

**Julia Pervun**

Kyiv National University of Technologies and Design (Kyiv)

**Olena Babenko**

PhD in Philology, Associate Professor

Associate Professor of Foreign Languages Department

Kyiv National University of Technologies and Design (Kyiv)

## **“MASKNE”: PROBLEM DURING QUARANTINE.**

### **HOW TO PREVENT ACNE BREAKOUTS?**

According to recommendations of World Health Organization healthy people should wear nonmedical masks to control the spread of COVID-19 since June 2020. Along with the protective effect, there are also some side problems. A neologism “maskne” means some inflammation of the skin caused by wearing a protective mask. This term has been originated and spread recently. The study highlights specific features of such a pandemic phenomenon as “maskne” through the prism of medical issues.

Since wearing a mask has become a mandatory part of life, an unpleasant side effect –rashes–has been noticed. People started complaining about this problem. As a result of this is the clogging of the pores and eventually acne appears on the face. A greenhouse effect is a reason of it. “Maskne” is a mechanical acne, which leads to some irritation due to constant rubbing of tissue against the surface of the skin. The protective surface layer is violated and inflammation and irritation appear. Another negative factor is sweat, which does not evaporate, but, on the contrary, it is covered with a fabric with low breathability. Due to the long-term wearing of the mask, microparticles of dirt, sebum and dust are collected under it, creating the ideal conditions for the development of bacteria on the skin. The result is acne. That’s why doctors recommend changing the masks more often and regularly [1, p.21; 2, p. 97].

The following procedures and medicines are recommended for patients' treatment: retinoids (retinol); antiandrogens (androcur, cyproterone) and oral contraceptives (mestranol, estradiol); antibiotics (macrolides, tetracyclines, clindamycin), effective zinc preparations, B vitamins. physiotherapy EHF therapy, laser therapy. "Roaccutane" is characterised by sebostatic anti-inflammatory and immunomodulatory effect. Female attention is drawn to antiandrogenic drugs such as "Diane", spironolactone, etc. For the external usage it makes a sense to use alcohol solutions, salicylic acid, resorcinol, preparations with zinc, «Zinerite» lotion, synthetic retinoids [2, p.85-86].

For the purpose of prevention it is recommended to keep to a diet with restriction of fats and carbohydrates, monitor of function of a gastrointestinal tract, etc.

Skin care is especially important. It's necessary to clear the face before and after wearing the mask and use delicate products (foam or gel) for sensitive skin types. It is important not to use abrasive scrubs or brushes to avoid causing additional discomfort to the skin. Light moisturisers (preferably fragrance-free) are the best for care as well as glycerin and niacinamide, which protect the surface of the skin [1, p. 22].

But what's missing most during a pandemic? People do not have enough meetings with friends, relatives and face a lack of opportunities to get together in a large company, visit cafes and restaurants, cinemas, theatres, museums, etc. These psychological problems lead to a high level of anxiety and stress in the society. Knowledge of coping strategies as specific efforts to reduce stress is a good way to boost the immune system of everybody [3, p. 276].

In general, we can emphasize that people who have to wear a mask 24/7 tend to suffer from a specific type of acne. The beautician explains that the skin on the face is sensitive, so many of those, who have not experienced acne, before feel discomfort and psychological problems.

The main prevention measures are to follow the rules of personal hygiene and keep the skin clean. If it is impossible to use disposable masks, we should keep them reusable. People are recommended to avoid using a lot of cosmetics while wearing protective masks. Cosmetics can contaminate personal protective masks and cause irritation of the skin. Good sleep and quality nutrition in combination with coping strategies to reduce stress help to boost the immune system and live a happy life.

#### REFERENCES

1. Клименко А. В. Вугрова хвороба (акне) і акнеподібні дерматози (розацеа, демодекоз): етіологія, патогенез, клінічний перебіг та визначення перспективних підходів до диференціальної діагностики /А. В. Клименко, В. І. Степаненко // Український журнал дерматології, венерології, косметології. – 2008. – № 2. – С. 19-28.
2. Федотов В. П. Дерматовенерологія: навч. посіб. для лікарів і лікарів-інтернів / Федотов В. П. [та ін.]; за ред. В. П. Федотова [та ін.]; Дніпропетр. держ. мед. акад., Нац. мед. ун-т ім. О. О. Богомольця. – Дніпропетровськ ; Київ : [Свидлер А. Л.], 2008. – 599 с.
3. Babenko O. V. Coping strategies as specific efforts to reduce stress /O. V. Babenko, A. I. Babenko// Розвиток сучасної освіти: теорія, практика, інновації: зб. матеріалів міжнар.нук.-практ., конф., Київ, 23-24 лютого 2017 р. –К.: «Millenium», 2017. – С.276-277.