

暗瘡的煩惱



真實個案：

阿怡（化名），今年16歲，中三重讀生，因成績不理想，所以感覺讀書壓力很大。由12歲開始，亦是阿怡初來月經的時候，暗瘡的問題便開始困擾她，不但越出越多，而且每次留下的紅點需要很長時間才能散去。阿怡並沒有找醫生診治，只是自行擠壓暗瘡，而擠壓後遺留下的痕跡，亦需要很長時間才可復完。每逢來經前幾天，她的暗瘡數目亦會明顯增多，令阿怡煩惱不堪。

一般而言，大多數人在發育時期便開始出現暗瘡。暗瘡不單是身體上的皮膚病，也同時帶來情緒困擾。對於暗瘡患者而言，若果沒有適當的護理，便會留下疤痕，令日後的治理更為困難。

在日常護理上，必須保持面部清潔，避免擠壓暗瘡，當發現暗瘡或於粉刺形成初期，便要及早治理。治理方法主要分為外用藥及內服藥。由於暗瘡治療時間較長，所以病人要有耐性。一般口服藥或外用藥都需要八至十二個星期才会有明顯改善。

外用藥包括抗生素及維他命A酸物質；口服藥方面包括抗生素及亞維甲酸。女士也可以服用避孕藥的替代品。由於抗生素帶有副作用，如亞維甲酸對婦女會造成畸胎、肌肉酸痛，亦可能會傷害肝功能等，所以服用時要格外小心。建議聽取有經驗的皮膚科醫生的意見，並必須依足醫生的指引服用。

其他治療方法包括換膚（含果酸成份）。磨沙導入是一個嶄新技術，這些療程除可較快去除暗瘡外，並可減少暗瘡和杜絕粉刺的形成。另外亦可選擇激光治療，雖然價錢較為昂貴，但療效亦相對較好。

一般人誤以為暗瘡與飲食習慣有直接的關係，其實只要有健康的生活，懂得控制自己的工作及學習上的壓力，避免煙酒，定時睡眠及飲食健康，便可有效地避免暗瘡的形成。

常見暗瘡謬誤：

問題一：我的臉上長滿黑頭粉刺，是否需要徹底清理才可防止暗瘡形成？

答：黑頭是屬於良性的粉刺，由本身自然的粉刺分泌物氧化而成，與暗瘡的形成一點關係也沒有，它只會造成影響外觀的問題。而不斷去擠壓黑頭粉刺，只會令皮膚造成不同程度的破壞，亦有可能導致不良粉刺如白頭等的形成，那時便會更難處理，最後形成暗瘡。所以，建議避免刻意擠壓黑頭，應使用一些外用藥物減少黑頭的形成。

問題二：為甚麼女士較容易受暗瘡困擾？

答：1. 女士天生愛美，化妝品會令毛孔堵塞，形成粉刺，最後變成暗瘡。

2. 月經前後黃體酮素比平時高，會刺激暗瘡生長，導致經期前後暗瘡的數目增加。

問題三：甚麼是尋常瘡瘡？

答：女士可能出現有尋常瘡瘡相似的症狀如玫瑰丘疹。玫瑰丘疹有一個階段和尋常瘡瘡很相似，同樣有很多粉刺和膿頭，所以治理時需分開處理。

The Impact of Acne

Case:

Yee was a 16 year-old girl who started to have acne problems after the onset of puberty. The acne problem flared around the time of her period. Yee also had to repeat her form 3 study and she found this stressful, which increased the acne problem. She tried many methods to tackle the acne, including squeezing and trying various creams, but still ended up with a lot of scarring and red marks on her face.

Most of us will have the problem of acne when we start our adolescence. Acne will not just bring physical symptoms, but it will also cause social embarrassment and stress. One important message is, from the bad experience of many acne sufferers, that if acne is not adequately brought under control it will cause significant facial scarring. Acne scarring is one of the most difficult areas to treat even with the availability of modern technology.

There are certainly effective ways to tackle this problem. Gentle cleansing, adequate moisturising, and effective topical treatment are long-term standard treatment as well as for maintenance. The usual prescribed topical treatments include topical antibiotics, cleansers and topical retinoids. Acne is a chronic disease and medication should last for 8-12 weeks.

Treatment options will be various systemic antibiotics and systemic retinoid. Females may try the oral contraceptive as a substitute. The problem of systemic treatment is multiple and significant, therefore extra precaution should be exercised. For example, the use of antibiotics is associated with the emergence of antibiotic resistance.

The other treatment options will be chemical peeling and laser treatments. Both can give quick and fast results and therefore can be an option for those who need to reduce the appearance of acne scarring. This new combo mode of treatment incorporating microdermabrasion and medicine infusion is also very effective.

A lot of people will enquire about the possible effects from diet. The average diet will not contribute significantly to the development of acne. Nevertheless, it is always beneficial to maintain a healthy lifestyle, avoid cigarettes and alcohol, have regular sleeping hours and do exercise.

Question 1: There are many blackheads on my face, is it necessary to tackle all blackheads to avoid acne?

Answer : The blackheads are also called open comedones and are not causing acne progression. It is the whiteheads that are occluded and can progress to full-blown disease.

Question 2: Why do females have more problems with acne?

Answer :

1. The occlusive effect of the cosmetics will worsen the acne by occluding the ducts in the pilosebaceous unit.
2. The periodic flare of the pimples around the perimenstrual period is due to the swing in the hormonal profile.

Question 3: What are redheads?

Answer : Redheads are inflamed pimples and can cause pain, itchiness and progress to a large cyst. Therefore, medical treatment should be done separately from acne.