



Acne Vulgaris, Household Transmission SARS-CoV-2 in Pediatrics

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EDITORIAL

Acne Vulgaris

Acne vulgaris is a common cutaneous disorder that can cause discomfort, disfigurement, and negative psychosocial effects. Clinical presentations of acne vulgaris vary widely, ranging from minor skin involvement to extensive presentations. Treatment options for acne vulgaris include topical, oral, and procedural therapies. Although topical therapy is the mainstay of treatment for mild acne vulgaris, patients with moderate to severe presentations may benefit from systemic therapy. The therapeutic approach to moderate to severe acne vulgaris will be reviewed here. General treatment principles and the management of mild acne vulgaris are reviewed separately. Papules and pustules occur when *C. acnes* colonizes the closed comedowns, breaking down sebum into free fatty acids that irritate the follicular epithelium and eliciting an inflammatory response by neutrophils and then lymphocytes, which further disrupts the epithelium. The inflamed follicle ruptures into the dermis (sometimes precipitated by physical manipulation or harsh scrubbing), where the come done contents elicit a further local inflammatory reaction, producing papules. If the inflammation is intense, grossly purulent pustules occur. Skin lesions and scarring can be a source of significant emotional distress. Nodules and cysts can be painful. Lesion types frequently coexist at different stages. Comedowns appear as whiteheads or blackheads. Whiteheads (closed comedowns) are flesh colored or whitish palpable lesions 1 to 3 mm in diameter; blackheads (open comedowns) are similar in appearance but with a dark center. If self-care remedies don't clear your acne, see your primary care doctor. He or she can prescribe stronger medications. If acne persists or is severe, you may want to seek medical treatment from a doctor who specializes in the skin

(dermatologist or pediatric dermatologist). For many women, acne can persist for decades, with flares common a week before menstruation. This type of acne tends to clear up without treatment in women who use contraceptives. In older adults, a sudden onset of severe acne may signal an underlying disease requiring medical attention. The Food and Drug Administration (FDA) warns that some popular nonprescription acne lotions, cleansers and other skin products can cause a serious reaction. This type of reaction is quite rare, so don't confuse it with any redness, irritation or itchiness that occurs in areas where you've applied medications or products. Household transmission of Severe Acute Respiratory Coronavirus-2 (SARS-CoV-2) contributes significantly to disease propagation. Previous household transmission studies have largely focused on adult index case populations, noting significant differences in Secondary Attack Rates (SARs) based on household size, relationships between household members and age of index case and close contacts. Some studies have suggested that children are less likely to transmit and acquire coronavirus disease 2019 (COVID-19) infection. However, dynamics of household transmission from pediatric index cases is mixed and an area of increased interest as schools reopen, and a pediatric vaccine is not yet widely available for all those under the age of 18 years. Reported SARs have ranged from 5.8% in a retrospective cohort study in Wuhan to 53% in a prospective study in Wisconsin and Tennessee. Both describe similar rates of transmission between pediatric and adult index cases within their samples.

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