

Role of Diet in Acne:

A Descriptive Study.

A Thesis

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قال الله عز وجل:

بسم الله الرحمن الرحيم

قَالُوا سُبْحَانَكَ لَا عِلْمَ لَنَا إِلَّا مَا
عَلَّمْتَنَا إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ
صدق الله العظيم

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ABSTRACT

Acne is a disease of the pilosebaceous units in the skin a wide variety of food items have been postulated to be associated with acne a relationship between the degree of acne and the frequency of consumption of fats oils meat grilled fish and tea with milk was found there is a negative correlation between the frequency of consumption of fresh vegetables and the severity of cne while a positive correlation was found between the frequency of consumption of nuts chocolate candy and tea without milk and the severity of acne lesions however no relation or correlation was found between the consumption of milk and other dairy products and the severity of acne lesions

Key words

Acne vulgaris_ nuts_ chocolate candy_ fresh vagetables_ milk products

Contents

Acknowledgement:	i
List of Abbreviations	ii
List of Figures	iv
List of Tables	vi
Introduction and Aim of Work	1
Review of Literature	
Chapter I	
- Acne vulgaris	4
Chapter II	
- Pathogenesis of Acne	9
Chapter III	
- Diet and Acne	42
Patients and Methods	76
Results	78
Discussion	132
Summary	141
Recommendations	143
References	145
Arabic Summary	

List of tables

Title	Page
<u>Table (1)</u> : Composition of sebum.	17
<u>Table (2)</u> : Personal characteristics of the studied acne patients.	78
<u>Table (3)</u> : Clinical data of the studied acne patients.	79
<u>Table (4)</u> : Relation between personal characters of the studied group and degree of acne.	81
<u>Table (5)</u> : The relation between the degree of acne in the studied patients and their medical characteristics.	82
<u>Table (6)</u> : Lipid profile of the studied Acne patients.	84
<u>Table (7)</u> : Main dietary habits adapted by the studied acne patient.	84
<u>Table (8)</u> : Main dietary habits adapted by the studied acne patient.	85
<u>Table (9)</u> : Main dietary habits adapted by the studied acne patient.	86

<u>Table (10):</u> Relation between dietary habits of the studied patients and their degree of acne.	87,88
<u>Table (11):</u> Frequencies of consumption of different types of milk.	89
<u>Table (12):</u> Frequencies of consumption of different kinds of cheese.	91
<u>Table (13):</u> Frequencies of consumption of other dairy products by the studied patients.	92
<u>Table (14):</u> Relation between the frequency of consumption of different types of milk and severity of acne.	93
<u>Table (15):</u> Relation between the frequency of consumption of dairy products and severity of acne.	95
<u>Table (16):</u> Relation between the frequency of consumption of dairy products and severity of acne.	96,97
<u>Table (17):</u> Relation between frequency of consumption of milk & dairy products as one item and severity of acne.	98
<u>Table (18):</u> Frequency of consumption of fats & oils by the studied patients.	98

<u>Table (19):</u> Relation between the frequency of consumption of fats & oils and severity of acne lesions.	99
<u>Table (20):</u> Frequencies of consumption of cereals.	100
<u>Table (21):</u> Relation between frequency of consumption of carbohydrates(cereals) and severity of acne.	101
<u>Table (22):</u> Frequencies of consumption of pulses.	102
<u>Table (23):</u> Relation between frequency of consumption of (pulses) and severity of acne.	103
<u>Table (24):</u> Frequencies of consumption of sweets & sugars.	104
<u>Table (25):</u> Relation between frequency of consumption of carbohydrates (sweets & sugars) and severity of acne.	105
<u>Table (26):</u> Frequencies of consumption of fresh fruits, vegetables and cooked vegetables.	106
<u>Table (27):</u> Relation between frequency of consumption of carbohydrates(fresh fruits) and severity of acne.	107
<u>Table (28):</u> Relation between frequency of consumption of carbohydrates (fresh vegetables) and severity of acne.	107

<u>Table (29):</u> Correlation between frequency of consumption of carbohydrates(fresh vegetables) and severity of acne .	108
<u>Table (30):</u> Relation between frequency of consumption of carbohydrates(cooked vegetables) and severity of acne.	109
<u>Table (31):</u> Frequencies of consumption of meat.	110
<u>Table (32):</u> Relation between frequency of consumption of meat and severity of acne.	111
<u>Table (33):</u> Frequencies of consumption of poultry.	113
<u>Table (34):</u> Relation between frequency of consumption of poultry and severity of acne.	114
<u>Table (35):</u> Frequencies of consumption of fish.	115
<u>Table (36):</u> Relation between frequency of consumption of proteins(fish) and severity of acne.	116
<u>Table (37):</u> Frequencies of consumption of liver& eggs.	117
<u>Table (38):</u> Relation between frequency of consumption of liver &eggs and severity of acne.	118
<u>Table (39):</u> Frequency of consumption of nuts.	119

<u>Table (40):</u> Relation between frequency of consumption of nuts and severity of acne.	119
<u>Table (41):</u> Correlation between the frequency of consumption of nuts and severity of acne in the studied patients.	120
<u>Table (42):</u> Frequency of consumption of chocolate candy.	121
<u>Table (43):</u> Relation between frequency of consumption of chocolate candy and severity of acne.	121
<u>Table (44):</u> Correlation between the frequency of consumption of chocolate candy and severity of acne.	122
<u>Table (45):</u> Frequency of consumption of beverages (chocolate milk drink) .	123
<u>Table (46):</u> Relation between frequency of consumption of chocolate milk drink and severity of acne.	123
<u>Table (47):</u> Frequency of consumption of tea.	124
<u>Table (48):</u> Relation between frequency of consumption of tea and severity of acne.	125
<u>Table (49):</u> Correlation between the frequency of consumption of tea and severity of acne.	126

<u>Table (50):</u> Frequency of consumption of Instant coffee.	127
<u>Table (51):</u> Relation between frequency of consumption of Instant coffee and severity of acne.	128
<u>Table (52):</u> Frequency of consumption of green tea & Turkish_coffee.	129
<u>Table(53):</u> Relation between frequency of consumption of green tea & Turkish coffee and severity of acne.	129
<u>Table (54):</u> Frequency of consumption of pickles.	130
<u>Table (55):</u> Relation between frequency of consumption of pickles and severity of acne.	130
<u>Table (56):</u> Summary of Results (Correlations).	131
<u>Table (57):</u> Summary of Results (Relations).	131

List of abbreviations

AM	Adrenomedullin
BMI	Body Mass Index
BST	Bovine Somatotropin
BTC	Betacellulin
CK	CytoKeratin
CRH	Corticotrophine Releasing Hormone
DHEA	Dehydroepiandrosterone
DHT	Dihydrotestosterone
EGFR	Epidermal Growth Factor Receptor
FFQ	Food Frequency Questionnaire
GI	Glycemic Index
GL	Glycemic Load
HB-EGF	Heparin Binding Epidermal Growth Factor
HGL	High Glycemic Load
HLA	Human Leucocytic Antigen
HSD	HydroxySteroid Dehydrogenase
IGF-1	Insulin like Growth Factor-1
IGFBP-1	Insulin like Growth Factor Binding Protein -1
IGFBP-3	Insulin like Growth Factor Binding Protein -3
IL-1α	Interlukin 1-alpha
K6	Keratin 6
LGL	Low Glycemic Load

LPS	Lipopolysaccharides
MHC	Major HistoComptability Complex
MMP	Matrix Metallo Proteinases
NEFAs	Non Esterified Free Fatty Acids
NGF	Nerve Growth Factor
NKT	Natural Killer T
NPs	NeuroPeptides
P. acnes	Propionibacterium acnes
PAMPs	Pathogen-Associated Molecular Patterns
PCOs	Poly Cystic Ovarian syndrome
POMC	PropioMelanoCortin
PPAR	Peroxisome Proliferator-Activated Receptors
PRRs	Pattern Recognition Receptors
PSU	Pilosebaceous Unit
r BGH	recombinant Bovine Growth Hormone
SHGB	Sex -Hormone Binding Globulin
SIS	Skin Immune System
T	Testosterone
TGF-α	Tumor Growth Factor- alpha
TLRs	Toll-Like Receptors
TNF	Tumor Necrosis Factor

List of figures

Title	Page
<u>Fig. 1:</u> Comedones.	6
<u>Fig. 2:</u> Papules and Pustules.	6
<u>Fig. 3:</u> Nodule and Cyst.	7
<u>Fig. 4:</u> Modern aspects of acne pathogenesis.	9
<u>Fig. 5:</u> Normal pilocebaceous unit.	10
<u>Fig. 6:</u> Pathways of C19 Steriod metabolism.	20
<u>Fig. 7:</u> Types of acne lesions in relation to pathogenic factors.	31
<u>Fig. 8:</u> The innate immune response in acne.	38
<u>Fig. 9:</u> Hormonal Changes Elicited by high Glycemic Load Diets Which Promote Acne.	51
<u>Fig. 10:</u> Influence of high glycemic meals and snacks on the day long concentrations of plasma insulin in 7 healthy male subjects.	56
<u>Fig. 11:</u> Degree of acne severity in the studied acne patients.	80
<u>Fig. 12:</u> Relation between hirsutism & degree of acne.	83
<u>Fig.13:</u> Relation between the frequency of consumption of plant oil & degree of acne.	99

<u>Fig. 14:</u> Correlation between frequency of consumption of fresh vegetables & degree of acne.	108
<u>Fig. 15:</u> Relation between the frequency of consumption of high fat meat & degree of acne.	112
<u>Fig. 16:</u> Relation between the frequency of consumption of low fat meat & degree of acne.	112
<u>Fig. 17:</u> Correlation between frequency of consumption of nuts & degree of acne.	120
<u>Fig. 18:</u> Correlation between frequency of consumption of chocolate candy & degree of acne.	122
<u>Fig. 19:</u> Correlation between frequency of consumption of tea without milk & degree of acne.	126