

Analysis of Laboratory Data in Patient with Acne

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Abstract: *Acne vulgaris is a chronic inflammatory disease of the sebaceous pielou. We studied patients with moderate and severe pemphigus foliaceus referred to Razi hospital during the study period in the years 2008-2009. This study was a clinical trial study. Demographic data were collected and were analyzed using Qui-Square and ANOVA. There was no significant gender difference in patients with acne. The common age range was 20-24 years old and the most common location of acne was on face (97.5%).*

Keywords: *Acne, Demographic Data*

1. Introduction

Acne vulgaris is a multifactorial dermatosis which occurs most often during puberty. Its pathogenesis is very complex and can be caused by many factors. The disease is characterized by seborrhea and formation of comedones, pustules and papules in areas rich in sebaceous glands. There is a huge variety of clinical acne. There are patients who have only few blackheads and patients with the general skin involvement, with pustular deep lesions, abscesses and scarring, and, though it rarely occurs, even with the involvement of the joints, as in the case of acne fulminans. Acne vulgaris can occur in a few forms: acne comedonica, which is dominated by open and closed comedones, acne papulopustulosa, which is dominated by the inflammatory process and acne conglobata, which is the most severe form of acne and except the changes mentioned above, it is characterized with abscesses, fistulas and scars. Acne vulgaris is one of the most commonly occurring skin conditions in the world. Relatively little is known about its epidemiology despite the fact that acne is almost a universal condition in younger people. The prevalence of the disease is difficult to estimate because lighter variants of acne are not presented to the dermatologists and are often cured with the use of domestic methods. This dermatosis is more common in developed countries than in less industrialized regions of the world. It is less common in African-Americans and Asians than in the Caucasian population. Acne lesions are present in almost all people at some period of their life. Acne may occur in prepubertal children (it is usually comedogenic), infants (it usually disappears after three months) and most frequently in the early teenage years, when production of sebum begins and first blackheads appear and can later turn into inflammatory lesions. Both women and men are affected by acne equally, however, a severe form often appears in men, probably due to the influence of hormones. During puberty everyone has more or less severe acne, which usually resolves spontaneously in early adulthood. Sometimes dermatosis lasts until the fourth decade of life or even during lifetime. In large studies performed in the United States, France and Great Britain, acne is still among the first three most common skin diseases in the general population.

Nowadays it is shown that acne is caused by different factors such as increased production of sebum, the release of inflammatory mediators in the skin, hyperkeratosis and colonization by anaerobic Propionibacterium

acnes (corynebacteria). Moreover, the factors contributing to the formation of acne also include genetic predispositions, hormonal abnormalities (androgens play the key role), immunological disorders, psychological, environmental and even iatrogenic factors. It is believed that diet may play a role in pathogenesis of acne vulgaris and some products may have an effect on the course of this dermatosis [1]-[5].

2. Material And Methods

We studied patients with moderate and severe pemphigus foliaceus referred to Razi hospital during the study period in the years 2008-2009. This study was a clinical trial study. Demographic data were collected and were analyzed using Chi-Square and ANOVA.

3. Results

Of all patients with acne 19 persons (47.5%) were male and 21 persons (52.5%) were female. The common age range was 20-24 years old (55% of patients). All patients had pre acne. Of total patients, 22 patients (55%) for 2-5 years, 12 patients (30%) over 5 years and 6 patients (15%) found to have acne after years.

The most common location of acne was on face (97.5%) and 40% of patients had acne only on the face. 15% of patients had acne on the face and trunk and extremities. According to the classification of acne to mild, moderate and severe acne, in our study the highest number of patients had severe acne.

4. Discussion

Acne vulgaris affects about 85% of teenagers and may continue to adulthood. There are about two million visits to physicians per year for teenagers and the direct cost of acne treatment in the US exceeds \$1 billion per year.[6] Acne is a common skin condition. In some studies the prevalence of comedones approaches 100% in both sexes during adolescence. The prevalence of acne varies between sexes and age groups, appearing earlier in females than in males, possibly reflecting the earlier onset of puberty. There is a greater severity of acne in males than in females in the late teens, which is compatible with androgens being a potent stimulus to sebum secretion. [7],[8]

5. Conclusion

There was no significant gender difference in patients with acne. The common age range was 20-24 years old and the most common location of acne was on face (97.5%).

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