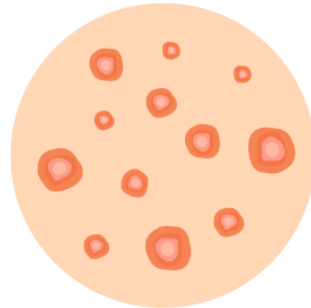




جامعة الإمام عبد الرحمن بن فيصل
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Acne



What's the Acne?

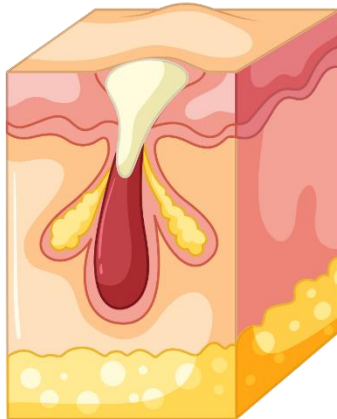
Acne is a common chronic condition that affects the sebaceous gland and hair follicle. It can be presented with multiple forms, with variations in severity, lesion type, and location, the face is frequently affected. Most common Acne is Acne Vulgaris.



At what age acne will begins?


It is no longer during puberty, there is adult onset.

In 85% of individuals, acne starts to appear by the age of 12-24 years. However, 15–35% of adults (especially women) develop acne in their 30s–40s.



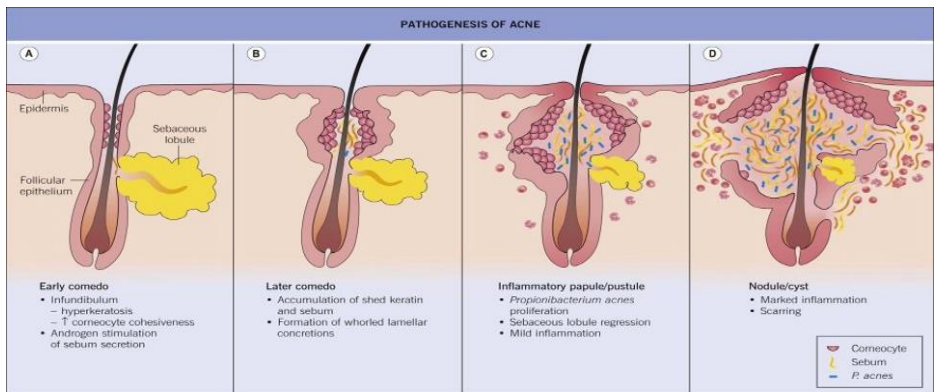


How do Acne form and the types of rashes?

- ❖ **Hyperplasia of sebaceous glands:** Active sebaceous glands increase sebum production during puberty.
 - ❖ **Follicular keratinization:** hyperkeratotic plugs form in the follicle opening. Which forms closed and open comedones.
 - ❖ **Colonization of follicles by Propionibacterium acnes,** that is part of the normal flora of the skin, which produces lipases and releases inflammatory mediators.
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How do Acne form and the types of rashes?

- ❖ Inflammation leads to swelling of hair follicles and formation of nodules and cystic acnes.



What are the factors that trigger the appearance of acne?

- ❖ **Hormonal fluctuations:** Hormonal changes, particularly during puberty, menstrual cycles, pregnancy, and menopause, can stimulate the sebaceous glands to produce excess oil, leading to clogged pores and acne breakouts.
- ❖ **Medications:** corticosteroids, antiepileptic, lithium, medications of hyperthyroidism, isoniazid, Vit B6 and B12 can stimulate or worsen acne formation.



What are the factors that trigger the appearance of acne?

- ❖ **Dietary factors:** While the link between diet and acne is still being researched, some studies suggest that high-glycemic-index foods (such as refined carbohydrates and sugary foods), dairy products, and foods rich in saturated fats may exacerbate acne in susceptible individuals.
- ❖ **Stress:** Psychological stress can contribute to hormonal imbalances in the body, which may indirectly worsen acne.

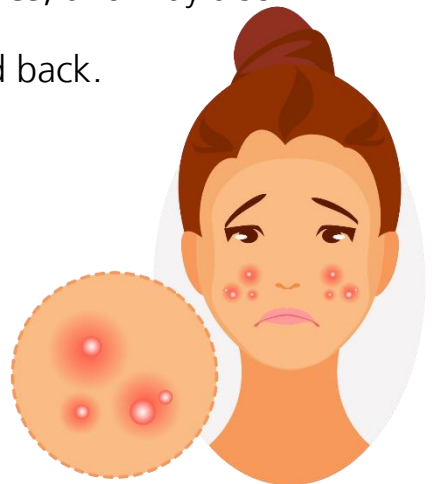
What are the factors that trigger the appearance of acne?

- ❖ **Environmental factors:** Exposure to pollutants, high humidity, and certain occupational or environmental irritants can irritate the skin and potentially trigger acne, uncleaned make up brushes and not washing face after makeup.



What are the severity classifications of Acne?

- ❖ **Grade 1 (Mild):** This level of acne is considered mild, presenting with comedones (whiteheads and blackheads), along with a few papules (small red bumps) and pustules (pimples). Typically, these acne lesions are limited in number and found in a small region.
- ❖ **Grade 2 (Moderate):** Moderate acne features a higher quantity of papules and pustules compared to grade 1. These lesions are more widespread, affecting a larger area of the face, and may also appear on the neck, chest, and back.

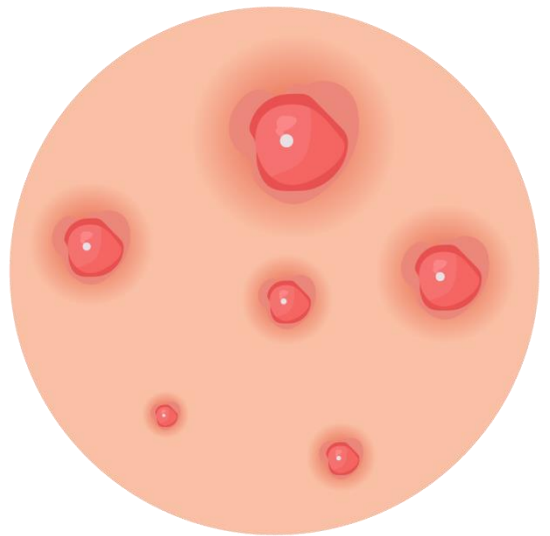


What are the severity classifications of Acne?

- ❖ **Grade 3 (Moderate to less severe):** As acne progresses to this stage, there is a greater presence of inflamed papules and pustules. Nodules may also develop, indicating deeper inflammation. The affected area extends further, possibly involving the upper arms and shoulders.
- ❖ **Grade 4 (Severe):** Severe acne is characterized by a high number of painful nodules, cysts, and widespread inflammation. The lesions are deep, and scarring is more likely. Grade 4 acne can have a significant impact on a person's quality of life and often requires aggressive treatment.

What is acneiform eruption?

Acneiform eruptions resemble acne but result from medications such as, such as corticosteroids, androgenic steroids, anticonvulsants, lithium, propylthiouracil, and isoniazid or hormonal imbalances. They can show similar lesions and locations. These eruptions typically resolve when the triggering factor is removed or treated.

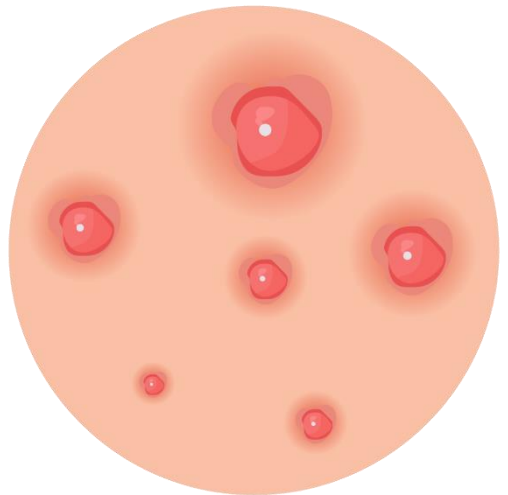


What are the types of Acne?

- ❖ **Acne Vulgaris:** Comedonal acne is primarily characterized by the presence of comedones, which are blocked hair follicles. This type includes both closed comedones (whiteheads) and open comedones (blackheads), usually appearing as small bumps on the skin.
- ❖ **Acne Excoriée:** Resulting from self-manipulation.
- ❖ **Nodular Acne:** Severe acne known as nodular acne presents with large, painful, solid lesions under the skin's surface. These nodules are deeper and more persistent than other acne types and can lead to scarring.


What are the types of Acne?

- ❖ **Cystic Acne:** Another severe form, of cystic acne involves deep, inflamed, pus-filled lesions. These cysts are often painful and can result in significant scarring. Treatment for cystic acne typically requires medical intervention.
- ❖ **Acne Conglobate:** A rare and severe form of acne, acne conglobate is characterized by interconnected nodules and abscesses. It commonly affects the chest, back, buttocks, and upper arms, often leading to extensive scarring.





What are the types of Acne?

- ❖ **Acne Fulminans:** An extremely rare and severe form of acne, Acne Fulminans is accompanied by systemic symptoms like fever and joint pain. It usually presents as a sudden onset of ulcerative, inflammatory nodules on the face and chest.
 - ❖ **Acne due to Endocrine Disorders:** Seen in post-adolescent women with conditions such as polycystic ovarian syndrome, often with lesions primarily on the mandibular area.
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Sources and References:

All pictures used from [canva.com](https://www.canva.com)

Review and audit:

The content of this booklet was reviewed by consultants of the Dermatology Department at King Fahd University.

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