



Acne Vulgaris

青春痘



Changi
General Hospital

SingHealth

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.
- Acne 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，引起一些红肿的疙瘩，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品。
- 尚无科学证据显示巧克力或多油的食物会使青春痘恶化，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，例如过氧化苯甲酰胺、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、变干或容易剥落，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) 6850 3333



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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



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