

Your Weekly Medical Advice

by Dr Yamuuna Moorthy

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

Acne

Acne is a very common skin condition that usually begins in adolescence. The hair follicle and its associated oil gland become blocked and inflamed. Whiteheads, blackheads and inflamed pus-filled spots develop on the face, neck, back and chest because this is where oil glands are largest and most active.

There are a few known causes of acne which include hormones, sebaceous gland blockage, bacteria and inflammation, genetics, stress, diet and occupation.

Acne can sometimes lead to a negative self-esteem and some individuals may withdraw from social and sporting activities. It is important to discuss this with your doctor if it is happening or if you are "feeling down" a lot of the time.

Some females may have acne as part of polycystic ovarian syndrome (PCOS). Other hormonal disorders associated with excess androgen production can also cause acne and require investigation.

There are many safe and effective acne treatments. However, it takes patience and persistence, at least 6 to 8 weeks, to see improvement in acne regardless of the treatment method.

The aim of treatment is to mainly reduce the number of blackheads and whiteheads, reduce the inflammation (pimples and red bumps), reduce the likelihood of permanent pigmentary changes (skin discolouration) and prevent scarring. Speak to your doctor if you are concerned about your acne.

Excerpt from <https://www.dermcoll.edu.au/atoz/acne-vulgaris/>

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au