

Tequesta Family Practice

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Acne CAM

Blackheads: dilated skin follicles with central dark, horny plugs
Whiteheads: red, swollen follicles with or without white pustules
Nodules: tender collections of pus deep in the skin that discharge to the surface of the skin
Cysts: deep nodules that fail to discharge contents to surface
Large deep pustules: cysts that contain inflammatory compounds that break down adjacent skin tissue, leading to scar formation

QUICK REVIEW

- Acne is the most common skin problem.
- Acne is most common among males during puberty, due to hormonal changes.
- Acne is dependent upon male hormones, such as testosterone, that stimulate the manufacture of sebum.
- Long-term use of antibiotics may result in an overgrowth of the yeast *Candida albicans*.

TREATMENT SUMMARY

The natural approach to acne is designed to address the underlying hormonal and local processes.

General Recommendations

- Avoid medications that may cause acne:
Anabolic steroids, such as testosterone
Corticosteroids
Oral contraceptives
Progesterone
Drugs that contain bromides or iodides
- Avoid exposure to oils and greases. Avoid the use of greasy creams or cosmetics.
- Wash the pillowcase regularly in chemical-free (no added colors or fragrances) detergents.
- Remove excess sebum and oil from the face by washing thoroughly twice daily (more if necessary).

Diet

- Eliminate all refined and/or concentrated sugars from the diet.
- Do not eat foods that contain trans-fatty acids, such as milk, milk products, margarine, shortening, and other synthetically hydrogenated vegetable oils and fried foods.

Nutritional Supplements

- Chromium: 200-400 mcg per day

- Vitamin A: a dosage of 25,000 IU per day appears reasonable (higher dosages may be useful but should be monitored closely by a physician; sexually active women of childbearing age should not take vitamin A in daily dosages greater than 5,000 IU due to the link between excessive vitamin A and birth defects)

Vitamin E: 400 IU per day

Selenium: 200 mcg per day Zinc: 45-60 mg per day

Vitamin B6: 25 mg three times per day

Pantothenic acid: 2.5 g four times per day for up to two weeks

Physical Medicine

Acne tends to decrease with exposure to sun or ultraviolet light.

Topical Treatment

Choose one of the following:

- Tea tree oil (5-15% preparations)
- Azelaic acid (20% preparations)
- Sulfur (3-10% preparations)