

# The Effect of *Acne Vulgaris* on Lives and Solution

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# What is Acne Vulgaris?

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- Pimple = Acne Vulgaris

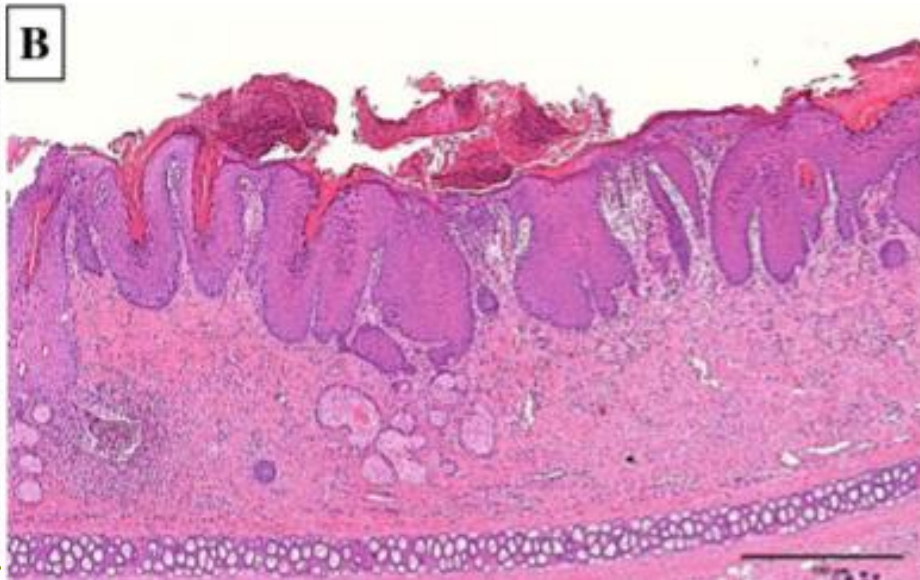
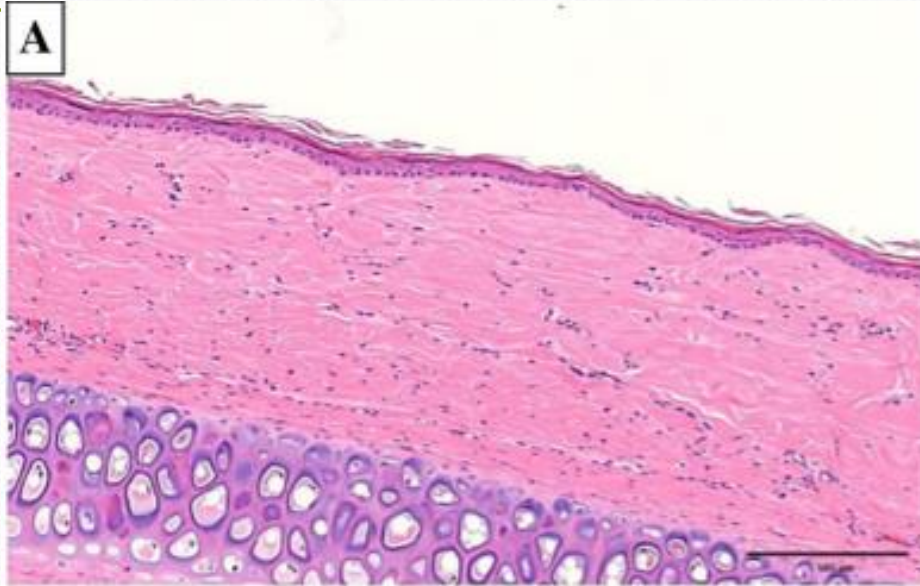


Fig. 1 A normal skin tissue and a skin tissue with acne vulgaris;  
A = normal, B = acne vulgaris.

# Why Acne Vulgaris?

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- Common problem
- How?
- Why?
- Any Solution?

# Acne Vulgaris

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- How?
  - Excessive sebum secretion
  - Closed pores

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- Why?

- Heredity

# Sebum Secretion

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- Food of bacteria that cause acne
- Controlled by many factors
  - Ex) excessive intake of vitamin B6, B12

# Relationship between food and acne

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- Controversy
- Control diet -> no harm



# Sebum Glands

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- An organ in human hair that secretes sebum

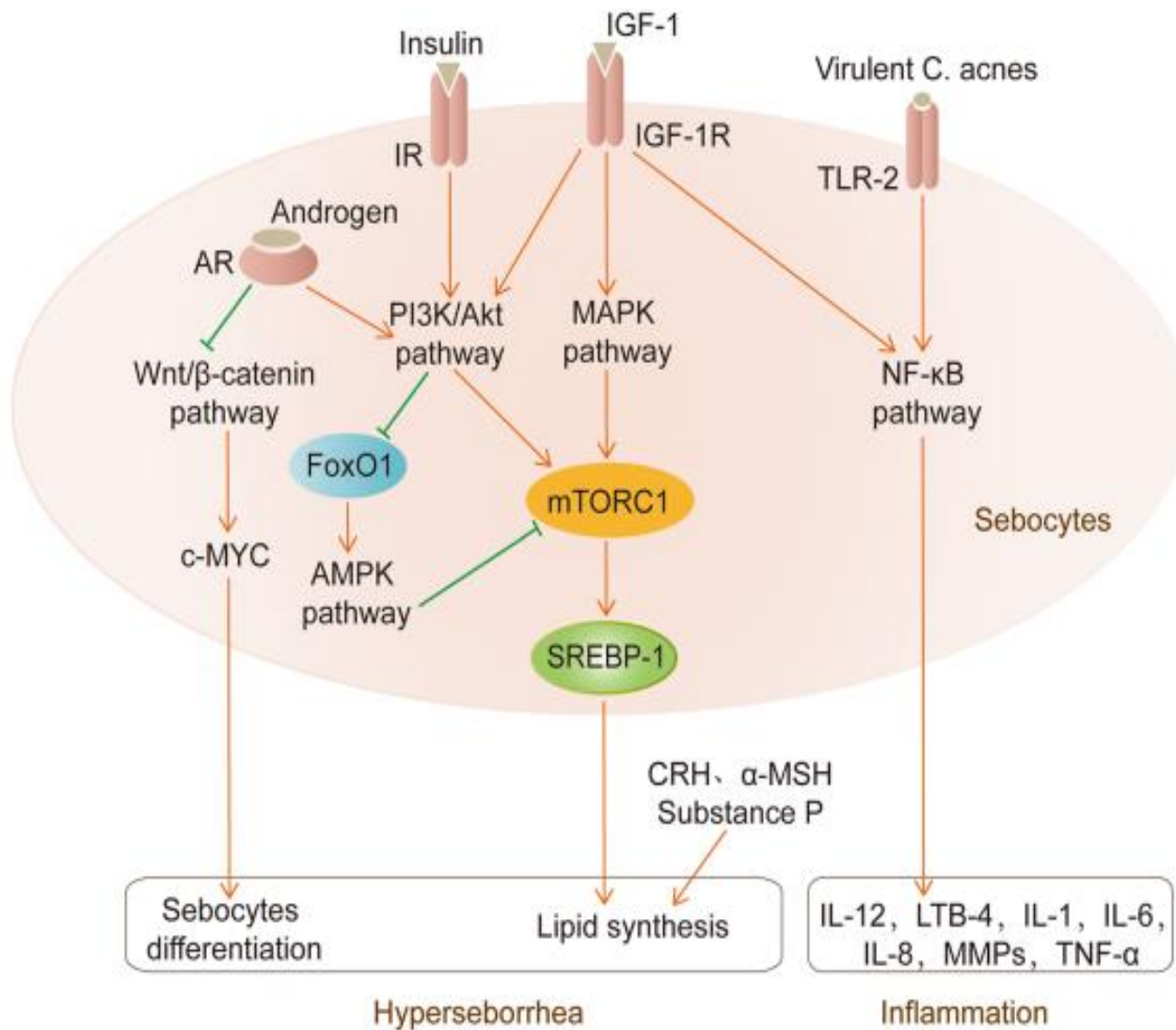


Fig. 2 Acne vulgaris caused by a number of pathological processes that occur within sebocytes.

# Sebum Glands

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- Secreted into the hair follicle
- Released out of the body through sweat

# Comedones

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- Acne patients' tiny, skin-colored bumps (papules) appeared on the forehead and chin
- Encountered with acne bacteria -> inflammation  
->becomes acne

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- Sebum + Acne germs = Acne

# How to prevent?

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- Wash often
  - Control excessive oil secretion
  - Develop immunity



Fig. 3 Acne Severity Examples;

A = mild, B, C = moderate, D = severe

# Not properly managed

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- Scar
  - Should not touch pimples recklessly



# Works Cited

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