



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

## A CLINICO-EPIDEMIOLOGICAL STUDY OF ACNE IN ADULTS AT A TERTIARY CARE HOSPITAL.

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**Introduction:** Acne is commonly viewed as a disorder of adolescence, however prevalence of adults with acne is increasing. Adult acne has been traditionally defined as presence of acne beyond the age of 25 years.

**Objective :** This study was designed to evaluate the clinical and epidemiological data of adult acne with respect to its special characteristics, aggravating and relieving factors.

**Materials and methods:** This was a prospective study .The study was carried out for six months and it included 50 patients. Patients above the age of 25 years presenting with acne were included in the study. Patients taking oral hormonal therapy, immune compromised patients, pregnant and lactating women were excluded from the study. Written consent was obtained.

**Results:** Majority of the patients had grade 2 acne( 80%), followed by Grade 1 acne (10%), Grade 3 acne(8%) and Grade 4 acne (2%). The most common site of involvement was cheeks (80%), followed by chin (66%), mandibular area( 52%) and forehead (48%).Acne persisting beyond the age of 25 years was observed in 70%, while late onset acne was seen in 30%. Pre menstrual flare was observed in 46% and association with androgenic alopecia in 14%. Scarring was observed in 46% and pigmentation in 30%. Diet was vegetarian in 54% and mixed in 46%.Seborrhoeic dermatitis was the most common association (34%).

**Conclusions:** Adult acne differs from adolescent acne by its more inflammatory nature and predominant involvement of cheeks and lower half of the face especially jaw line and chin. Facial scarring is more common which emphasizes the importance of adequate therapy.

