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## **Holistic care: Dietary recommendations for patients with acne and rosacea**

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## CORRESPONDENCE

# Holistic care: Dietary recommendations for patients with acne and rosacea

Holistic care of patients is fundamental to the practice of medicine. We welcome the review and Delphi consensus of Goh and colleagues discussing considerations for optimizing skincare in patients with sensitive skin.<sup>1</sup> As part of holistic care of patients, we would encourage clinicians to also consider dietary recommendations when consulting patients.<sup>2</sup> For example, the NutriNet-Sante study is the largest cross-sectional study to date that interrogated adult acne and dietary behaviors through extensive serial questionnaires and yielded highly informative results. They suggested that consuming an energy-rich diet with high consumption of fatty and sugary products, milk and sugary drinks was significantly associated with current acne. Additionally, the authors observed independent associations among patients with current acne and the consumption of saturated fatty acids and carbohydrates.<sup>3</sup> A meta-analysis of 14 observational studies confirmed the correlation between acne and milk and demonstrated a stronger association with acne for low-fat milk and skimmed milk compared to whole milk.<sup>4</sup> However, no significant association with acne and yogurt/cheese was noted.

There is also evidence supporting the use of dietary modifications to optimize outcomes in rosacea<sup>5</sup> and eczema.<sup>6</sup> We would encourage cosmetic dermatologists to consider including nutritional recommendations to patients with acne, rosacea, and eczema as part of holistic care of these patients.

## KEYWORDS

acne, diet, holistic care, personalized approach, Western diet

## CONFLICT OF INTEREST STATEMENT

The authors have no conflict of interest to declare.

## DATA AVAILABILITY STATEMENT

Data sharing is not applicable to this article as no new data were created or analyzed in this study.

## ETHICAL APPROVAL

None.

## CONSENT FOR PUBLICATION

All authors have approved this final submitted version of the manuscript and consent to its submission for consideration of publication.

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