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Functional Medicine

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### LA PRISE RÉGULIÈRE DE BOISSONS SUCRÉES ACCROÎT LE RISQUE D'ACNÉ

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#### Daily Intake of Soft Drinks and Moderate-to-Severe Acne Vulgaris in Chinese Adolescents.

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#### Abstract

**OBJECTIVES:** To investigate the association of soft drink consumption and the intake of sugar from soft drinks with the prevalence of acne in adolescents.

**STUDY DESIGN:** This was a university-based epidemiologic investigation that included 8226 students who underwent health examinations and a questionnaire survey inquiring about the intake of soft drinks. Skin diseases were diagnosed by certificated dermatologists during the health examination. Two-level logistic and generalized additive models were used to estimate the associations, and aORs were presented as the effect size.

**RESULTS:** A total of 8197 student survey responses were analyzed. Frequent intake ( $\geq 7$  times per week) of carbonated sodas (aOR 1.61, 95% CI 0.96-2.72), sweetened tea drinks (aOR 2.52, 95% CI 1.43-4.43), and fruit-flavored drinks (aOR 1.90, 95% CI 1.18-3.07) was associated with moderate-to-severe acne after adjustments for confounders. The occasional intake of fruit-flavored drinks (1-2 times per week) had a weak protective effect on acne (aOR 0.86, 95% CI 0.74-0.99). The intake of sugar from any soft drinks showed a nonlinear association with acne ( $P < .01$ ), and sugar intake  $\geq 100$  g/d was significantly associated with moderate-to-severe acne (aOR 3.12, 95% CI 1.80-5.41).

**CONCLUSIONS:** Daily soft drink consumption significantly increases the risk of moderate-to-severe acne in adolescents, especially when the sugar intake from any type of soft drink exceeds 100 g per day.

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**Objectifs :** Étudier le lien entre la consommation de boissons sucrées, ainsi que la prise de sucre provenant de boissons sucrées, et la prévalence de l'acné chez les adolescents.

**Résultats :** Un total de 8197 réponses au sondage réalisé chez les étudiants ont été analysées. La consommation fréquente ( $\geq 7$  fois par semaine) de sodas pétillants (odds ratio ajusté = 1,61), de boissons édulcorées à base de thé (odds ratio ajusté = 2,52) et de boissons parfumées aux fruits (odds ratio ajusté = 1,90) était associée à une acné modérée à sévère après ajustement pour tous les facteurs confondants. (...) La consommation de sucre en provenance de toutes les boissons sucrées a montré une association non linéaire avec l'acné ( $P < .01$ ), alors que l'apport correspondant en sucre  $\geq 100$  g/jour était associé de manière significative à l'acné modérée à sévère (odds ratio ajusté = 3.12).

**Conclusion :** La consommation quotidienne de boissons sucrées augmente significativement le risque d'acné modérée à sévère chez les adolescents, en particulier lorsque l'apport en sucre via l'ensemble des boissons sucrées dépasse 100 g par jour."