



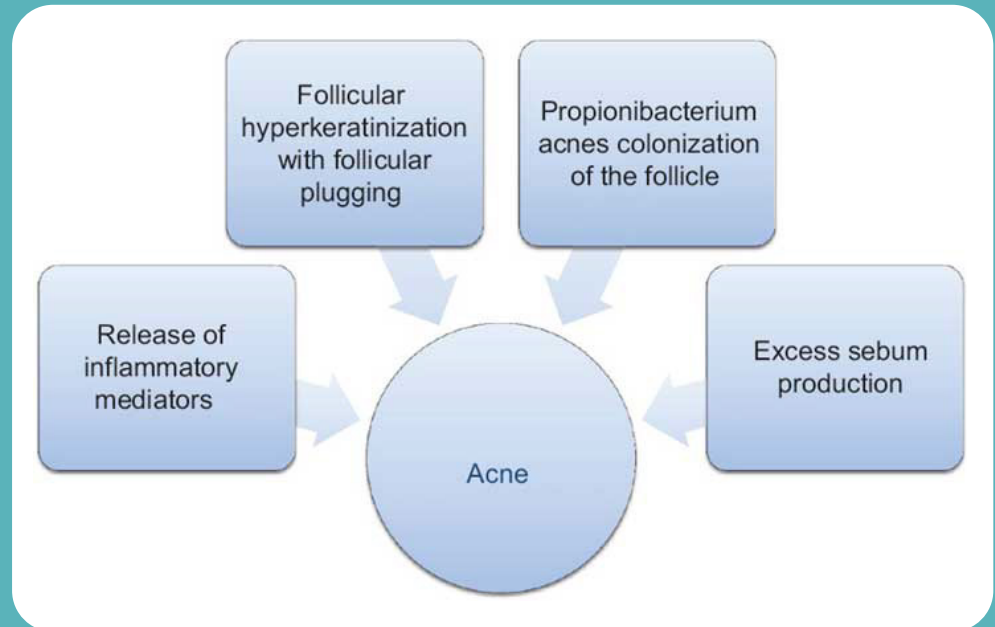
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DERMATOLOGY

Newsletter: June 2023



is Acne
Awareness
Month



Acne is a common, chronic, inflammatory skin condition that can affect individuals of all ages and often persists into adulthood. Acne can be influenced by a variety of factors, including genetics, hormones, stress, and diet. It is caused by overproduction of oil in the skin, insufficient shedding of dead skin cells, and an inflammatory response to increased growth of a normal skin bacteria known as Cutibacterium (formerly known as Propionobacterium) Acnes. Severe forms of acne may result in scarring, so minimizing breakouts is important.



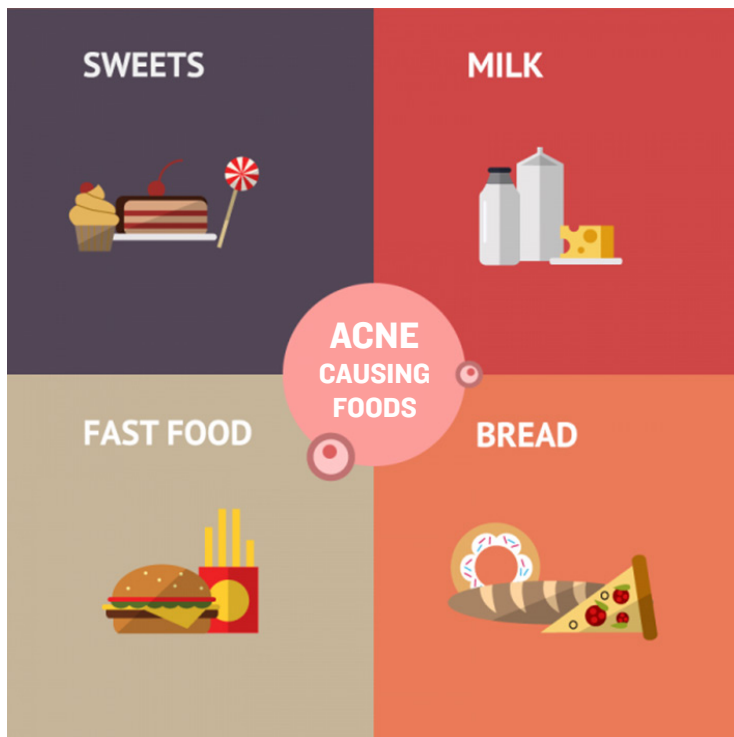
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Diet and Acne

While the relationship between diet and acne is complex and not yet fully understood, some foods have been identified as potential triggers for acne flare-ups in some people.

Small studies suggest that following a low-glycemic diet may reduce breakouts. Low-glycemic foods include most fresh veggies, some fresh fruits, beans, and oats.



High glycemic index foods: Foods that are high in sugar or refined carbohydrates can cause a rapid spike in blood sugar and insulin levels, leading to increased inflammation and oil production in the skin. Examples include sugary drinks, sweets, white bread, and pasta.

Dairy products: Milk and other dairy products can contain hormones that stimulate oil production and can contribute to the development of acne.

Fried and greasy foods: Foods that are high in saturated and trans fats can contribute to clogged pores and the development of acne. Examples include fast food, fried chicken, and potato chips.

Processed and packaged foods: Processed and packaged foods often contain high amounts of preservatives, artificial flavors, and other additives that can trigger inflammation and exacerbate acne.

Behavioral changes that may help with Acne

1. Keep your skin clean: Wash your face twice a day using a gentle cleanser. Avoid scrubbing too hard or using harsh exfoliants, which can irritate the skin.
2. Avoid touching your face: Our hands carry bacteria and oil that can clog pores and exacerbate acne. Try to avoid touching your face throughout the day, and wash your hands regularly.
3. Don't pick at your pimples: Picking at your acne can lead to scarring and make the acne worse. Leave the pimples alone and let them heal on their own.
4. Manage stress: Stress can trigger acne, so it's important to manage stress levels. Practice relaxation techniques such as yoga, meditation, or deep breathing exercises.
5. Get enough sleep: Lack of sleep can increase stress levels and contribute to acne. Aim for at least 7-8 hours of sleep per night.
6. Stay hydrated: Drink plenty of water to keep your skin hydrated and healthy.

Remember, these behavioral changes may not completely cure acne, but they can certainly help improve symptoms and prevent future breakouts.

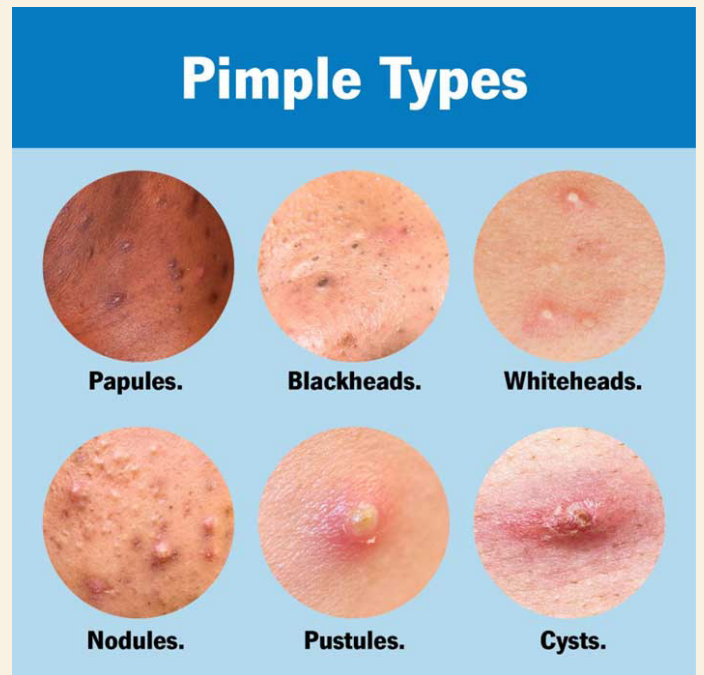


Medical Treatments for Acne

The treatment plan for acne typically depends on the type and severity of the acne, as well as the patient's skin type, age, and medical history. Some of the most common medical treatments for acne include:

1. Topical medications that include retinoids, benzoyl peroxide, salicylic acid, clascoterone, or antibiotics.
2. Oral antibiotics are generally reserved for moderate to severe acne and work by reducing inflammation and the number of bacteria on the skin.
3. Hormonal therapies may benefit women that notice a correlation between their menstrual cycle and acne flares. Options include certain oral contraceptives and spironolactone.
4. Isotretinoin is an oral retinoid medication that is typically used to treat severe acne with scarring. It is highly effective but requires close monitoring during therapy.

It's important to note that not all treatments are suitable for everyone, and it's essential to consult with a dermatologist to determine the best course of action for your particular case.



When to see a Dermatologist?

If your acne is affecting your self-esteem, your daily activities.

We would like to thank all of our staff for their continued dedication to our patients and the communities in which we all live and work

MIDDLETOWN	102 Valley Rd., Middletown, RI 02842
CUMBERLAND	2138 Mendon Rd., Ste. 201, Cumberland, RI 02864
WARREN	851 Main Street, Warren, RI 02885
WARWICK	618 Toll Gate Rd., Warwick, RI 02886
TIVERTON	67 William S. Canning Blvd., Tiverton, RI 02878
JOHNSTON	1524 Atwood Avenue, Ste. 321, Johnston, RI 02919
RIVERSIDE	1525 Wampanoag Trail, Ste. 203, Riverside, RI 02915
COVENTRY	2435 Nooseneck Hill Rd., Ste. A-1, Coventry, RI 02816
NARRAGANSETT	360 Kingstown Rd., Ste. 203, Narragansett, RI 02882
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