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A Step towards Community Awareness on Acne: An Initiative One

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ABSTRACT:

Acne or which we called pimple is the most commonly seen skin condition in current youth mostly on the face and neck and back and shoulders of the person. This condition can affect the mental and social behavior of the person so the current study is to spread awareness on acne in community based survey in female and also dispatches pamphlets on awareness on Acne and try to identify correlation of various exogenous factors such as skin care like face washing, use of cosmetic and soap, causes like stress, hormonal disturbance and constipation, significance of diet like fruit consumption, consumption of junk food. We also try to receive the feedback on the impact of Acne whether it affects psychosocial behavior of the person or not. From survey carried out in community of other backward class females result was obtained by percentage analysis stated that 32% have Acne out of which 06% have irregular menstrual cycle and 11% have consulted a doctor. 29% participants answered that Acne might impact on psychosocial behavior of the person. 52% participants have answered that hormonal changes might be the cause of Acne occurrence followed by 32% for constipation and 16% for stress. In the study 69% were consuming junk food every week and 80% were using cosmetics and soaps for skin care. 59% participants have answered that their community have lesser cases of Acne and from them 97% were ready to spread awareness on this skin condition to others to aware youth about most common problem in current scenario. A small initiative might be simple but it might help in spreading awareness on Acne.

KEYWORDS: Acne, Awareness, Psycho-social behavior, Stress, Constipation, Hormonal changes.

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INTRODUCTION:

Acne or which we called Pimple is a skin condition which affect millions of adults worldwide especially when the hair follicles become plug with oil & dead skin cells, hormonal changes and hyper proliferation of follicular cells major causative reasons occur causes Acne.^{1, 2} Acne is the most commonly seen skin condition appears on face, neck, back and shoulders of the person. Acne can be stressful and frustratingly relentless if not care properly. Generally the lesions of the Acne heal slowly and simultaneously when one begins to resolve, others seem to produce up. Acne vulgaris is a most commonly affecting adolescents and having a psychosocial impact on this young age group since last many years.^{3, 4} Control over this psychosocial impact of acne on patient is one of the main goal of clinical management of the acne.^{5, 6} Depending on its harshness, acne can cause emotional suffering and increase stress lead to scarring of the skin because increase stress will increase inflammation mediated Neuro-peptides which increase the increase sebum causing acne. Although very few data based on research available about having focusing on correlation of stress and acne.^{7, 8} Pathogenesis of acne is based on the involvement of various interrelated factors and cofactors.⁹ Overproduction of oil or irregular shedding of dead skin cells like dandruff or too much oily skin building up the environment by making a soft plug where a bacteria can easily grow n survive and

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damage skin cells. If this soft plug cause follicle wall to bulge and produce a whitehead or may be open the surface and causing a dark heads. If the Acnes are raised red spots with a white center that develop when blocked hair follicles become inflamed. The blockages & inflammation that develop deep inside hair follicles produce lumps beneath the surface of skin called cysts. As per the research suggest that very few patients of acne consulting a doctor where mainly boys are less likely to talk to friends or family and share the condition which might also affect psychologically to them too. As the main affected and observed symptom of patients of acne having psychosocial impact is low level of confidence and less interactive nature and a kind of phobia develop slowly which might creates depression on longer standing.¹⁰

Factors which can influence the rate of Acne development: 1)

Hormones: - Androgens are hormones that increase in boys and girls during puberty and cause the sebaceous glands to enlarge and make more sebum. Hormonal changes in pregnancy and the use of oral contraceptives can also affect level of production of sebum in skin 2) **Diet:** Research studies indicate that certain dietary factors, like dairy products and carbohydrate containing foods like bread, bagels and chips, etc which increase the blood sugar level may trigger acne. There are few survey based studies in adolescents found 62-72% believe that diet and acne is having a correlation between each other.^{11,12} There are various risk factors includes direct skin contact with greasy or oily substances or certain cosmetics applied directly to the skin.

Non pharmacological measures to control Acne: Wash problem or affected areas with a gentle cleanser do rubbed it hardly. If acne tends to develop acne around your hairline, shampoo your hair frequently but not with hot water and dry it properly so scalp cells can't get damaged. Try to avoid irritants like cosmetics and other beautifying agents which can worsen the current acne condition. Always remember that sweating, dust and oils can contribute to acne development and worsening of the acne condition. Picking or squeezing can cause infection or scarring and may spread infection to other sites. Self care and regularly washing skin not much but at least twice and avoid touching to the affected area. The management of acne by medicines are usually depend on the skin type and lesion and severity of condition mostly topical retinoid, salicylic acid or hydrogen peroxide contain medications are used.

METHODOLOGY:

A community based questionnaire in local language was prepared under the guidance of the clinical pharmacist and

from general awareness observational points were included to spread awareness. The intention to spread awareness in the community and eliminate general problems the study was carried out by door to door communication and fully filled 100 forms were received and have dispatched 100 general awareness pamphlets mainly including what to do and what not if acne occurs which might help to spread awareness to other in future. The percentage analysis was carried out to obtain the result of the study.

RESULT:

From the study result obtained that 32% female were suffering from acne problem and out of which 12% were the students. The study also observed that 12% were have irregular menstrual cycle and from which 6% have acne problem and 3% have consulted a doctor for the treatment. 71 % participants in which 8% were having acne answered that Acne might affect the psychosocial behavior of the person. The community of other backward class female answered 59 % for having lesser chance of having Acne in their community while 41% believe that Acne can occur in their community too. From the participants 97 % were ready to help and spread the awareness about this to other general population. From studying the impact of exogenous factors like diet n fruits and cosmetics and junk food and cosmetics on the occurrence of Acne following result given in table number 2 has been obtained.

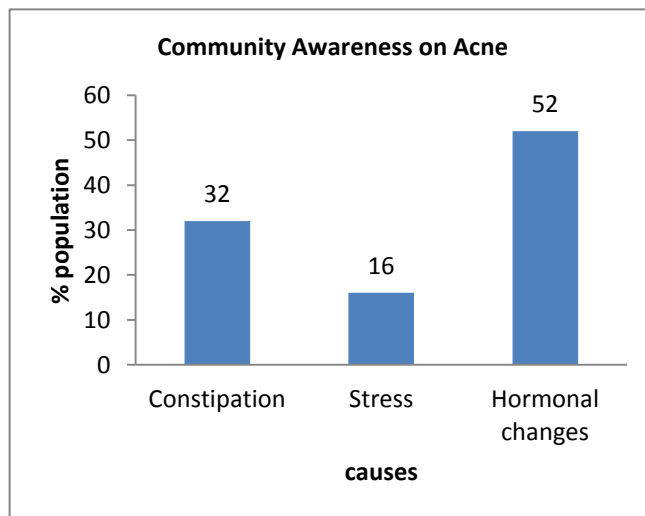


Figure1: Response of factors acting as causes of Acne.

Table1: Basic demographic information about the involved participants.

Age	Percentage
<20years	38
20-30	44
30-40	15
>40years	03
Occupation	Result in %
Students	38%
Housewife	47%
Service	15%
Immunization	
Yes	89
No	11
Diet	
Vegetarian	02
Non-vegetarian	98
Fruits (1 fruit per week)	
Yes	79
No	21
Junk food (once a week)	
Yes	69
No	31
Face wash(per day)	
➤ 3 times	32
➤ 5 times	53
➤ 10 times	15
Use of cosmetic/soap (per day)	
Yes	80
No	20

DISCUSSION:

From the study it has been concluded that Acne is a common problem in any community people and constipation and hormonal changes are major causative factors involve in the development of acne. The psychosocial behavior and diet can also impact on the development of acne in younger population. Regular life style and exercise and avoidance of junk food can be a better way to avoid occurrence of acne in general population. This kind initiatives in community can be a crucial to initiate a chain of awareness in general population may be at initial level it might be not sparkling but it will help the community healthcare development. This kind of positive approach by the community of other backward class female participants will motivate the other population to involve in such kind of awareness study.

CONCLUSION:

From the study it was concluded that 32% female of the community of other backward class have the Acne and only 9% have consulted a doctor. So awareness program like this in community might be helpful to aware population about the Acne and its general precautionary measures as there is necessary to know the interplay of lifestyle and acne so what to do and what not in Acne might be helpful to rise up the psychosocial behavior of the patients as well as also become beneficial for general population too. As this is the most common problem in current youth a small initiative might be simple but it might help in spreading awareness on Acne to all.

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