



## Acne vulgaris 痤瘡的預防與保健(英文)

### What is the definition of acne ?

Acne vulgaris, known as pimple, is a skin condition caused by chronic inflammation of hair follicle and sebaceous gland. It mostly happens to adolescence but it also affects people of all ages and genders. Clinical manifestations include congested pores, whiteheads, blackheads, pimples, pustules, and cyst. Without proper treatment, acne often leaves obvious dark pigment and indented scars.

### What is the diet and daily life care of acne ?

1. Clean your face with warm water twice a day; if your skin is still oily, apply cleaners with formula for acne only three times a day.
2. Wash your hair on a daily basis for it carries bacteria that could deteriorate acnes; so you should avoid hair style coving your forehead and cheek.
3. Change and wash your pillowcase, towels, and shower towels frequently.
4. Drink sufficient warm water.
5. Sleep for at least eight hours every night to provide your skin with sufficient rest; avoid staying up late or going to bed late.
6. Try to maintain a happy and relaxed emotion. Tenseness only accelerates or deteriorates conditions of acne.
7. Do not squeeze acne with your fingers to prevent bacterial infection or leave indented scars.
8. Avoid using cosmetics with oil to prevent pore blockage; if you must wear make-up, wear lipsticks and make-up for eyelid or eyelash. Water-

soluble cosmetics are highly recommended.

9. Avoid high-fat, high calorie and stimulating foods like capsicum, coriander, garlic, ginger, green onion, pepper, BBQ sauce, mustard, liquor, vinegar, anise, mutton, longan, litchi chinensis, mango, durian, ice cream, fries peanut, chocolate, drupe, crustacean ( shell, shrimp, crab ), coffee, black tea, medication containing iodine bromine.

10. You should follow treatment instructions given by the doctors and take medicine on time. Change your eating habits and live a regular life. It takes time for the medicine to kick in, so be patient. After 2 months of the treatment course, you should see the prominent change of your skin.

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