

Acne scars the mind

2010-04-25

Publication: **The Sunday Telegraph**

A LEADING dermatologist says acne should no longer be overlooked as a significant cause of teenage depression.

Greg Goodman, who has worked in the field for 25 years, said acne had a broad impact on a vulnerable section of the community, yet it remained largely off the radar for health authorities.

Dr Goodman said 90 per cent of males and 70 per cent of females would experience acne during their adolescent years.

It hit ``at a time when they're forming a sense of self . . . it couldn't occur at a worse time," he said.

FED: Don't overlook acne as source of teen depression

2010-04-24

Publication: **AAP Australian General News**

A leading dermatologist says acne should no longer be overlooked as a significant cause of teenage depression.

GREG GOODMAN says acne has a broad and negative impact on a vulnerable section of the community .. and yet it remains largely off the radar for health authorities.

Dr GOODMAN .. from Melbourne's Monash University .. says 90 per cent of males and 70 per cent of females will experience acne in their adolescent years.

He says it couldn't occur at a worse time for teenagers .. because it comes at a time when they're forming a sense of self.

AAP RTV dr/tdb/wf/wz

Acne raises its ugly head

2010-04-24

Publication: **Townsville Bulletin**

ACNE was God's ``bad joke'' on young people and it should no longer be overlooked as a significant cause of teenage depression, a leading dermatologist says.

Victorian Dr Greg Goodman, who has worked in the field for 25 years, said acne had a broad and negative impact on a vulnerable section of the community and yet it remained largely off the radar for health authorities.

``There's no doubt that acne is a tremendous cause of depression in young people . . . ,'' Dr Goodman said.

``To think you've got some (acne treatment drugs) on the pharmaceutical benefits scheme, but that there is no topical treatment subsidised by government, is remarkable.

2010-04-24

Publication: **The Daily Telegraph**

Acne a killer

ACNE was God's ``bad joke'' on young people and should no longer be overlooked as a significant cause of teen depression, dermatologist Greg Goodman said, adding acne had a broad impact on the vulnerable.

Skin doctor calls for action on 'God's bad joke' Put teen acne in health's spotlight

2010-04-24

Publication: **Herald Sun**

ACNE is God's ``bad joke'' on young people and it should no longer be overlooked as a significant cause of teenage depression, a leading dermatologist says.

Dr Greg Goodman, who has worked in the field for 25 years, said acne had a broad and negative impact on a vulnerable section of the community, yet it remained largely off the radar for health authorities.

``There's no doubt that acne is a tremendous cause of depression in young people,'' Dr

Goodman said.

“To think that you've got some (acne treatment drugs) on the pharmaceutical benefits scheme, but that there is no topical treatment subsidised by government, is remarkable.

“You have to wonder why not . . . it is such a prevalent disease.”

Dr Goodman, who is an adjunct associate professor at Monash University, said 90 per cent of males and 70 per cent of females would experience acne in their adolescent years.

It hit “at a time when they are forming a sense of self . . . it couldn't occur at a worse time.

“It is God's bad joke.”

Some young people were at higher risk of long-term acne scarring due to the make-up of their immune system, Dr Goodman said, and this was hereditary.

Those without a natural immunity to the bacteria involved in zit outbreaks were prone to repeated and severe outbreaks and the development of scars.

Among young people who had active acne for more than three years, he said 95 per cent would suffer scars.

“And we've noticed that people with acne scarring versus scarring that has occurred in the first decade of life, like chicken pox scarring, is viewed totally differently,” Dr Goodman said.

Dr Goodman said his Melbourne clinic would see three to six new patients every day who were seeking treatment for their acne scars and, with conventional treatment, most cases of severe acne could be resolved before it got to that point.

“I shouldn't have to fix up people's acne scarring. It is a totally preventable disease,” he said.

Dr Goodman was attending the joint annual conference of the Australasian College of Cosmetic Surgery and the Cosmetic Physicians Society of Australasia in Adelaide.

Publisher: **AAP Newswire**

FED: Don't overlook acne as source of teen depression - doctor

2010-04-23 16:40:08

Publication: **AAP Australian General News**

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By Danny Rose, Medical Writer

ADELAIDE, April 23 AAP - Acne was God's "bad joke" on young people and it should no longer be overlooked as a significant cause of teenage depression, a leading dermatologist says.

Victoria-based Dr Greg Goodman, who has worked in the field for 25 years, said acne had a broad and negative impact on a vulnerable section of the community and yet it remained largely off the radar for health authorities.

"There's no doubt that acne is a tremendous cause of depression in young people ...," Dr Goodman told AAP.

"To think that you've got some (acne treatment drugs) on the pharmaceutical benefits scheme, but that there is no topical treatment subsidised by government, is remarkable.

"You have to wonder why not ... it is such a prevalent disease."

Dr Goodman, who is an adjunct associate professor at Monash University, said 90 per cent of males and 70 per cent of females would experience acne in their adolescent years.

It hit "at a time when they are forming a sense of self... it couldn't occur at a worse time".

"It is God's bad joke."

Some young people were at higher risk of long-term acne scarring due to the make-up of their immune system, Dr Goodman said, and this was hereditary.

Those who had a higher natural immunity to the bacteria involved in zit outbreaks would have fewer acne problems in their teens, but those without this were prone to repeated and severe outbreaks and the development of scars.

Among young people who had active acne for more than three years, he said 95 per cent would suffer scars as a result of the repeated stresses this placed on the skin.

"And we've noticed that people with acne scarring versus scarring that has occurred in the first decade of life, like chicken pox scarring, is viewed totally differently," Dr Goodman said.

"Someone can have the worst chicken pox scar, and if it happened when they were seven years old it doesn't compare in their minds to a scar they got in adolescence."

Dr Goodman said his Melbourne clinic would see three to six new patients every day who were seeking treatment for their acne scars and, with conventional treatments, most cases of severe acne could be resolved before it got to that point.

"I shouldn't have to do what I do... I shouldn't have to fix up people's acne scarring, it is a totally preventable disease," he said.

Dr Goodman was attending the joint annual conference of the Australasian College of Cosmetic Surgery and the Cosmetic Physicians Society of Australasia, in Adelaide.

The Cosmetex summit is underway from April 21-24.

AAP dr/tdb/mn/it