



# ACNE

Acne is a very common skin condition that happens when your hair follicles become clogged with oil and dead skin cells<sup>2</sup>. It occurs mostly on the face, forehead, chest, shoulders and upper back<sup>1</sup>. It Commonly affects teenagers but can occur at any age<sup>1</sup>



Reference:1) [my.clevelandclinic.org/health/diseases/12233-acne](https://my.clevelandclinic.org/health/diseases/12233-acne)

2) [www.mayoclinic.org/diseases-conditions/acne/symptoms-causes/syc-20368047](https://www.mayoclinic.org/diseases-conditions/acne/symptoms-causes/syc-20368047)

Disclaimer : Photos and content are only for educational Purpose. Company is not liable for any use of the information contained within.

# TYPES OF ACNE

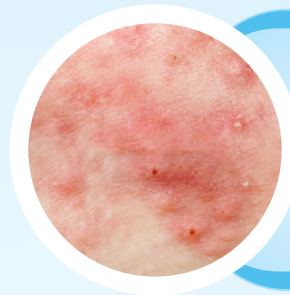
## BLACKHEADS

Open bumps with excess oil and dead skin<sup>1</sup>



## PAPULES

Small red/pink bumps with inflammation<sup>1,2</sup>



## WHITEHEADS

Closed bumps with oil and dead skin<sup>1</sup>



## NODULES

Solid pimples that are deep in your skin<sup>1</sup>



## PUSTULE

The bump filled with white or yellow pus<sup>2</sup>



## CYST

Large Cysts with pus-filled lesions<sup>2</sup>



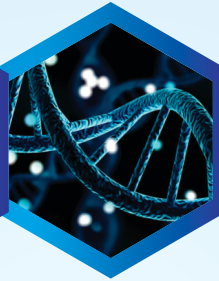
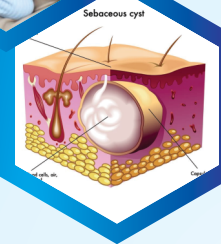
**HORMONAL CHANGES<sup>1</sup>**

**STRESS<sup>1</sup>**



**GENETIC<sup>2</sup>**

**SEBACEOUS GLAND  
HYPERSECRETION<sup>4</sup>**



**HIGH GLYCEMIC  
INDEX FOODS<sup>3</sup>**

# CAUSES OF ACNE

**MENSTRUATION<sup>1</sup>**



**INFECTIONS<sup>2</sup>**



**COSMETICS<sup>6</sup>**



**AIR POLLUTION &  
WEATHER CONDITIONS<sup>2</sup>**

**MEDICATIONS<sup>5</sup>**

Reference:

1) [www.mayoclinic.org/diseases-conditions/acne/symptoms-causes/syc-20368047](http://www.mayoclinic.org/diseases-conditions/acne/symptoms-causes/syc-20368047)

2) [my.clevelandclinic.org/health/diseases/12233-acne](http://my.clevelandclinic.org/health/diseases/12233-acne)

3) [www.aad.org/public/diseases/acne/causes/diet](http://www.aad.org/public/diseases/acne/causes/diet)

4) [www.nhs.uk/conditions/acne/causes/](http://www.nhs.uk/conditions/acne/causes/)

5) [www.nhs.uk/conditions/acne/causes/](http://www.nhs.uk/conditions/acne/causes/)

6) Perera M. et al. J.Cosmet Dermatol . 2018 Jun;17(3):431-436.

**Disclaimer :** Photos and content are only for educational Purpose. Company is not liable for any use of the information contained within.

# Myths and Facts about Acne



## MYTHS

Only teens get acne<sup>1</sup>



Acne is caused by dirty skin<sup>1</sup>



You need to wash your face frequently<sup>1</sup>



Application of Toothpaste can clear a pimple<sup>1</sup>



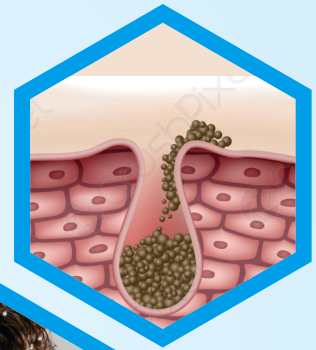
All acne can be treated by same drug

## FACTS

People of all ages get acne<sup>1</sup>



Acne isn't caused by dirty skin<sup>1</sup>



Washing your face frequently won't cure your acne<sup>1</sup>



Toothpaste and other household items are not safe on your skin<sup>1</sup>



All Acne can't be treated by same drug

References: 1) [aadermatology.com/the-top-12-acne-myths/](http://aadermatology.com/the-top-12-acne-myths/)

2) [www.hopkinsallchildrens.org/Patients-Families/Health-Library/HealthDocNew/Myths-About-Acne](http://www.hopkinsallchildrens.org/Patients-Families/Health-Library/HealthDocNew/Myths-About-Acne)

Disclaimer : Photos and content are only for educational Purpose. Company is not liable for any use of the information contained within.

# Skin Care

## Do's

## Don'ts



Wash twice a day and after sweating<sup>1</sup>

Don't touch your face repeatedly,<sup>1</sup>



Use sunscreens while out in the Sun<sup>1</sup>

Don't scrub your skin frequently<sup>1</sup>



Eat healthy foods<sup>6</sup>

Don't self medicate



Apply ice<sup>4</sup>

Don't use toothpaste on acne<sup>3</sup>



Stay Hydrated<sup>4</sup>

Don't squeeze the pimples<sup>5</sup>



Reference: 1) [www.aad.org/public/diseases/acne/skin-care/tips](http://www.aad.org/public/diseases/acne/skin-care/tips)

2) [www.advanceddermspecialists.com/8-dos-and-don-ts-for-treating-acne-prone-skin](http://www.advanceddermspecialists.com/8-dos-and-don-ts-for-treating-acne-prone-skin)

3) [aadermatology.com/the-top-12-acne-myths/](http://aadermatology.com/the-top-12-acne-myths/)

4) [www.medicalnewstoday.com/articles/ice-on-pimple#how-to-use](http://www.medicalnewstoday.com/articles/ice-on-pimple#how-to-use)

5) [www.webmd.com/skin-problems-and-treatments/features/pop-a-zit](http://www.webmd.com/skin-problems-and-treatments/features/pop-a-zit)

6) [www.aad.org/public/diseases/acne/causes/diet](http://www.aad.org/public/diseases/acne/causes/diet)

# If you have Acne

## diet to improve skin condition



### OMEGA-3 FATTY ACIDS

Reduces inflammation eg fish, etc



### HIGH-FIBER FOODS

Oatmeal, beans, apples, carrots, etc



### VIT E AND SELENIUM

Reduces cell damage and infection eg. almonds, peanut, etc.



### VITAMIN A

Reduces inflammation & cause of Acne eg. Orange and yellow vegetables, etc



### WATER

Cleanses your skin.  
Keeps skin and body hydrated



### VITAMIN C

Reduces redness, swelling & inflammation of Acne eg. Citrus fruit.

Issued for Public Awareness by



## For Softer, Smoother & Glowing Skin

### ELUGIA<sup>®</sup> Cleanser



A Gentle Daily  
Skin Cleansing Partner

### Elugia<sup>®</sup>-GS FACEWASH



Rediscover,  
Rejuvenate & Refresh

### ELUGIA<sup>®</sup> Soap



Moisturizes the skin  
with every wash