



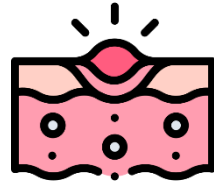
مدينة الملك فهد الطبية
King Fahad Medical City



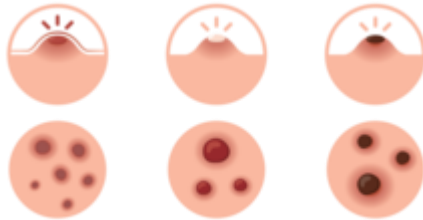
Clearing up ACNE

What is ACNE?

It is commonly known as PIMPLE,
a skin disorder that usually



appears as red, itchy, bumped and sores. Sometimes it may appear as black or white lump clogged inside the skin pores of the face, neck, shoulder, chest and back.



What are the causes of ACNE?

Over production of skin oil

Overgrowth of skin cells

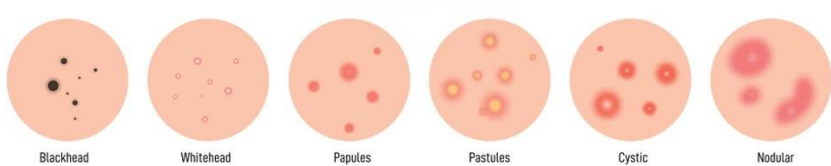
Enlargement of the skin pores

Bacteria invasion

Hormonal changes

Anxiety and stress

There are two types of acne:



1. SWELLING ACNE

Papules- a small solid, raised, pink and inflamed skin bumps without pus

Pustules- pimples that are red at the bottom and having pus on top

Nodules- large, painful, solid hard bump underneath the skin

Cysts- deep, painful, pus-filled lumps beneath the surface of the skin that can cause scars

2. NON-SWELLING ACNE

Blackheads- dark open clogged pore pimples that come to the skin surface as black spots.

Whiteheads- closed plugged pores pimples that stay underneath the skin and appears as white spots on the surface of the skin.

Healthy habits to prevent pimples?

➤ Good skin care

- ✔ Wash face twice a day with warm water and mild soap or mild facial cleanser.
- ✔ Soften the skin with moisturizer.
- ✔ Do not scrub the skin harshly as it may irritate and makes the skin drier.
- ✔ Avoid squeezing or bursting pimples, as it makes scarring, may cause further infection, more blocking, swelling and redness.
- ✔ Wash hands before touching the face as in applying moisturizers, creams or makeup.
- ✔ Remove makeup before sleeping.
- ✔ Avoid excessive sun exposure as it can cause more skin oil production. May use sunscreen protection.

- Enrich your diet with skin friendly foods that are rich in vitamins C, A, E and zinc

VITAMIN A rich foods



VITAMIN E rich foods



VITAMIN C rich foods



ZINC rich foods



➤ Deal on your stress and anxiety

- ✔ Learn relaxation techniques that will help you calm your inner being and stay focused.
- ✔ Do exercise regularly to increase brain sensitivity to body hormones that produces positive feeling.
- ✔ Get enough sleep at least 8 to 9 hours each day to repair body cells that enhances positive mood.

- ✔ Conquer your fear by facing the things that make you uneasy.
- ✔ Make a stressor diary by listing down encountered events and thoughts to help you figure out and review factors that add and affect your worries.
- ✔ Talk to someone to make your time fun and relaxed.

➤ **Seek medical treatment**



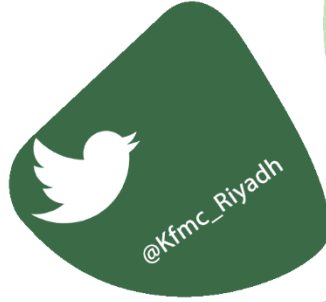
Early treatment of acne can clear the skin, which may prevent acne scars, worsening acne, or years of living with acne so it is best to seek Dermatologist instructions that is suitable for you before starting any medical treatment to regain skin suppleness.



لأن الوعي وقاية ..

إدارة التثقيف الصحي

Specialized Nursing Outpatient Department



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