

The Effect of *Acne Vulgaris* on Lives and Solution

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What is Acne Vulgaris?

- Pimple = Acne Vulgaris

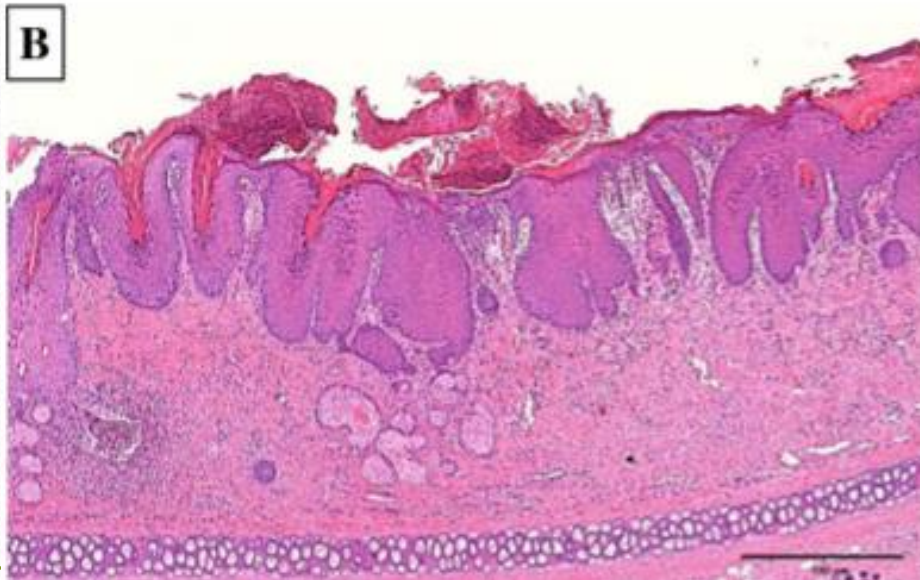
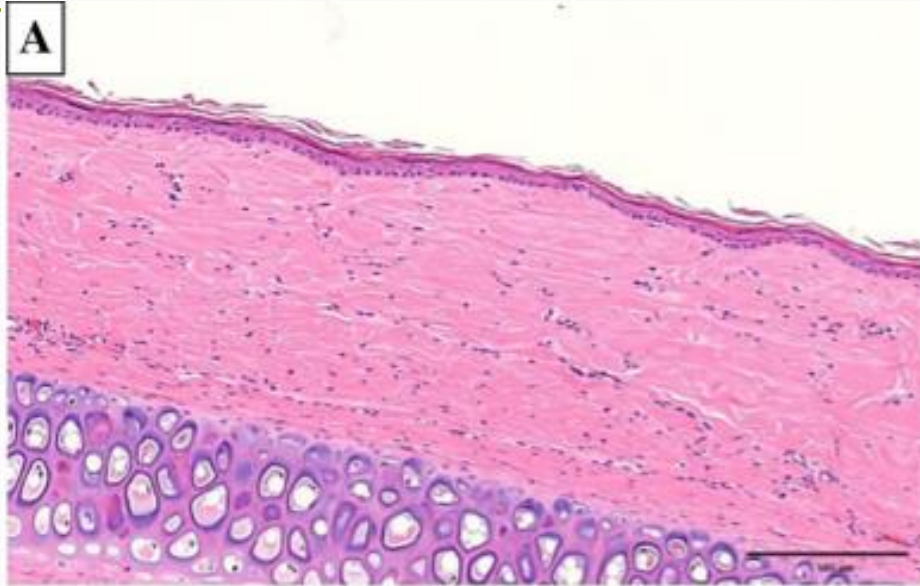


Fig. 1 A normal skin tissue and a skin tissue with acne vulgaris;
A = normal, B = acne vulgaris.

Why Acne Vulgaris?

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

Acne Vulgaris

- How?
 - Excessive sebum secretion
 - Closed pores

- Why?

- Heredity

Sebum Secretion

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

Relationship between food and acne

- Controversy
- Control diet -> no harm

Sebum Glands

- An organ in human hair that secretes sebum

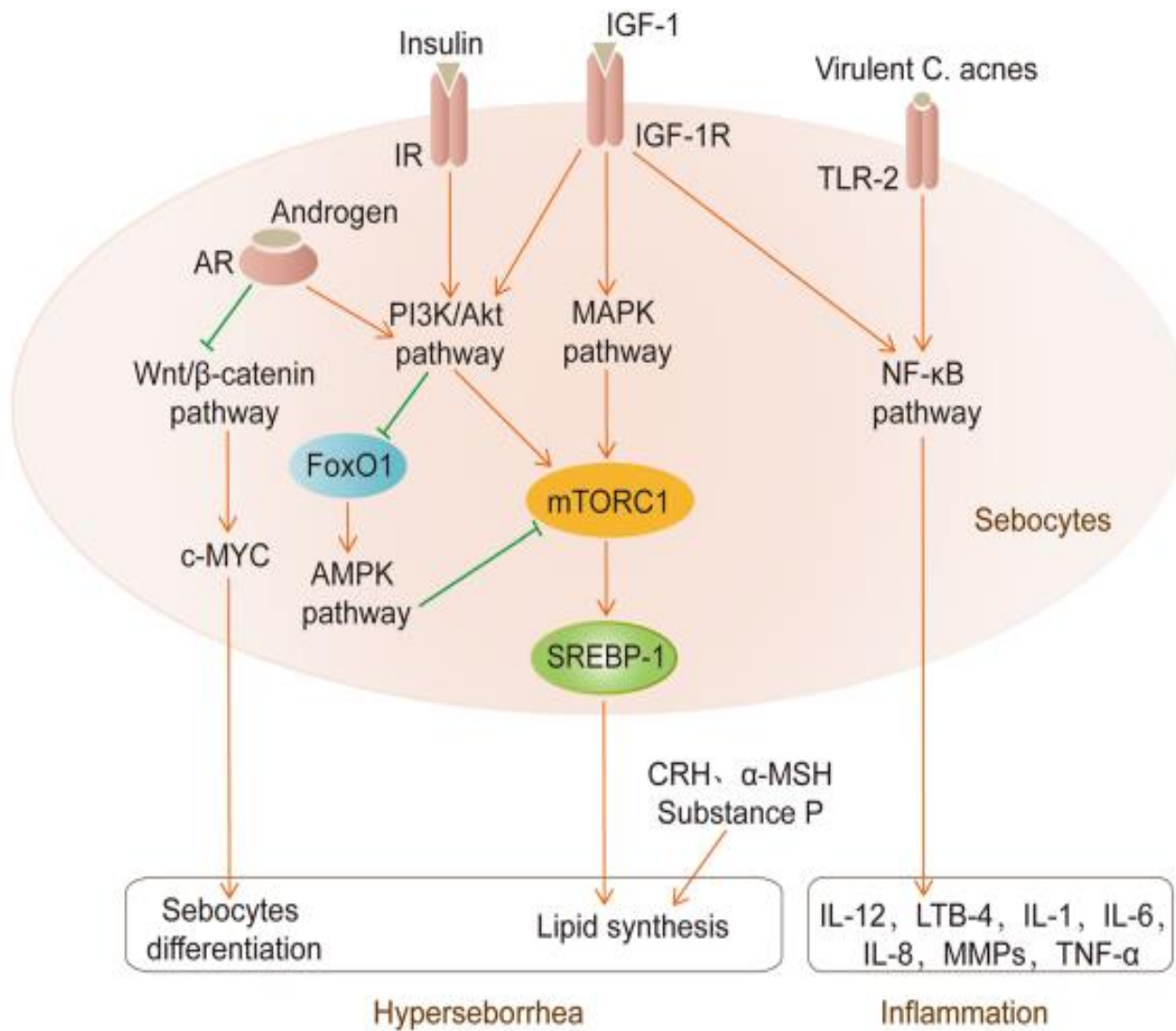


Fig. 2 Acne vulgaris caused by a number of pathological processes that occur within sebocytes.

Sebum Glands

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

Comedones

- 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?

- Wash often
 - Control excessive oil secretion
 - Develop immunity



Fig. 3 Acne Severity Examples;

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

Not properly managed

- Scar
 - Should not touch pimples recklessly

Works Cited

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