

DIET AND QUALITY OF LIFE IN ACNE: A GUT-BRAIN-SKIN AXIS APPROACH

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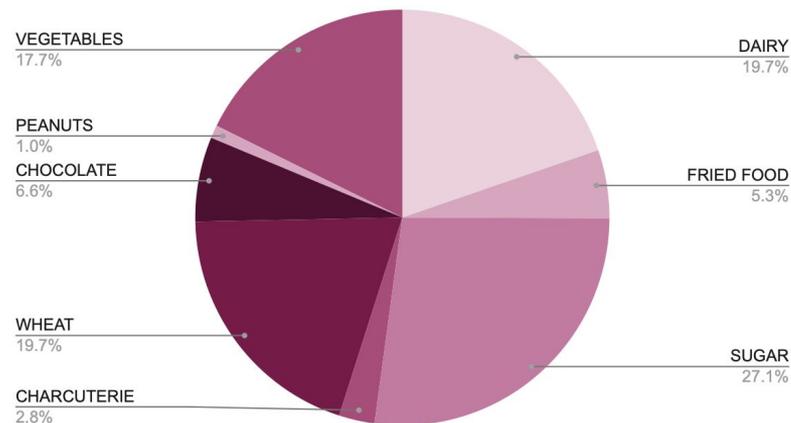
Background

Acne is one of the most common diseases in dermatologic practice. It has been related with the intake of dairy products, high glycemic index/load foods, and also with significant quality of life (QoL) impairment. The aim of the present study was to evaluate the severity of acne in relation to daily diet and quality of life in patients at a dermatological center in Bogotá, Colombia.

Materials and Methods

We conducted a cross-sectional study between June-August 2021 in a dermatological center in Bogotá, Colombia. Demographic characteristics were gathered, acne severity was assessed using the Global Acne Grading System (GAGS), QoL, anxiety and/or depression symptoms were evaluated using the Dermatologic Life Quality Index (DLQI), Generalized Anxiety Disorder (GAD-7) scale and Patient Health questionnaire (PHQ-2), respectively. Weekly frequency of consumption of certain food groups were asked. Data was analyzed using Microsoft Excel®.

MOST FREQUENTLY CONSUMED FOODS



Graphic 1. Distribution of consumed foods in people with acne

GAGS		DLQI	
Mild	75	No effect	93
Moderate	72	Small effect	35
Severe	8	Moderate effect	14
Very severe	3	Very large effect	12
		Extremely large effect	4

Table 1. Classification of acne severity and quality of life

Results

Of 158 patients, 68,35% were women. Mean age was 21,63 years. The majority had mild-to-moderate acne (93,03%) and 6,96% had severe to very severe acne. DLQI/CDLQI results showed that 81.01% had little or no effect on their QoL. Regarding psychiatric symptoms, 18 people had mild to moderate depression symptoms, and 12 had severe anxiety symptoms. Of the patients, 49.36% reported daily consumption of dairy products and wheat foods, and 67.72% have a daily sugar intake.

Conclusions

Anxious/depressive symptoms were relevant in our population as they were manifested in 1 out of 10 of the patients. We found that high glycemic index foods were frequently consumed, but foods such as chocolate and peanuts, which have been associated with acne, were not frequently eaten. More studies are needed to establish associations and improve the approach to diseases involving the gut-brain-skin axis.

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