

Editorial Note on Acne

Ricardo J Wray*

Department of Dermatology, Faculty of Medicine, Gadjah Mada University, Indonesia

Editorial

Acne vulgaris, also known as acne, is a long-term skin disease in which dead skin cells and oil from the skin clog hair follicles. Blackheads or whiteheads, pimples, dry skin, and scarring are all common symptoms of the disease. The resulting appearance can cause anxiety, low self-esteem, and depression in severe cases. In 80% of cases, genetics is the main cause of acne. It's unclear what role diet and cigarette smoking play in the disease, and neither cleanliness nor exposure to sunlight seems to help. Androgens, which cause increased sebum development in both sexes, tend to be part of the underlying mechanism. Excessive growth of the bacterium *Cutibacterium acnes*, which is present on the skin, is another common factor.

Acne may be treated with a variety of methods, including lifestyle modifications, medications, and medical procedures. Eating fewer simple carbohydrates, such as sugar, can help to alleviate the problem. Azelaic acid, benzoyl peroxide, and salicylic acid are popular treatments applied directly to the infected skin. Antibiotics and retinoids are available in acne treatment formulations that are applied to the skin and taken by mouth. Antibiotic resistance, on the other hand, can grow as a result of antibiotic therapy. Several forms of birth control pills can benefit women with acne.

Isotretinoin pills are usually reserved for extreme acne because of the increased risk of side effects. Some medical professionals advocate for early and aggressive acne treatment to reduce the overall long-term effects on individuals. Acne intensity is not graded on a widely agreed scale. Mild acne is

described by the appearance of clogged skin follicles (comedones) on the face with occasional inflammatory lesions.

When a higher number of inflammatory papules and pustules appear on the face compared to mild cases of acne that appear on the trunk of the body, it is said to be moderate intensity acne. When nodules are the primary facial lesions and the trunk is heavily involved, severe acne is said to be present. Cysts are the previous name for large nodules. In the medical literature, the term nodulocystic has been used to identify serious cases of inflammatory acne. True cysts are uncommon in acne sufferers, but the term "extreme nodular acne" is now the preferred term. Acne is characterized by increased oily sebum secretion by the skin, as well as microcomedones, comedones, papules, nodules (large papules), pustules, and scarring.

Acne appears differently depending on the colour of the skin. It could lead to psychological and social issues. Acne scars are caused by inflammation in the dermis and are estimated to affect 95% of acne vulgaris sufferers. The scar is caused by abnormal healing and dermal inflammation. Scarring is most common in extreme acne, but it can happen in any type of acne vulgaris. Acne scars are categorized depending on whether an irregular healing reaction to dermal inflammation results in excessive collagen deposition or loss at the acne lesion's location. When an inflamed nodular acne lesion heals, the skin in that region also darkens, a condition known as post-inflammatory hyperpigmentation (PIH). Inflammation causes specialized pigment-producing skin cells to create more melanin pigment, resulting in a darker appearance of the skin.

How to cite this article: Ricardo J Wray. "Editorial Note on Acne." *J Dermatol Dis* 8 (2021): 297.

***Address for Correspondence:** Wray RJ, Department of Dermatology, Faculty of Medicine, Gadjah Mada University, Indonesia, E- mail ricardo.wray@slu.edu

Copyright: © 2021 Wray RJ. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 12 April 2021; **Accepted** 17 April 2021; **Published** 22 April 2021