

Self-Medi Care Prescription Report

Predicted Disease: Acne

Date and Time: 2024-11-23 14:44:13

Description: Acne is a skin condition that occurs when hair follicles become clogged with oil and dead skin cells.

Precautions:

- ['bath twice' 'avoid fatty spicy food' 'drink plenty of water' 'avoid too many products']

Medications:

- ['Antibiotics', 'Pain relievers', 'Antihistamines', 'Corticosteroids', 'Topical treatments']

Recommended Diet:

- ['Acne Diet', 'Low-Glycemic Diet', 'Hydration', 'Fruits and vegetables', 'Probiotics']

Workout Recommendations:

- Consume a balanced diet
- Limit dairy and high-glycemic foods
- Include antioxidants
- Stay hydrated
- Limit processed foods
- Include zinc-rich foods
- Consult a skincare professional
- Practice good skincare hygiene
- Limit sugary foods and beverages
- Follow medical recommendations

