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Functional Medicine

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DAILY INTAKE OF SOFT DRINKS INCREASES THE RISK OF ACNE

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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 (≥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 ≥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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*"**Results:** A total of 8197 student survey responses were analyzed. Frequent intake (≥7 times per week) of carbonated sodas (aOR 1.61), sweetened tea drinks (aOR 2.52), and fruit-flavored drinks (aOR 1.90) was associated with moderate-to-severe acne after adjustments for confounders. (…) The intake of sugar from any soft drinks showed a nonlinear association with acne ($P < .01$), and sugar intake ≥100 g/d was significantly associated with moderate-to-severe acne (aOR 3.12)."*

*"**Conclusion:** 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."*