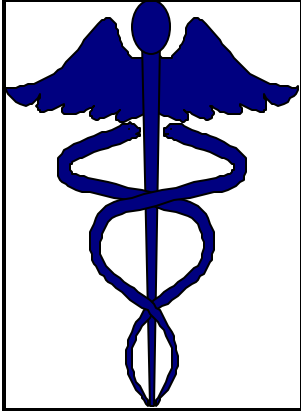


Acne

MAJ Niel A. Johnson, MD



FOCUS ON...

Information about your Health from the Directorate of Primary Care Services, Ft. Gordon, Georgia

What is acne?

Acne is a common skin condition caused by infection of the pores on the skin.

What are the symptoms?

- red, pustular sores
- face, chest and upper back are the most commonly affected areas
- center of lesions may be white or dark
- sores may be painful



What causes acne?

Acne is caused by an infection of the pores of the skin. The moist, oily environment of the pores of the face, chest and upper back is inviting to the bacteria that causes acne to develop. The sores are made worse by the body's natural reaction to the infection, which is what causes the lesions to become so big at times.

Who gets acne?

Acne is more common in younger people, whose skin tends to be more oily. Acne is not caused by eating chocolate, although a diet high in fat is considered to be a risk factor for having oily skin. There is often a family history of acne in affected individuals.

Is acne ever a sign of something bad?

Acne is an extremely common problem for young people. Rarely, however, it can be a symptom of something more serious. Diseases of the hormone system can cause elevated androgens, which can predispose someone to get acne.

What is the treatment for acne?

There is no complete cure for acne. Fortunately, most people with acne will outgrow their symptoms after their twenties.

Depending on the severity of your acne, there are several treatments available to help minimize the lesions from appearing or causing scarring:

- ♦ Wash your face with soap twice a day. Washing more often is unnecessary and may be harmful because of excessive drying.
- ♦ Soaps containing benzoyl peroxide can help dry out infected pores better than regular soap.
- ♦ Creams such as Clearasil™ are effective in drying out acne.
- ♦ Antibiotics are important in the treatment of moderate

(Continued on reverse...)

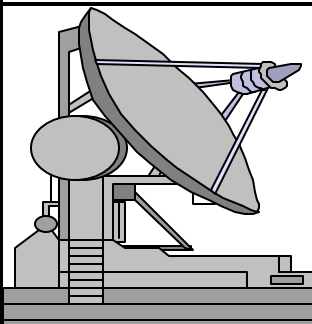
(Continued from page 1...)

to severe acne. Some antibiotics, such as tetracycline, can't be used if you are pregnant, so tell your doctor if you are expecting prior to starting this medicine.

- ◆ Retin-A is a newer compound which works by gently chemically-burning out the infected pores. Although considered safe, it is another medicine which should be avoided in pregnancy, and it has significant side effects, such as rash.
 - ◆ Medicated astringent pads are useful in keeping oily skin under control.
 - ◆ Steroids are rarely used in acne treatment.
 - ◆ Diet can be important as well, since oily skin is a risk factor for developing acne.
- ☒ Do not wear make-up! This leads to blocked pores and future acne sores.
 - ☒ Do not squeeze the acne sores! Doing this can worsen the infection inside the pore.
 - ☒ Do not shave over the acne sores, because this will not only worsen the infection, but also lead to ugly scarring.

For what reasons should I follow-up, call the clinic, etc.?

If you do not begin to see some improvement with your treatment in a month, you should make an appointment to come back to the clinic and discuss other options, including the need for referral to Dermatology. Also, if you are taking any medicine for your acne, and later find out that you are pregnant, you should discontinue the medicine right away and make arrangements to discuss other options for control of your acne with your doctor.



The Directorate of Primary Care Services

	<u>Hours</u>	<u>Appointments</u>	<u>Messages</u>
Connelly Signal Health Clinic	0600-1600*	787-7300	787-7360
Signal Health Care Clinic #4 (TMC #4)	0600-1600*	787-7300	787-7360
Main Family Practice Clinic	0600-2030	787-7300	787-7360
Internal Medicine Clinic	0800-1600*	787-7300	787-7360
Primary Care Clinic	0800-1600*	787-7300	787-7360

Medication Renewals 787-7360

Pharmacy Direct Refills 787-1710

Emergency Dept. Advice Line	787-5222/6727
Poison Control	1-800-282-5846
Outpatient Pharmacy	787-7010
Labor and Deliver @ MCG	721-2687
Emergency	dial 911
Information Desk @ EAMC	787-5811/4568
TriCare Information Hotline	1-800-333-5331

This Patient Information Handout is produced by the Directorate of Primary Care Services, Dwight D. Eisenhower Army Medical Center, Ft. Gordon, GA.

Information is current and correct at the time of the last revision. This information sheet is not intended to replace an evaluation by a competent medical provider, but rather to supplement the treatment plan outlined by the patient's health care provider. Moreover, much of the information is intended to be of a general nature and it cannot be assumed that such information will necessarily apply to specific individuals. Opinions and facts do not necessarily reflect that of the United States Government or its subordinate agencies.

Questions, comments and corrections should be forwarded to:

MAJ Niel A. Johnson, MD
 Patient Information Sheet Editor
 c/o Directorate of Primary Care Services
 DDEAMC
 Ft. Gordon, Georgia 30905

*
the

Extended Hours Clinic is held at the Main FP Clinic, and is available for all the soldiers, retirees, and family members seen at any of the Directorate of Primary Care Clinics.