

The effect of hydrogen purification on selected skin parameters of healthy women and suffering from acne vulgaris.

The project is intended for patients who meet the following requirements (inclusion criteria):

- age 19-25,
- healthy group not suffering from Acne ,
- group with Acne,
- no contraindications for hydrogen cleansing: (i.e. pregnancy, lactation, cancer, severe forms of acne, viral, fungal, bacterial skin diseases, skin lesions within the treatment area, fresh scars or surgery at the treatment site, herpes, isotretinoin treatment, epilepsy, claustrophobia, reduced immunity),
- consent to participate in the study.

In addition, patients who meet the following conditions (exclusion criteria) will be excluded from the trials:

- severe Acne,
- pregnancy, lactation,
- active inflammation of the skin,
- bacterial, viral and fungal relapsing skin diseases,
- fresh surgical procedures in the treatment area,
- active Herpes,
- treatment with isotretinoin, and 6 months after finishing treatment,
- reduced immunity,
- epilepsy,
- claustrophobia.

People qualified for the project will undergo four sessions of hydrogen purification performed every seven days. From the qualified persons 2 groups will be selected: healthy people and people suffering from acne.

Before the treatment series, a week and two weeks after the end of the sessions, skin measurements will be taken, using the DermaUnit device: measurement of oiling, moisturizing and pH of the skin. For the group that suffers from acne, the Hellgren and Vincent scale will be used to check the number of skin eruptions before and after the treatment series. This scale is used to check whether the hydrogen cleansing treatment contributes to improving skin condition and reducing skin eruptions.

Participation in the trials is voluntary and patients can opt out of the project at any stage of its duration. For more detailed information, please contact the project manager

- Dr. Karolina Chilicka(e-mail:karolina.chilicka@poczta.onet.pl).