

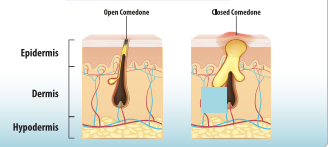
BENEATH THE SKIN WITH DR BENJI

For most skin conditions, there is always a treatment. Hence, there is no need to suffer in silence because you have a skin condition that makes you feel self-conscious about your appearance.

I have encountered patients that are distressed about **whiteheads, blackheads, and melasma**. If you have any of these skin conditions, please contact me so I can share with you some useful information about these conditions and available treatments.

DR BENJI TEOH TZE YUEN
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OPEN COMEDONE & CLOSED COMEDONE



WHITEHEADS & BLACKHEADS

Acne is a common skin disease that affects about 85% of adolescents at some time of their lives. The most common type of acne is acne vulgaris, which makes up 95% of acne cases and affects about 95% of boys and 85% of girls by the time they are 16.¹

Blackheads and whiteheads are common characteristics of acne vulgaris.


They are the result of the pores or hair follicles of the skin being blocked by dead skin and sebum (the oil produced by the skin).²

The primary lesion of acne is called a comedo.³ The plural form of comedo is comedones.

Whiteheads form when the comedones are closed and follicles are completely blocked.

Blackheads form when the comedones are open and the surface is dark black in colour due to oxidation of the lipid and melanin contents of the comedones.⁴

Acne vulgaris on its own is not associated with any mortality, but it can cause scars to form.⁵ These scars can cause psychosocial challenges such as depression, anxiety and more.⁶



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**SUCCESSFUL STRATEGIES FROM
DR BENJI TO MANAGE MELASMA**



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