

Acne Vulgaris 青春痘



What cause acne?

- Each hair follicle is lubricated by a gland that secretes an oily substance called sebum.
- During puberty, sebum production increases. If the follicle becomes blocked by sebum and skin cells, it will result into a whitehead (closed comedone).
- When the clogged follicle opens, the plug can be seen as a "blackhead" (open comedone).
- Bacteria in the hair follicle releases chemicals which act on the sebum, breaking it down, resulting in red and inflamed spots called pimples.
- In bad cases, pus develops, causing large painful swellings called nodules and cysts.
- The end result is scarring, either sunken pits or hard swellings.
- Ance is a collection of both red, inflamed pimples or non-inflamed comedones.





Who gets acne?

- Acne affects teenagers. About 85 per cent will get acne to some degree between the ages of 12 to 18.
- Acne may also begin in the twenties or thirties. About 10 to 20 per cent of adults can also be affected.
- Acne affects the face, chest and back.

What factors aggravate acne?

- Headbands and chin straps cause friction and heat that can block the follicles and promote breakouts.
- Greasy cosmetics, oily hair gel may worsen acne. Use water-based, oil-free cosmetics.
- There is no scientific evidence to show that chocolates or oily foods aggravate acne. No dietary restrictions are necessary.

What treatments are available for acne?

- Consult your doctor early. Treatment can improve your appearance and prevent the development of acne scars.
- Mild acne usually responds to cream, lotions or gels applied to the skin. Examples are benzoyl peroxide gel, acne lotion, antibiotic lotions and vitamin A derived gels. These preparations may make the skin red, dry or flaky, but this effect is usually temporary.
- For more severe acne, antibiotic tablets (e.g., tetracyclines, erythromycin) will help. These antibiotics are very safe and have to be taken for at least four to six months.
- For serious cases that do not respond to antibiotics, a tablet called isotretinoin may be given.
- Finally, be patient. All the treatments take about four to six weeks to show some effect, so do persist and not give up.

To make an appointment at the **Dermatology** Clinic, please call the CGH Appointment Centre at **(65) 6850 3333**.

导致青春痘的原因是什么?

- 每个毛囊是通过毛囊腺分泌的一种称为皮脂的油状物质来润滑。
- 在青春期,皮脂分泌增加,如果毛囊被皮脂和皮肤细胞堵塞,这会导致皮肤长凹凸不平的"白头粉刺"。
- 堵塞的毛囊开启时,就会露出堵塞物,也就是"黑头粉刺"。
- 毛囊中的细菌会释放出化学物质,和皮肤产生作用,将它分解,引起一些红肿的疙塔,称为丘疹。
- 在严重的情况下,这些疙瘩会流脓,长成较大而且疼痛的肿胀,也称为小结或囊肿。
- 最后,会留下凹凸不平的疤痕。
- 青春痘包括红肿的丘疹或不红肿的黑头粉刺。





哪些人会长青春痘?

- 青春痘主要影响青少年。大约有85%的青少年会在12岁至18岁期间长 青春痘。
- 20岁至30岁的人也会长青春痘。10%至20%的成年人也会受到影响。
- 脸上、胸部和背部易长青春痘。

哪些因素会导致青春痘恶化?

- 头上和围巾会蒙着的部位产生摩擦及热量,可堵塞毛囊,促使青春 痘的发作。
- 油性化妆品、油性发胶都会使青春痘恶化。应使用无油的水性化妆
- 尚无科学证据显示巧克力或多油的食品会使青春痘恶化,因此无需 忌口。

针对青春痘的治疗方法有哪些?

- 尽早向医生咨询。良好的治疗可改善皮肤外观, 防止青春痘疤痕的 产生。
- 在皮肤上涂些乳霜、乳液或凝胶, 例如过氧化苯甲酰胶、青春痘洗 液、抗生素洗液和维生素A衍生胶等通常可治疗轻微的青春痘。涂过 这些药物后, 皮肤可能会发红、变于或容易剥落, 但这些症状通常 只是暂时的。
- 抗生素药片能帮助治疗严重的青春痘。但至少需服用四至六个月。 如果抗生素不起作用,可服用一种叫异维生素A酸(Iso-tretinoin)的 药片。
- 最后,患者需要耐心。整个治疗需要四至六周才会出现效果,您须 持之以恒, 切勿轻言放弃。

如要预约**皮肤科**门诊,请致电樟宜综合医院预约中心。

电话:(65)68503333







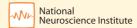


















PATIENTS. AT THE HE RT OF ALL WE DO.®

2 Simei Street 3 Singapore 529889 Tel: 6788 8833 Fax: 6788 0933 Reg No 198904226R

CGH Appointment Centre

For appointments and enquiries, please call: (65) 6850 3333

Operating hours: 8.30am to 5.30pm (Mondays to Fridays) 8.30am to 12.30pm (Saturdays) Closed on Sundays and Public Holidays

For more information, please visit www.cgh.com.sg

facebook.com/ChangiGeneralHospital

Information is valid as of January 2024 and subject to revision without prior notice.

All information provided within this publication is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered.

Please do not disregard the professional advice of your doctor.