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GENDER FEATURES OF ACNE
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Relevance. Acne is an inflammatory disease of the sebaceous glands and hair follicles. Today almost everyone gets acne. Lately acne has ceased to be not only teens' disease but often occurs in adulthood. Acne is not dangerous to human life, but often causes psychosocial problems for young people, who are critical to their appearance.

Objective: to study the relationship between gender and the degree of manifestation of acne, to establish the impact of this disease on the life of a teenager.

Materials and methods. To assess the severity of acne we used "Dermatologic index of acne". To determine the impact of acne on the quality of life of teenagers we used a Cardiff Acne Disability Index (CADI) – a special test consisting of 5 questions.

Results and their discussion. We examined and interviewed 40 teenagers (20 girls and 20 boys) aged 16-17, students of the 10th – 11th forms of the high school. We found that 29 students (72,5%) had varying severity of acne. The disease was more common in girls. Test results indicated that the majority of teenagers (57,5%) had an inferiority because of acne. 39% of them were boys and 61% were girls.

Conclusion. Acne of varying severity is observed in the vast majority of today's teenagers. Girls are more prone to this disease.

The presence of acne on the skin significantly reduces self-esteem, causes discomfort and depression. It is difficult for girls with this problem to adapt to the social environment, even in mild acne and boys perceive the disease more positively, in spite of obvious clinical manifestations. To maintain good skin health the diet should include vitamins, proteins, carbohydrates and minerals. It is also necessary to follow a healthy lifestyle.