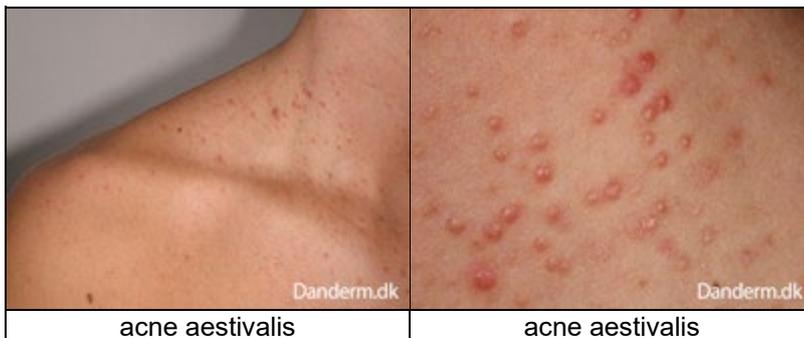

MALLORCA ACNE

WHAT IS MALLORCA ACNE?

Mallorca acne is a rash of small red bumps that develop after excessive exposure to sunlight or tanning beds. The term Mallorca acne (also called acne aestivalis) was coined by Danish dermatologist Hjorth, who observed the condition in a group of Danish holidaymakers who had visited Mallorca.

WHAT DOES MALLORCA ACNE LOOK LIKE?

Small, round, red bumps appear on sun-exposed skin, especially on the chest, shoulders, and upper arms. They can be itchy.



Fotos: Niels K. Veien. Atlas of Dermatology - www.danderm.dk

HOW DOES MALLORCA ACNE DEVELOP?

It's not known exactly how it develops. However, it is clear that sunburn or excessive sun exposure causes it. One theory is that after sunburn, the hair follicle ducts become blocked. The skin can be significantly damaged by UV radiation, peeling, and during recovery, the skin can grow over the openings of the hair follicles. Sweat glands also become blocked after sunburn. It may also be caused by oily sunscreens and oils, which can clog pores and cause acne. Besides blocked hair follicles, it's also possible that Mallorca acne is a form of sun allergy (a photodermatosis).

HOW IS THE DIAGNOSIS MADE?

The diagnosis is based on the clinical picture, the appearance, and the fact that the patient has recently been exposed to heavy sun.

HOW IS MALLORCA ACNE TREATED?

Treatment is usually not necessary; it resolves on its own. If necessary, anti-acne products that open the pores, such as tretinoin cream or benzoyl peroxide gel, can be used temporarily. It is also important to avoid excessive exposure to sunlight.

