

## TOPIC: ACNE



### Bacterial

GRAM \_\_\_\_

SHAPE: Bacilli (Rod shaped).



(Obencem)

### CAUSE

- ◆ \_\_\_\_\_ hair follicles & inflamed oil glands in skin (influenced by many factors; e.g. genetics).
- ◆ Mostly *Cutibacterium* \_\_\_\_\_ (*C. acnes*), formerly known as *Propionibacterium acnes* (*P. acnes*).
- ◆ Often occurs in puberty; hormones trigger excessive \_\_\_\_\_ (oil) production.
  - *C. acnes* uses sebum as nutrition source to proliferate; causes inflammation & clogs hair follicles.

### SPREAD

\_\_\_\_\_ contagious; *C. acnes* is a normal part of the skin microbiome.

### SYMPTOMS

- ◆ **Mild (comedonal) & moderate (inflammatory) acne:** whiteheads &/or blackheads.
- ◆ **Severe (nodular cystic) acne:** nodules/cysts (deep inflamed lesions), scar tissue.



(Obencem)



(Panichiarapun)



(New Africa)

### DIAGNOSIS

Visual inspection.

### TREATMENT

**Mild acne:** topical treatments e.g. benzoyl peroxide, salicylic acid.

**Moderate/severe acne:** antibiotics e.g. tetracyclines/macrolides.

### IMMUNITY

N/A

### References:

Obencem. (n.d.). [Photograph of acne on forehead]. 123RF.

Panichiarapun, W. (n.d.). [Photograph of acne on cheek]. Shutterstock.

New Africa. (n.d.). [Photograph of magnified acne on cheek]. Shutterstock.

## **TOPIC: ACNE**

### **PRACTICE**

Which of the following factors is a *direct* cause of acne?

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- a) Being a teenager/young adult.
- b) Bacteria proliferating in & clogging hair follicles.
- c) Hormonal changes leading to excessive sebum production.
- d) A respiratory *C. acnes* infection that spreads to the skin.