

ACNE – MEDICAL OR COSMETIC PROBLEM?

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Acnes – it is a chronic inflammatory disease of sebaceous glands, that appear in result of it's plugging and high level of the produsing of sebum. From the literature, about 80% of citizens at the age from 12 to 25 years has this problem, and about 40% of people older 25 years. There are many reasons of appearance of acnes such as ecologicas conditions, the tipe of feeding, the way of life. Acne is one of the most wide spread dermal diseases. The following factors play role In the formation of acne : hormonal changes, increased levels of male sex hormones (androgens), diseases of the stomach and intestines; liver disease; genetic predisposition. Basis of treating - regular facial cleansing by spesial means for the skin. Medical opinion. Acne is a disease, rather than a cosmetic defect of the skin. Treatment of acne not by the dermatologists in beauty salons and aesthetic centers undesirable. None of cosmetic methods are not superior to medical treatment of acne. Opinion of beautician. It's nessessary to remember the golden rule: you can not squeeze tumors, because it contributes to the spread of infection on the skin surface and leads to the appearance of new spots.

Acne treatment: nitrogen, cryotherapy, facial cleansing, exfoliation, home care. Daily skin care should include: gel cleaner, toner, cream of light texture that does not clog pores, mask (1-2 times a week). That can not be used to treat acne: soap that includes an alcohol; patch soda, toothpaste, vitamins.

The aim of our work was to identify the problems of acne on the basis of a survey among the students 1-5 courses of National Pharmaceutical University and correction of acne stage 1 by adhering to a healthy lifestyle, with or without cosmetics. Objects were students of 1-5 courses of National Pharmaceutical University with and without acne problems.

Objectives: To find out the number of students who have acne problems. To work out a set of procedures aimed at correcting the problems of acne. To work out a profile.

Conclusions: The problem of acne is relevant in our time, as a large number of people face it. After the experiments and surveys we'll make a conclusion: if you want to have beautiful and healthy skin, keep a healthy lifestyle, combined with a visit to experts. The problem should be solved both inside and outside. The place of doctors and beauticians important to maintain your health and beauty.