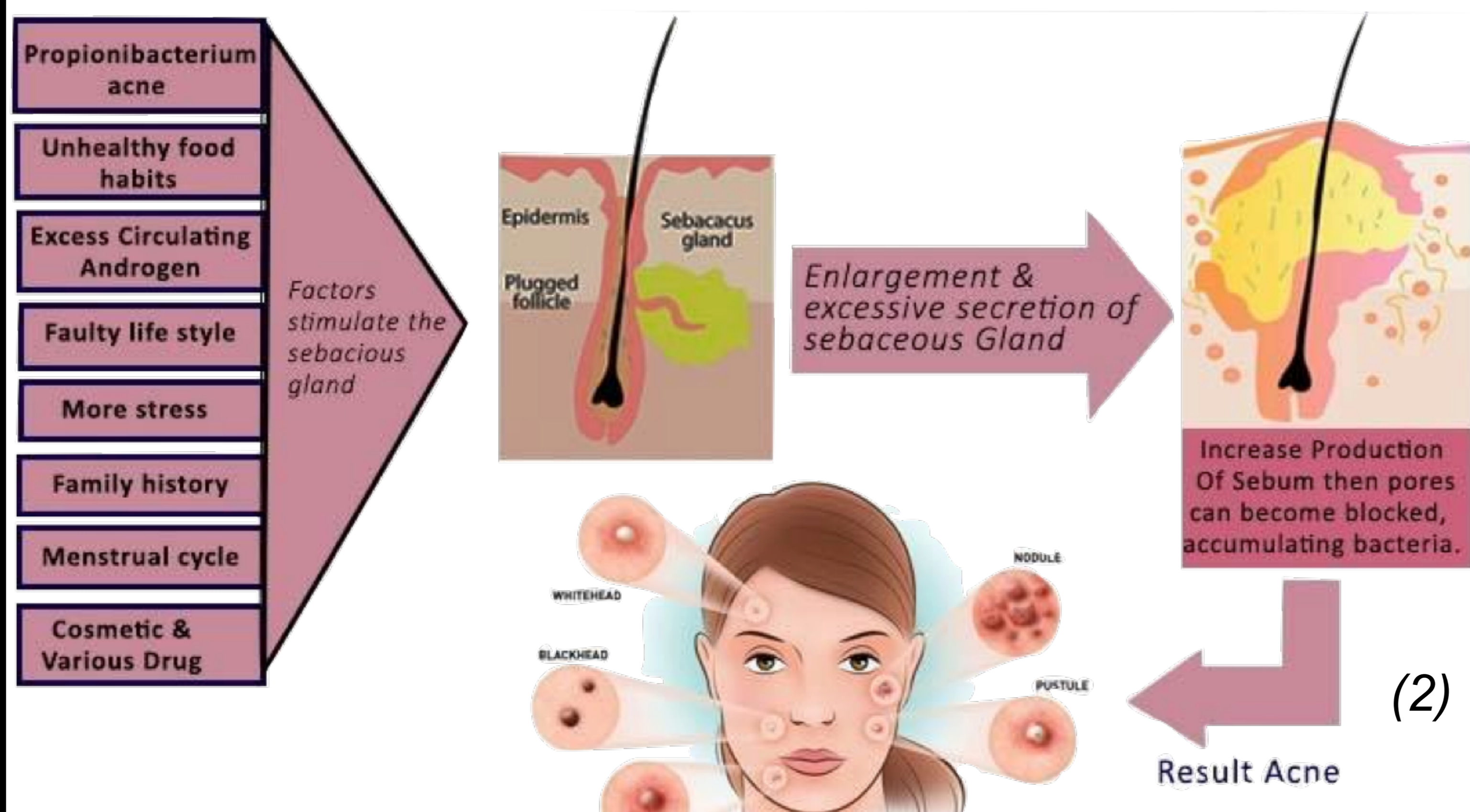


What is Acne ?

Acne vulgaris is a very common worldwide multifactorial skin problem affecting 9.4% of the world population, making it the eighth most prevalent disease worldwide.⁽¹⁾



How does it occur ?



Chocolate and Acne ?

People with acne usually attribute the condition or its exacerbation to diet, namely chocolate and greasy or fatty, reviews before 2007 have claimed that the condition was primary as a result of genetic predisposition and hormonal influences.⁽³⁾



Methods

A cross-sectional study was conducted in which 100 patients complaining from the acne were requested to participate in a questionnaire about the link between chocolate consumption and acne.⁽³⁾



Results

It was found in the study that (49%) believed chocolate could affect acne, (60%) they tried to change chocolate eating habit to reduce acne exacerbation, (43%) they found improvement due to reducing chocolate intake per day.⁽³⁾

Conclusion

Based on the available evidence, chocolate is an acne trigger, however more studies are needed to assess the cocoa effect on acne exacerbation and to elucidate the proposed mechanisms linking chocolate and acne.⁽³⁾



References

1. Tan, J. K. L., & Bhate, K. (2015). A global perspective on the epidemiology of acne. *British Journal of Dermatology*, 172(S1), 3-12.
2. Graham-Brown, R. and Bourke, J. (2007). *Mosby's color atlas and text of dermatology*. 2nd ed. Edinburgh: Mosby, pp.234, 235.
3. Alomairi, W., Alaeed, S., Alshehri, M. and Alkhalalneh, S. (2016). CORRELATION BETWEEN ACNE AND EATING CHOCOLATE IN TABUK CITY, SAUDI ARABIA. *International Journal of Advanced Research*, 4(9), pp.1786-1788.