

Your Weekly Medical Advice

by Dr Pilate Ntsuke

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200



Acne (Pimples)

Acne is a medical condition characterised by blackheads, whiteheads, pimples and cysts, usually affecting the face, back and chest. It is triggered by hormonal changes associated with puberty and usually begins in the teenage years. Acne often resolves after 8-10 years. More severe cases can lead to permanent scarring.

Self-help strategies for acne include avoiding squeezing acne lesions, using a mild skin-cleansing regimen, eating a healthy diet and avoiding overexposure to the sun. There are some treatments available over the counter for management of acne; however more severe cases of acne may need prescription medications. It is always advisable to consult your GP if you are concerned about any skin problems.

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au