

عنوان مقاله:

Glycemic Control and Acne: A Review

محل انتشار:

نشریه بین المللی علوم تغذیه، دوره 4، شماره 2 (سال: 1398)

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خلاصه مقاله:

Acne as a chronic inflammation involves pilosebaceous unit and is associated with hyperkeratosis and sebaceous hypersecretion. A high glycemic index (GI) and glycemic load (GL) diet may stimulate acne proliferative pathways affecting biochemical factors in acne. Although GI and GL have a prominent role in acne pathophysiology, few literatures assessed this association. This review was undertaken to summarize the published data regarding the effect of low glycemic load diet on acne lesions. A literature search was conducted in PubMed, Science direct, Google scholar up to January 2019. GI and GL are implicated in acne pathogenesis due to diet-induced hyperinsulinemia, stimulating a rise in IGF-1 concentrations and androgen hormones and as a result, amplifying acne-promoting pathways.

کلمات کلیدی:

Acne, Acne Vulgaris, Glycemic index, Glycemic load, Insulin

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