

# Cystic Acne Infection

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Acne, is also known as acne vulgaris, which is a skin condition occurs when dead skin cells and oil from the skin clog hair follicles [1]. It is the eighth-most common disease in the world. A feature of the acne condition includes oily skin, pimples, blackheads or whiteheads, and possible scarring. It affects mainly skin with a relatively number of oil glands, including the face, upper part of the chest, and back. Acne commonly seen in adolescence and affects 80–90% of teenagers. Even though acne is less common in adulthood, if it persists half of the affected people are in their twenties and thirties, and less people will have difficulties in their forties. The result of appearance can lead to reduced self-esteem, anxiety, and, depression or suicide thoughts [2].

Cystic acne is a severe type of acne in which pores in the skin become blocked, and leads to the inflammation and infection.

## Facts of Cystic Acne

- Acne is a common infection but, cystic acne is not as common as acne and more severe.
- The main factors behind cystic acne are the changes in hormones during puberty, but it also occurs in older individuals.
- Cystic acne is not caused by chocolate, nuts, or greasy foods, or by poor hygiene or masturbation.
- Cystic acne is painful, as well as emotionally distressing due to its effects on facial appearance.

Treatment is available for acne, including change in their lifestyle, medications, and medical procedures. Treatments can be applied directly to the affected skin, like benzoyl peroxide, salicylic acid, and azelaic acid, are used commonly.

Antibiotics and retinoids are also available in the formulations that are applied on the skin and taken orally for the acne treatment. However, resistance to antibiotics will develop as a result of antibiotic therapy.

In women, several types of birth control pills help against acne. Medical professionals typically reserve isotretinoin pills for severe acne, because of greater potential side effects. Early and aggressive treatment of acne is advocated by few in the medical community to reduce the long-term impact on individuals [3].

Causes of development of acne, other than genetics, have not been categorically identified. Possible contributors include infections, diet, hormones, and stress. Studies investigated that the impact of smoking on the incidence and severity of acne have been inadequate. Cleanliness and sunlight are not associated with acne. Acne susceptibility is due to the influence of multiple genes, as it does not follow a classic inheritance pattern (Mendelian) [4].

The on-going research is to understand the better mechanisms of sebum production. The research aims to develop medications which target and interfere with the hormones which are known to increase sebum production. A vaccine against inflammatory acne has shown favourable results in humans and mice.

## References

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