

## **Enlarged Pores – The Holistic Approach: From Diet and Skincare to Laser**

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Physiologically speaking, pores are defined as apertures from the surface of a tegument (animal, vegetal) that ensure the input or output of gases or fluids.

Dermatologists often face challenging questions from their patients or customers about the presence of large or enlarged skin pores and the practical possibilities to alleviate such undesired aspects.

Although not a medical concern, enlarged pores are a cosmetic concern for a large number of individuals. This obsession has even led dermatologists to coin the term "porexia" for those who have a neurosis about their pores.

An increasing number of young age group adults are presenting at the dermatology clinic, requiring improvement of their enlarged pores without there being any association with other sequelae accompanying aging skin.

Many endogenous and exogenous factors are known to cause enlarged pilosebaceous pores. Sex, genetic predisposition, ageing, chronic ultraviolet light exposure, comedogenic xenobiotics, acne and seborrhoea.

In female patients, additional hormonal factors, such as those of the menstrual cycle, affect the pore size. Pore size was significantly increased during the ovulation phase.

Because various factors cause enlarged facial pores, it might be useful to identify the underlying causes to be able to select the appropriate treatment.

Enlarged facial pores are difficult to treat due to the multifactorial nature of their pathogenesis, and are primarily treated through addressing associative factors, such as increased sebum production and cutaneous aging.

Treatments for enlarged facial pores primarily aim to decrease sebum production, rejuvenate skin, remove hair, and/or decrease follicular size.

We review the current treatment modalities for enlarged or dense facial pores, including diet and sun protection, topical retinoids, chemical peels, oral antiandrogens, and lasers.