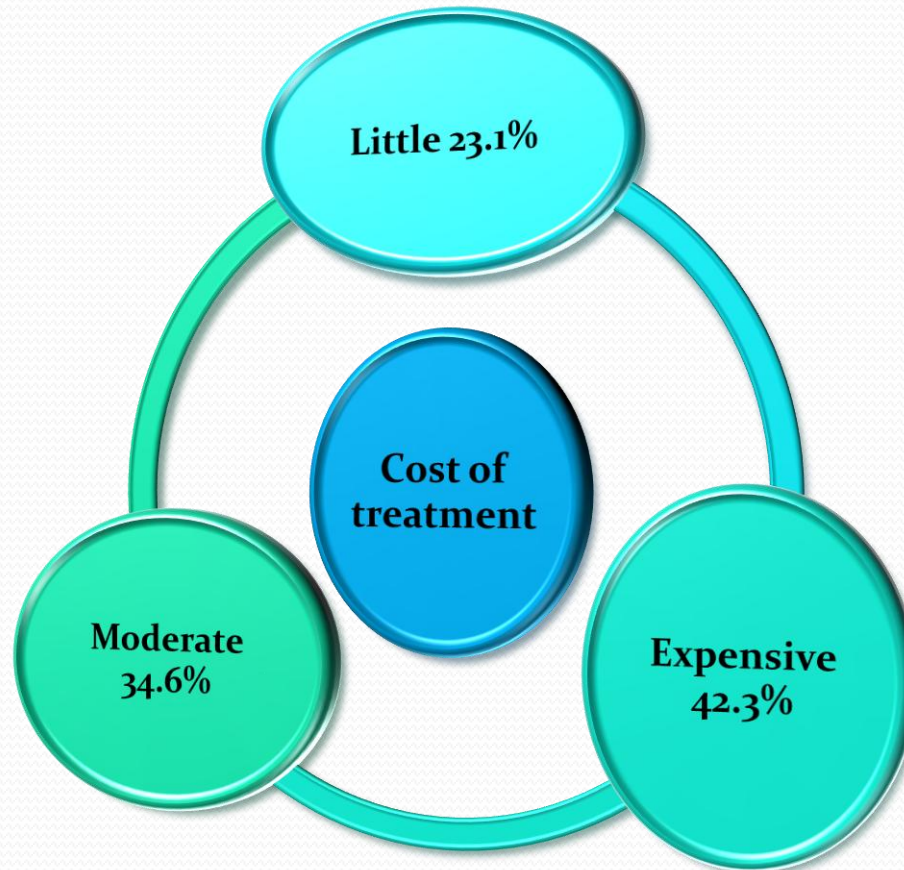
- * They realize that acne will spontaneously clear
- * Don't bother about their acne
- * The cost of treatment.

Level of improvement



- only 16.7% of patient have large improvement ,and that because:
- patient don't take drug regularly
- * don't follow doctor instruction
- * don't avoid what cause their acne
- * don't return to the doctor .

Cost of treatment



Social effect of acne

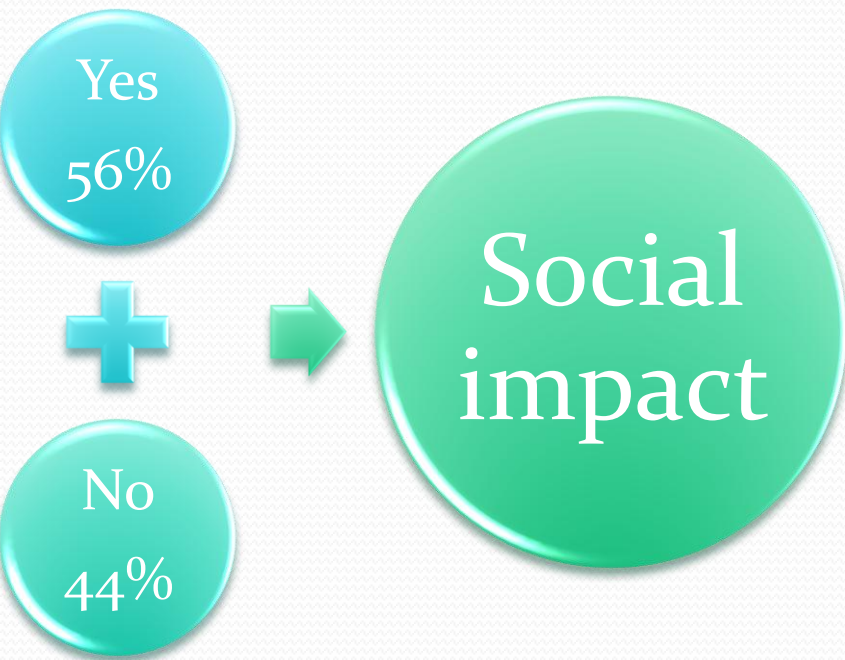
.Does acne affect patient life style

Feeling depressed

Feeling ashamed

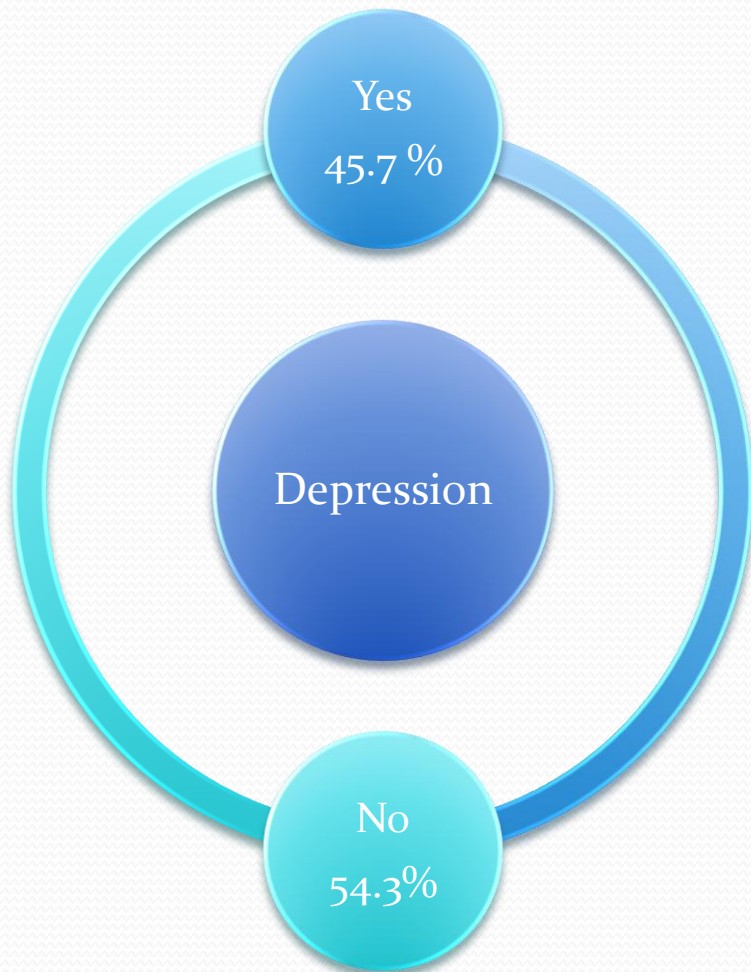
There is no single disease which causes more **psychic trauma**, more **maladjustment** between parents and children, more **general insecurity** and feelings of **inferiority and greater sums of psychic suffering** than does acne vulgaris." Sulzberger & Zaldems, 1948

Social effect of acne



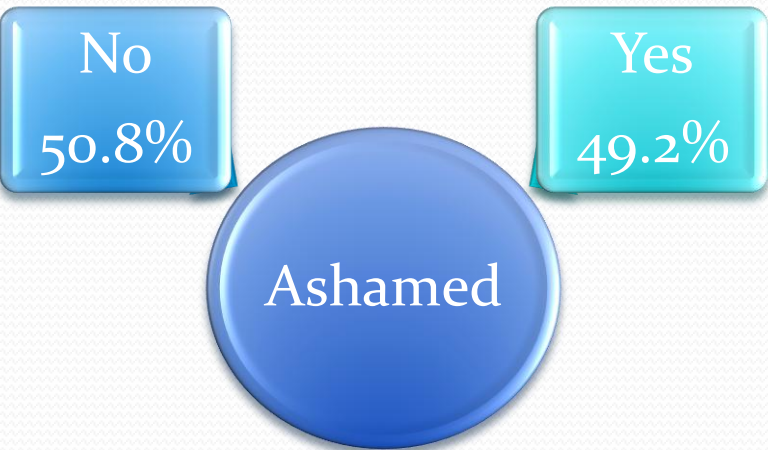
- Half of the acne people (56.00%) have psychological effect because of acne.
- More severe acne more social effect
- Nearly the same (46.7 %) found in France.

Social effect of acne



- Depression increase when treatment is not effective .

Social effect of acne



- Ugly appearance of face with pimple and pores make patient ashamed.



Prevention of acne

Prevention of acne

- Knowing the causation lead to prevention .
- Don't pop or squeeze the pimples. This will only serve to spread the bacteria that causes acne to other areas of the skin, and it will also leave acne scars. Avoiding popping the pimples is one of the best ways to avoid acne breakouts in the future.
- Keep your face clean. Make it a habit to wash your face at least three times a day. This is an excellent way to avoid acne. Do not scrub hard, as this will only irritate your skin. Gently wash your face well with a mild cleanser, then pat it dry - don't rub.

Prevention of acne

- Eat a balanced diet. This is one of the easiest ways to avoid acne breakouts. Eat plenty of fresh fruits and vegetables, and avoid oily foods. If you notice acne breakouts occurring after eating certain foods, avoid those foods, and replace it with something else.
- ***Shave Carefully*** Men who shave and who have acne should test both electric and safety razors to see which is more comfortable. When using a safety razor, make sure the blade is sharp and soften your beard thoroughly with soap and water before applying shaving cream. Shave gently and only when necessary to reduce the risk of nicking blemishes.

CONCLUSIONS

CONCLUSIONS

- Although we have small sample and big random error
We found that (stress, MC, cosmetics, family history)
Play a major role in acne

Minor factors have no role in developing of acne

We found some factors increase the severity of acne

Acne affects people's life style