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Functional Medicine

QUOTE GM #50

31/05/2019

Titre

Créé le

BOIRE DU LAIT AUGMENTE LE RISQUE DE FAIRE DE L'ACNÉ VULGAIRE

Clin Nutr. 2019 Jun;38(3):1067-1075. doi: 10.1016/j.clnu.2018.04.015. Epub 2018 May 8.

Dairy intake and acne development: A meta-analysis of observational studies.

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Abstract

BACKGROUND & AIMS: In the past, some observational studies have been carried out on the relationship between milk and dairy intake and risk of acne occurrence; however, their results were conflicting. This study is a meta-analysis and dose-response analysis designed to evaluate the relationship between milk and dairy products and acne development.

MATERIALS & METHODS: Data of the study were searched and collected from Pubmed/Medline, Scopus, Web of Science, and Embase databases. Study design, sex, age, exposure (i.e. dairy, milk, yogurt, cheese), dietary assessment method, acne ascertainment, total sample size, number of total subjects and cases in each category of exposure intake, OR, RR and PR with 95% CI in each category of exposure intake and adjusted variables were extracted.

RESULTS: Highest compared with lowest category of dairy (OR: 2.61, 95% CI: 1.20 to 5.67), total milk (OR: 1.48, 95% CI: 1.31 to 1.66), low-fat milk (OR: 1.25, 95% CI: 1.10 to 1.43) and skim milk (OR: 1.82, 95% CI: 1.34 to 2.47) intake significantly was associated with the presence of acne. Results of dose-response analysis revealed a significant linear relationship between dairy, whole milk and skim milk and risk of acne and nonlinear association between dairy, milk, low-fat milk and skim milk intake and acne.

CONCLUSION: In this meta-analysis we found a positive relationship between dairy, total milk, whole milk, low-fat and skim milk consumption and acne occurrence. In contrary, no significant association between yogurt/cheese and acne development was observed.

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KEYWORDS: Acne; Dairy; Meta-analysis; Milk; Yogurt

PMID: 29778512 DOI: 10.1016/j.clnu.2018.04.015

“Résultats : La consommation de lait total (odds ratio : 1,48 ; intervalle de confiance à 95 % : 1,31 à 1,66), de lait pauvre en graisse (odds ratio : 1,25 ; intervalle de confiance à 95 % : 1,10 à 1,43) et de lait écrémé (odds ratio : 1,82 ; intervalle de confiance à 95 % : 1,34 à 2,47) était associée de façon significative à la présence d'acné, comparativement aux autres catégories de produits laitiers (odds ratio : 2,61 ; intervalle de confiance à 95 % : 1,20 à 5,67). Les résultats de l'analyse dose-réponse ont révélé une relation linéaire significative entre les produits laitiers, le lait entier, le lait écrémé et le risque d'acné, ainsi qu'une association non linéaire entre laitages, lait entier, lait pauvre en graisse, lait écrémé et présence d'acné.

Conclusion : Dans cette méta-analyse, nous avons trouvé une relation positive entre la consommation de produits laitiers, de lait entier, de lait écrémé et de lait pauvre en graisse d'une part, et l'apparition d'acné d'autre part. Par contre, aucune association significative n'a été observée entre la consommation de yogourt ou de fromage et le développement de l'acné.”