

# **IS DIET INTERVENTION HELPFUL IN THE TREATMENT OF ACNE VULGARIS?**

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**(MAY 2011 BATCH)**

THESIS SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENT FOR  
THE DEGREE OF MASTER OF SCIENCE (ANTI-AGING, REGENERATIVE  
MEDICINE AND MEDICAL AESTHETIC)  
in the Faculty of Medicine and Health Sciences, UCSI

APRIL 2013

## ABSTRACT

Acne vulgaris is a most common dermatological condition that affects millions of young adult worldwide. It is a skin disease cause by excess production of sebum, hormone imbalance, genetic inheritance, bacteria and hyper keratinization of follicular cells. Patients with severe acne have more severe mental distress than certain chronic medical conditions such as epilepsy and diabetes. Studies have shown that the patients with acne suffer from low self-esteem, anxiety and depression. This is a structured review of literatures published from the year 2003-2012. The objective of the structured review is to review the role of diet intervention the pathogenesis and management of acne vulgaris. The keywords used were "Acne" "Acne Vulgaris ", "Diet", "High Glyceric Index", "Western Diet", "Chocolate", "Milk". A total of 12 articles related to the topic have been retrieved (from year 2003-2012) and included in this study comprising of 9 randomized controlled trials and 3 clinical studies. This structured review has revealed the increased prevalence of acne vulgaris associated with increased consumption of dairy products, high glycemic index (GI) and glycemic load (GL) diet and chocolate. Besides that, endocrine factors play an important role in the acnegenesis as well. Higher omega-3consumption may suppress inflammatory cytokine production and thereby reduce acne severity. Thus, dietary advice is applicable as aiding tool in the treatment for acne but should not be used as solitary treatment in acne intervention.

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