



Acne

Acne is a skin condition most often characterized by clogged pores known as comedones (whiteheads and blackheads), pustules (pimples), and cystic nodules. Most patients will have a variety of lesions in various states of formation and resolution. Acne typically begins in adolescence, but can be present in infants as well as middle-aged and older adults.

Acne is a disease of the follicle and is caused due to hyperproliferation and abnormal development of skin cells called keratinocytes. These changes cause comedones. Hormones, such as androgens, stimulate the oil glands and play a critical role in acne. In addition, microorganisms, particularly *Propionibacterium acnes* lead to inflammation and the production of larger pustules and nodulocystic lesions.

Treatment of acne includes topical therapy such as retinoids that promote normal skin development as well as topical antibacterials and benzoyl peroxide. Oral antibiotics such as tetracycline, doxycycline, minocycline, and erythromycin are helpful for more inflammatory lesions. Hormonal therapy such as birth control is an option, and in severe cases isotretinoin (accutane) is used.

This is the medical opinion of Savannah River Dermatology. For additional information, please contact our office at 706-691-7079.