

Acne

Overview

Acne is a common skin problem that causes spots, pimples, and bumps to appear, especially on the face, back, and chest. It happens when the pores in the skin get blocked by oil, dead skin cells, and bacteria. While acne is mostly seen in teenagers, it can affect children and adults too. Although acne can be frustrating, it can be treated, and the skin can be kept clear with the right care.

Symptoms

Children with acne may notice:

- Red or swollen spots, often called pimples
- Blackheads or whiteheads
- Painful, deep lumps under the skin
- Dark marks that stay on the skin after the pimples heal
- Skin that is oily or shiny

Causes

Acne is caused by a mix of things, including:

- Hormonal changes, especially during puberty
- The skin producing too much oil
- Dead skin cells clogging the pores
- Bacteria on the skin leading to pimples
- Stress or certain foods that may trigger breakouts

Diagnosis

Diagnosing acne is straightforward and usually involves:

- A simple look at the skin by a doctor
- Talking about any symptoms and what might be causing them
- In some cases, blood tests to check for hormone levels if needed



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Gertrude's Children's Hospital, 34 Muthaiga Road, Nairobi

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Treatment Options

At Gertrude's Children's Hospital, we offer a variety of treatments to help clear up acne, such as:

- **Cleansing products:** Gentle face washes to keep the skin clean and reduce oil
- **Topical treatments:** Creams or gels that can help dry out pimples and stop new ones from forming
- **Oral medications:** Pills that can reduce oil production or kill bacteria in more severe cases
- **Lifestyle tips:** Advice on diet, skincare routines, and how to avoid things that might make acne worse

Why Choose Us

At Gertrude's Children's Hospital, we understand how much acne can affect a child's confidence. We provide:

- **Skilled dermatologists:** Experts in treating skin problems in children, with years of experience in managing acne
- **Personalized care:** We create treatment plans that fit each child's unique needs
- **Support and education:** We teach children and families how to care for their skin and prevent future breakouts
- **Advanced treatments:** Access to the latest acne treatments and skincare products

Patient Success Stories

"My daughter struggled with acne for a long time, and it really affected her self-esteem. The doctors at Gertrude's Children's Hospital were amazing. They found the right treatment for her, and now her skin is much clearer. She feels so much better about herself." - Jane, parent of a child with acne

Frequently Asked Questions (FAQs)

Q: Can acne be prevented?

A: While acne can't always be prevented, keeping the skin clean and avoiding known triggers like greasy foods or certain skincare products can help reduce breakouts.

Q: Is it okay to pop pimples?

A: It's best to avoid popping pimples because it can lead to scarring and make acne worse. It's better to let treatments do their work.



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Q: How long does acne treatment take to work?

A: It can take a few weeks to see improvement with acne treatment, but it's important to stick with the plan and be patient.

Call-to-Action

If your child is dealing with acne, we're here to help. Schedule an appointment with our pediatric dermatology clinic to get personalized care and support.

Contact us today to learn more about our acne treatment options.

Phone: [Phone Number]

Email: info@gertrudeschildrenshospital.org

Online Scheduling: www.gertrudeschildrenshospital.org/schedule-an-appointment



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