



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

DIFFERENCES IN LIPID PROFILES OF PATIENTS WITH NO ACNE AND MILD ACNE COMPARED WITH PATIENTS WITH MODERATE TO SEVERE ACNE

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Background: Acne vulgaris also known as acne is a chronic follicle inflammatory disease that is known for its formation of papules, pustules or nodules. We understand that acne is effected by many factors including diet and hormone production. Cholesterol is one the main components that is used to create androgens. Androgens are understood to play a role in causing acne in women.

Objective: This study was conducted in order to investigate the role of lipid profile in acne and also compare the lipid profiles of patients with acne.

Materials and Methods: This is a cross sectional study with 40 samples divided into two groups. The first group was samples with no acne and mild acne and the second group was samples with moderate and severe acne. Samples were classified using the Lehmann's Grading Scale and were drawn blood to obtain their lipid profile. The data analysis was used to understand the difference of lipid profiles.

Results: The average number for total cholesterol in the first group was 186 mg/dL and in the second group 208 mg/dL ($p=0.095$). The average number for HDL in the first group was 58 mg/dL and in the second group 49,4 mg/dL ($p=0.017$). The average number for LDL in the first group was 120,5 mg/dL and in the second group 135,2 mg/dL ($p=0.208$). The average number for triglycerid in the first group was 64,7 mg/dL and in the second group 101,3 mg/dL (0.043). The average number for the ratio of total cholesterol/HDL in the first group was 3,3 and in the second group 4,4 ($p=0.1$).

Conclusions: Results between the first and the second group showed statistically significant results for HDL, triglycerid and the total cholesterol/HDL ratio.

