



## PRESS RELEASE

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### CHANGE YOUR DIET, FIX YOUR ACNE

While most people consider acne a teenage skin condition, it has increasingly become a common concern for adults with psychological consequences that extend far beyond the teenage years.

Dr Douglas Grose, President of the Cosmetic Physicians College of Australasia (CPCA) is particularly passionate about treating acne not just via medical means but through diet and lifestyle as well.

"For just about as long as I have been a medical practitioner, which is about 48 years, the medical profession has denied the importance of diet when it comes to treating acne. In recent years, however, the evidence is mounting showing an association between the two. Research is demonstrating that acne is a disease among Western society and is noticeably absent in those that consume Palaeolithic diets that don't consist of refined sugars, grains, milk and dairy products," says Dr Grose.

So what is acne? Dr Grose explains. Acne is a disease of hair follicles, in which the hair follicle opening blocks up. Every hair follicle in the body has a little oil gland associated with it called the sebaceous gland and when that hair follicle blocks up, the sebaceous oil or sebum can't get out on the skin and so the hair follicle swells. The hair follicle is a great place for bugs to grow and so bugs that are naturally in the hair follicle start to multiply which gives the infection. This results in redness and all the other factors associated with acne. So essentially, acne is a blocked hair follicle with infection.

While the cause of acne is more likely linked to genetics, there are aggravating factors such as diet, clothing, skincare products, personal habits, stress and smoking.

Unquestionably though, the key element to understand is the important role diet plays when it comes to acne - specifically carbohydrates. Any food that typically comes from grains such as bread, pasta, cereals, biscuits and cake as well as animal-based milk products are to be avoided for acne-prone skin.

"High carbohydrates stimulate production of a hormone called insulin growth factor 1, and also cause problems with testosterone levels in the bloodstream. The combination of the two stimulates the oil glands and also tends to make the skin thicken up causing blockage and hence, acne," says Dr Grose.

While Dr Grose says that the first stage in reducing acne is minimising carbohydrates and animal-based milk products (or having none at all), there are also additional treatment options that would assist including topical/skincare products as well as LED light phototherapy, IPL, Laser, microdermabrasions, AHA/BHA masks and chemical peel.

For topical/skincare, Dr Grose recommends the following:

- Cleanse gently in the morning and use a mild exfoliating scrub at night.
- Use a non-comedogenic sunscreen to avoid aggravating the acne.
- Use mineral powder based or breathable makeup.
- Nighttime treatment may consist of Benzoyl peroxide and cosmeceutical skincare products that include a mix of salicylic acid and glycolic acid to unclog pores. Retinoids are also good for helping reduce the appearance of acne.

"These topical formulations are very good to put on the skin in the morning or at night as the aim is to unclog the pores. I say to patients, once your pores are draining, you're never going to get acne. As long as the oils are being eliminated from the skin, you will be acne free", says Dr Grose.

It's important to note that there is not one singular treatment of acne and the combination of treatment is based on the severity of the condition. In more severe cases other prescription based medical treatments may be necessary. However, according to Dr Grose, without doubt a dietary shift is key to helping reduce, if not eliminate this condition.

About the CPCA:

The CPCA is the leading representative body for medical practitioners practicing non- or minimally-invasive cosmetic medical treatments in Australasia. The College, which evolved from the Cosmetic Physicians Society of Australasia, provides education, training and ethical practice standards for its Fellows and Members who are required to have relevant training and experience as prerequisites for admission to the College. Members are also required to keep abreast of the most up-to-date, relevant information and latest medical and scientific advances

Overall, the key role of the CPCA is to develop and maintain the highest standards in cosmetic medicine, which helps safeguard the public.

<http://www.cPCA.net.au/>

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