

# Diagnosis Summary

**Name:** nvjrf

**Age:** 4

**Gender:** f

**Disease:** Acne

**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 using too many products

**Diet Suggestions:** Follow an acne diet., Consume a low-glycemic diet to avoid skin flare-ups., Stay hydrated by drinking plenty of water., Eat fruits and vegetables to support skin health., Take probiotics for gut health., Avoid greasy foods., Avoid sugary snacks., Avoid refined carbs., Avoid alcohol.

**Medication Suggestions:** Benzoyl Peroxide, Salicylic Acid, Retinoids like Tretinoin, Antibiotics like Doxycycline, Oral contraceptives

**Exercise Suggestions:** Engage in low-intensity exercises like walking or yoga, Avoid activities that lead to excessive sweating, Swimming can also be beneficial for calming the skin

**Specialist Recommended:** Dermatologist

**Location:** guntur

**Doctors Recommended:**

- Dr. Lakshmi Kamcharla at Lakshmi Scancenter & Dermatology Clinic (Experience: 25 years)
- Dr. Kavya Chennamsetty at Leelavathi Advanced Skin And Laser Center (Experience: 15 years)
- Dr. Ragini Puvvala at Dr. Ragini's Skin & Hair Clinic (Experience: 13 years)
- Dr. Thanuja B at Aster Ramesh Hospitalâ€™s,Guntur (Experience: 5 years)