

## NEWS

## ACNE: NOT JUST YOUR CHILD'S CONDITION

## SPOT SOLUTIONS

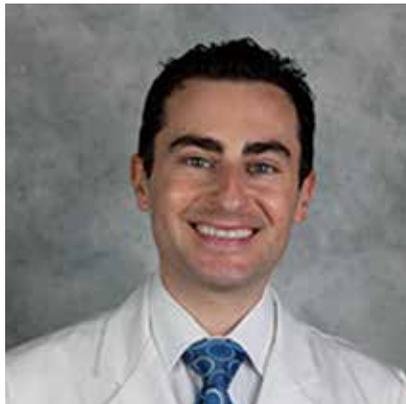
Suffered by between eighty five and ninety percent of teenagers, acne is a hormonal skin disease that can affect the face, chest, back, and shoulders. Although adult acne is fairly common, especially in women, in most cases the condition is completely cleared up by the age of twenty. In certain instances acne can leave scarring and marks on the skin.

"It's generally related to the secretion of testosterone, which revs up when puberty begins," said Dr. Benjamin Barankin, Medical Director and Founder of Toronto Dermatology Centre. "As a result of this increase, you start to produce more

oil, or sebum. A bacteria on the skin called *P.acnes* can then start to overgrow on all of this excessive oil; your body then develops an immunologic reaction to the bacteria and acne inflammation ensues."

**Treatment options**

There are various types of treatment that can be used to treat acne. For mild cases, topical treatments, such as creams and gels are used, "the topical therapies include antibiotics, benzoyl peroxide and vitamin A, otherwise known as tretinoin. You can also have combinations of any of those three. If somebody has deep acne you're generally going to think about adding a pill to work alongside topical therapy," said Dr. Barankin.



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**Dr. Ben Barankin**  
Medical Director and Founder,  
Toronto Dermatology Centre

**Sticking with treatment**

Sufferers may see positive results quickly, but it's important that they stick to their treatment to get the best possible results. It's also helpful to find a treatment that

doesn't cause irritation or side effects, because, as Dr. Barankin explained, "if treatment is tolerated well, the compliance will be higher and the results will be better."

The psychological effects of acne cannot be underestimated. For some teenagers, going through a period of life that is stressful enough already, it can be hard to handle. "I've had many patients who skipped school, or didn't date because they were embarrassed. There are increased rates of anxiety, depression, and suicidality in patients who have acne. But, there are studies that show that aggressive treatment of acne significantly improves the way that people feel about themselves," said Dr. Barankin.