

## Truncal acne: the burden of a hidden disease

### Acne do tronco: o impacto de uma doença escondida

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Acne, a chronic inflammatory disease affecting up to 85% of adolescents, significantly impacts mental health, self-esteem, and social interactions due to its visibility on the face<sup>1</sup>. This condition also extends to truncal acne, which is often overlooked by both patients and clinicians despite affecting about half of those with facial acne<sup>2</sup>. A case of a 23-year-old with severe truncal acne highlights the issue's neglect, leading to keloids and atrophic scars, underscoring acne's potential for lasting physical and psychological effects (Fig. 1). Acne scarring, a major consequence, results from an imbalance in collagen synthesis<sup>1</sup>. Treatments for scars, such as corticosteroid injections and laser therapy, show limited success<sup>3</sup>. The reluctance to discuss truncal acne, often due to misconceptions about hygiene, contrasts with a desire for treatment. Without specific guidelines for truncal acne, this case emphasizes the need for comprehensive care in dermatology, addressing all acne forms to prevent untreated consequences and improve patient outcomes.

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Figure 1. Keloid scars caused by severe truncal acne.

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None.

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