

**ACNE VULGARIS – DOES DIET  
AND FAMILY HISTORY  
PLAY A ROLE?**

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## ABSTRACT

Acne vulgaris is a common skin condition that affects all age groups especially adolescents. Several studies have investigated the association between dietary variables and acne occurrence with conflicting findings. The objective of this study is to investigate the association between acne vulgaris and dietary factors among general population in Pulau Pinang. A case-control study was conducted among 57 acne vulgaris participants and 57 controls aged above 14 years old. Comprehensive acne severity scale (CASS) was used to determine acne severity. A questionnaire was distributed among case and control groups enquiring them about their dietary habits and family history. The results of the study are as follows; acne vulgaris is more common among males (59.6%) than females (40.4%). The case group (75.4%) reported they have one or more close relative such as parents or siblings with acne vulgaris compared to the control group (24.6%). The frequency of milk ( $p=0.039$ ) and chocolate ( $p=0.03$ ) consumptions was significantly higher in cases compared to controls. No significant difference was found in other dietary factors ( $p>0.05$ ). Conclusions were made that family history of acne vulgaris does play a role in acne vulgaris development. Dietary variables such as milk and chocolate consumption were positively associated with acne vulgaris occurrence.