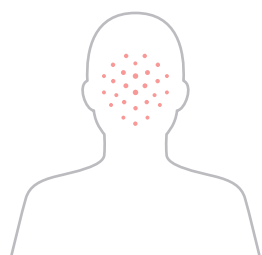


ACNE?

A chronic inflammatory disease of hair follicles and sebaceous glands characterised by non-inflammatory and inflammatory lesions



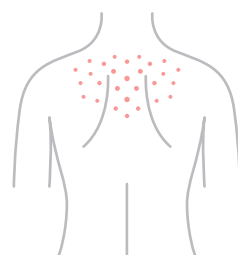
MOST COMMON AREAS AFFECTED



Face



Chest



Back

TYPES OF LESIONS

NON-INFLAMMATORY LESIONS



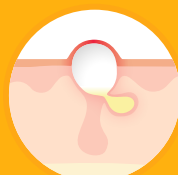
WHITEHEADS

Stay under the skin and are not exposed to the oxygen in the air, hence keeping their white colour



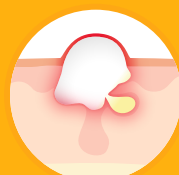
BLACKHEADS

Rise to the skin's surface and are exposed to the air causing them to oxidise and become black - not due to dirt



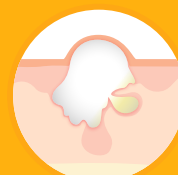
PAPULES

Red and swollen due to inflammation, turning into small pink bumps



PUSTULES

Filled with whitish or yellowish-looking pus



NODULES

Stay under the skin and progress, turning into larger inflamed bumps, going deeper into the skin. Can be very painful



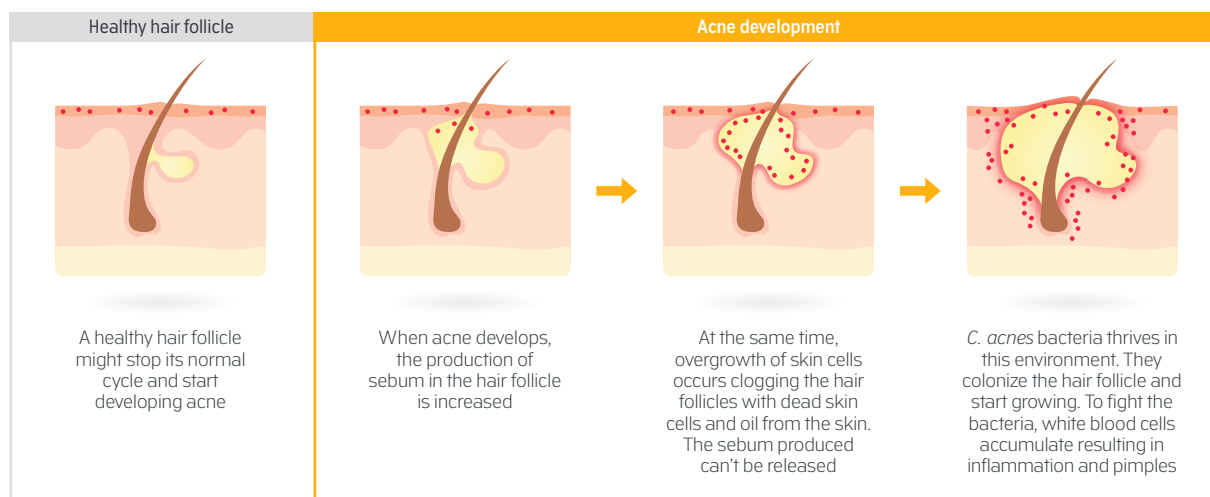
CYSTS

Deep, large lesions under the skin that become inflamed and filled with pus deep in the skin. The content can burst open and "spill" into surrounding areas deep in the skin

WHAT HAPPENS IN THE SKIN?

Researchers cannot say with certainty how acne occurs precisely. It is a multifactorial disease where the level of certain hormones is seen to play a role. It is believed that the following factors are part of the cause:

- Excess secretion of sebum
- Overgrowth and plugging of pores
- Presence of *C. acnes* (formerly *P. acnes*)
- Inflammation



SCARS

Without treatment, acne can leave permanent scars on the skin which can result in significant psychological distress for many.

Given its impact on quality of life, early and effective treatment of acne is paramount

WHO GETS ACNE?

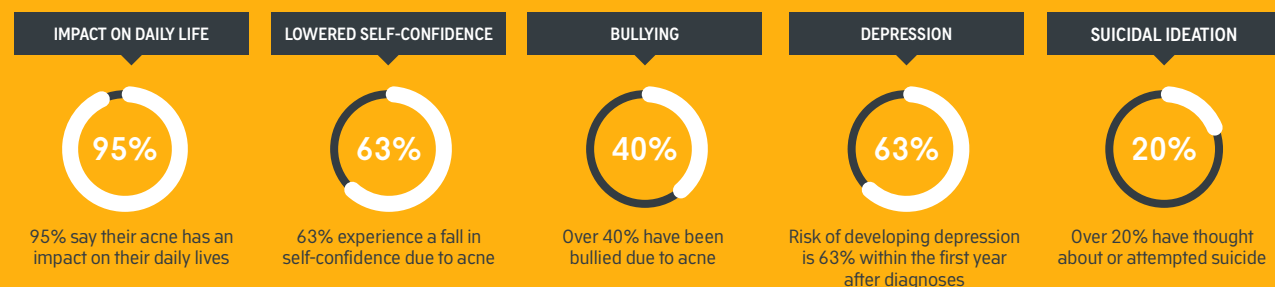
Acne is one of the most common skin diseases and the eighth most prevalent disease worldwide



PSYCHOLOGICAL EFFECTS

Living with acne can be associated with a heavy emotional burden and have a negative impact on quality of life

RESEARCH SHOWS THAT OF ACNE PATIENTS^{1,2}:



ACNE & ACNE SCAR TREATMENTS INCLUDE:

Clinicians can help treat existing acne, prevent new breakouts, reduce your chance of developing scars and improve these should they occur.

There are a ton of treatments, not only through the public healthcare system, but also in private clinics.

Consulting a professional clinician is important. They can outline the optimal treatment for each patient.

