

**An Introduction into Dermatology  
By Dr. Amit Varma**



***Why do pimples form?***

Dead skin, oil, and bacteria. Pimples form when dead skin cells mix with excess oil (sebum). This mixture plugs the pore, causing swelling. Bacteria can grow in the mix and lead to infection and pus.

***Do greasy, fried foods make acne worse?***

No. Parents often tell their children to avoid pizza, chocolate, greasy fried foods, and junk food. While these foods may not be good for overall health, there is no scientific evidence that such foods either cause or increase the pimples.

***What is the best home care for mild acne?***

The best at-home treatment for mild acne is gentle cleansing and skin care. Never pick or squeeze pimples! Playing with or popping pimples can cause scarring and nearly always makes bumps stay longer and redder.

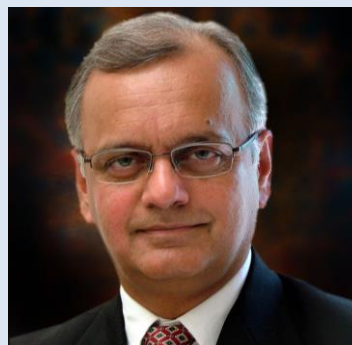
***How do home treatments and prescription therapies fight acne?***

Unclogging pores, killing bacteria, and minimizing oil (sebum)

Note: Despite what you read in popular style and fashion magazines, there is no magic product or regimen that is right for every person!

*Edited by Byron Dawson*

**A message from CMO Dr. Rohit Jaswal**



Hello friends and family of Intermed!

The hot summer months are already upon us and they bring with them a host of seasonal health issues to be wary of. Heat can quickly lead to dehydration or heat stroke. Stay hydrated and avoid direct sunlight as much as possible. Monsoon season also carries its own slate of diseases which can be very dangerous if the proper precautions are not taken. Eliminate sources of standing water to keep mosquitos from breeding.

Intermed is excited to announce the hiring of its new Marketing Executive and Dietician. Mr. Shahnawaz Anwar and Mrs. Deepika Mehta are valuable additions who will continue to spread Intermed's message throughout the community. Read more about them on the next page.

Intermed is always adding new specialties to better be able to serve the needs of its community. Among those recently added were Dentistry and Dermatology. Dr. Amit Varma has a decade of experience treating skin problems and can quickly diagnose your issues and get you on the road to recovery. Dentists Anshuman and Sarika Ahuja offer complete dental services from veneers to extractions to root canals.

Thanks for reading and we hope to see you soon at Intermed!

- Dr. Rohit Jaswal

**New Additions to the Intermed Team**

Intermed is pleased to announce the addition of two new highly qualified staff members. Please join us in welcoming aboard Mr. Shahnawaz Anwar, Intermed's newest Marketing Executive and Mrs. Deepika Mehta, Nutritionist.



**Mr. Anwar** has completed his Bachelor of Engineering in Mechanical branch from University of Visveswaraiah Technology, Belgaum. He is also pursuing his MBA in Marketing from SMU. Mr. Anwar has one year of experience in Hospital Marketing with Sharda Hospital and has worked on various indoor and outdoor activities for Marketing and Interacted with people for tie-ups, camps, CMEs, etc.

**Mrs. Mehta** is rejoining Intermed after several months away. She has completed her Post Graduate Diploma in Dietetics and Public Health Nutrition from the University of Delhi. She was involved with many projects and research programs with companies like Sitaram Bhartia Institute of Science and Research and Krishna Foundation. She had been with Sarthak for the past one year.

**In the News**

**6 Foods that Fight Acne**

"Instead of drinking regular tea and coffee, which are high in sugar, opt for refreshing green teas. These will cleanse and detox your body from inside, removing all toxicity."

**Do you know your heart?**

"A study found that women who slept for more than nine hours every night were 37% more prone to have heart problems."

**Indian Minister: Health Industry "Corrupt"**

"For the first time we have a health minister standing up and saying the den of vipers needs to be wiped out,"

**Intermed in the Community**

Intermed recently had the honor of hosting a health camp at Sapphire International Schools, Indirapuram. The camp was a great chance for the Intermed staff and doctors to reach out and connect with local residents. The children enjoyed complementary Paediatric and Wellness consultations, as well as interactive activities and health and hygiene talks.



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