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Associations among Acne Vulgaris and Western Diet

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Abstract

Associations between Hyperinsulinemia and Acne Vulgaris

© Conard et al. (2002) sought to investigate the prevalence of acne in non-westernized societies, where individuals consume a traditional diet that comprises a high carbohydrate load, which may elevate insulin levels, therefore leading to hyperinsulinemia. Through their meta-analysis, it was found that not a single case of acne vulgaris was observed in the Kikuyu tribe, supporting the idea that a diet rich in sugar, devoid of fiber, can be determinants of acne vulgaris. In New Zealand, the pathogenetic role of insulin in acne vulgaris has been examined in the past. Studying the pathogenesis of hyperinsulinemia and insulin resistance, it is critical to the development of acne vulgaris, this increase is paramount.

With acne vulgaris accounting for 35.0% of family medicine office visits in the United States during 2014-2015, the number of visits per year is on the rise. Acne: a disease of young people, acne vulgaris affects, on average, around 85% of adolescents in Westernized nations (Melnik, 2018).

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