

Acne Vulgaris

Eruption "Common" among teenagers

It is chronic inflammation of the Pilosebaceous unit. most commonly in the adolescence.

Etiopathogenesis

① Keratin Plugs.

↳ Dead Keratinocyte + Pigment Melanin.

↓
Plugs Block the opening of the Hair follicle

↓
They are open to surface
Open Comedo (Black head)

② ↑ Sebum

→ Causes Blockage.

→ During adolescence.

③ Bacteria → Propionibacterium acnes

→ Normal skin flora.

↓
When plugged up by Keratin

↓
Multiplication of Bacteria

↓
Immune attack

↓
White Pus

↓
Closed Comedo / Whitehead.

Genetic / Environmental Factors

1 - Hyperkeratinosis in Families.

2 - Psychological stress → ↑ Cortisol, ↑ PCOS.

3 - Behaviour → ↑ Friction, ↑ Chocolate, Headband

Clinical Features

Location → Face, Back, shoulders, Trunk, Chest.

Bites of oil glands.

Sensation → Pathognomonic is Comedone (white or black head).

→ Papules, Pustules, Cysts and nodules.

→ Scarring may occur.

Variants

1) Acne conglobata → Severe acne with Abscesses, Burrowing sinuses, Scarring.

2) Acne Fulminans → Rare, but severe, with fever, arthralgia, Systemic inflammation, ↑ Neutrophils.

3) Acne excoriated → Due to obsessional squeezing by the young women on pre-existing or imagined acne lesions.

4) Secondary acne → Cosmetics, Occupation, oils, hair. Oral Contraceptives, PCOD.

Investigation

→ Not needed.

→ Secondary to endocrine has to be seen.

Management

→ Gentle washing with soap without vigorous scrubbing.

→ Cosmetics should be noncomedogenic.

→ Diet has no effect on acne.