

Ask 'Doctor D'....

about acne



Ask 'Doctor D' is your opportunity to put questions people often want answers to but don't like to ask, to the Doctors based at St. Andrews.

Why do I get it?

It often occurs around puberty due to hormonal changes, which cause the sweat glands to produce increased amounts of sebum an oily substance that stops hair and skin drying out.

This substance blocks the hair follicles allowing bacteria to replicate and cause spots. It is not infectious and it is not caused by poor hygiene.

How common is it?

80% of teenagers are afflicted with some degree of acne between the ages of 13–18 years (although, a minority of cases may also start in adulthood).

Can it be prevented?

Acne can often correct itself, but there are also a number of over-the-counter and prescription treatments available.

You can help prevent acne by washing your face with a gentle cleansing product.

Over zealous washing and scrubbing removes oil which encourages further oil production making it worse.

There is no evidence that wearing make-up causes spots but the less you touch your skin, the fewer bacteria will be spread on your skin.

If you wear make-up, ensure you wash it off before you go to bed.

There is also little evidence to support that certain foods, such as fried foods or chocolate, cause or aggravate acne.

Sunbathing does not cure acne - it just covers it up.

When should I see my doctor?

If your condition is affecting your confidence, or starting to scar.

Got a question about a health issue?

If you have a question for 'Dr D', please text, email or phone St Andrew's Medical Centre, Pinewood Gardens, Southborough, Tunbridge Wells, Kent TN4 OLZ

01892 515455.

www.standrewsmc-southborough.nhs.uk

You can also drop your question in to Café Bliss in the High Street.