

〈教育セミナー〉  
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### An Epidemiological Study of Acne Vulgaris in Japan

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#### Abstract

An epidemiological study of acne vulgaris for the 793 students, which consist of 64 of the sixth grade of the elementary school, 120 of the junior high school, 120 of the high school and 489 of the nursing or medical school students, was performed by questionnaire. Of 793 students, 315 were male and 478 were female, and their ages ranged from 11–12 years-old to twenties. This acne study revealed that 58.6% of the students (male: 45.7%, female: 67.2%) were suffered from acne vulgaris, and that the average onset was 13.3 years of age, acne lesions appeared on the forehead first and later developed on the cheek and jaw. It was also demonstrated that 93.3% of the nursing or medical school students (male: 92.8%, female: 93.9%) were suffered or had been suffered from acne vulgaris, that is 92–94% of Japanese young people after 18 years-old had the acne history. They were impressed that insufficient sleep, oily skin and frequent make-up made worse their acne lesions. In order to treat their acne, 38.1% of them got the OCT topical agents through the drug stores, and only 11.8% of them visited doctors.

**Key words:** acne vulgaris, epidemiological study, school students, by questionnaire.