

Identical twin studies show acne mostly genetic, and linked to prostate and breast cancer

Acne is the most common of all skin conditions. It affects people across several age groups, from adolescence to middle age.

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A strong family history is usually present in acne patients. Many school-going children with acne have parents or siblings who had/have acne.

A study on acne in twins in the US showed that both twins had a high risk of inheriting acne. This was reported again in an Australian study involving adolescent twins.

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[P]revious studies showed a heritability estimate ranging from 50-90% for acne. In other words, approximately 50-90% of acne was due to genetic variation in the affected individuals.

A large UK study involving 400 twin pairs showed that 81% of acne was due to genetic factors.

Up to 47% of twins with acne had at least one sibling with acne. In contrast, only 15% of twins without acne reported having another sibling who had acne...[T]he transmission of acne was also studied, with 41% of twins with acne having one or more children who also had acne. Only 17% of twins without acne had children suffering from the condition.

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It is noteworthy that individuals with a history of severe teenage acne have a higher risk of prostate and breast cancer.

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Genetics of Acne](#)