

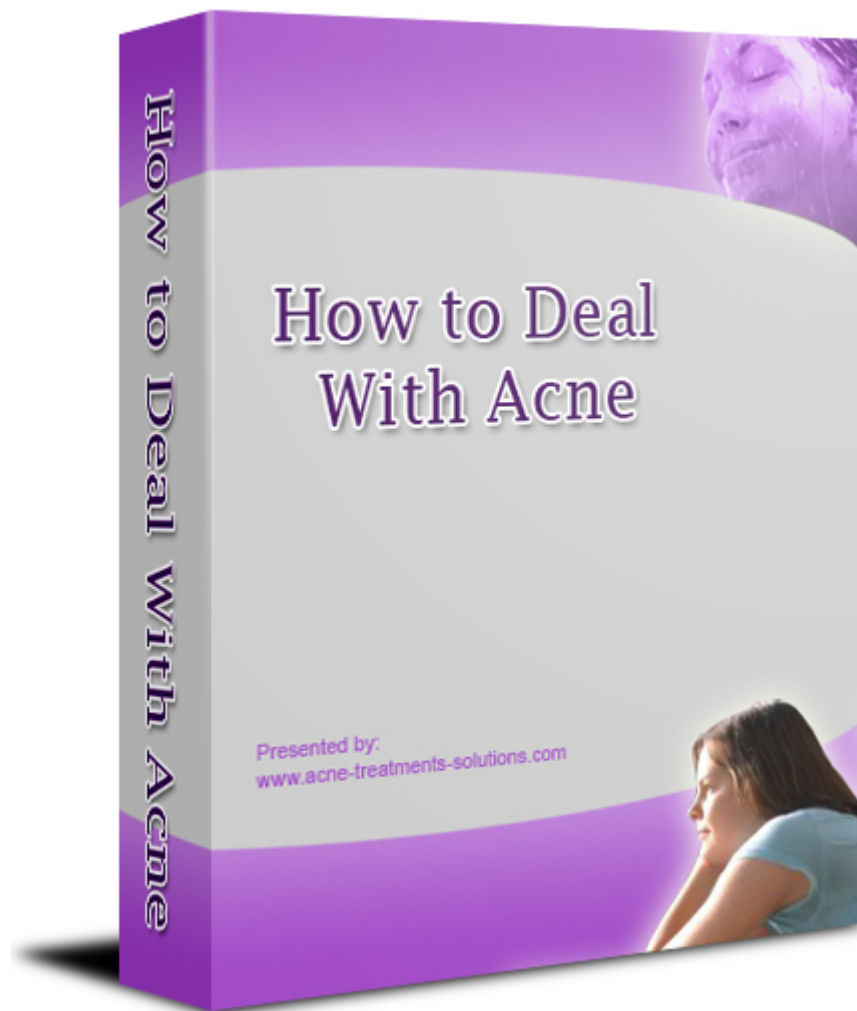
Acne

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How to Deal With Acne

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[The Basics of Acne](#)

We see it and we obsess over it but do we know anything about it?

Acne is a skin condition brought about by a host of factors that all contribute to its development. It starts off with an excess production of oil on the skin due to the over activity of body's skin glands. The body's hormonal havoc may lead to the plugging and clogging of the pores. When these oils interact with the dead skin cells that line up the pores and the dirt that accumulates from the environment, outbreaks may occur especially when bacteria begins to accumulate.

Genetics play a role in acne. People whose family members have acne will most likely develop acne or have children who will develop the condition. The body's internal hormonal system also contributes. This is the reason why teenagers are more predisposed to it than adults.

Acne does not only occur on the face, although they are much visible there. Acne may crop up in different parts of the body but the most common is of course in the neck, at the back and on the shoulders.

There are five different types of acne, or one may also call them stages of acne. The first one is the most common form, acne vulgaris. This is actually the mild to moderate version of acne problem. Do not get be confused. If your only problem is some zits that you can count with your fingers then this is not your problem. Acne vulgaris involves all the works, whiteheads, blackheads, papules and pustules, which are quite visible as they often have a white or a yellow center. In severe cases of acne vulgaris, the person may also experience the development of nodules and even cysts that are filled with pus. These are the forms of acne that when not treated carefully may lead to scarring.

Another form of acne is the Acne Rosacea, which may appear as the red rash that covers the spaces in between pimples and other blemishes. The condition occurs more often in women than in men and may require specialized treatment and care compared to Acne Vulgaris.

Acne Conglobata, on the other hand, is more severe as it occurs as interconnected lesions that are dotted with pimples, whiteheads and blackheads. Because of the severity of the condition, this often leads to scarring.

The fourth one is the Acne Fulminans, which is actually similar to Acne Conglobata except that it occurs suddenly. The acne oozes out and the body is even affected, frequently resulting in aching muscles and joints. Males are more affected by this than women. To treat the condition, doctors often recommend the use of Accutane, which is very effective in completely stopping the breakouts altogether. This however is not often prescribed and only as a last resort because of the side effects that it can cause in the body especially for women who have just gotten pregnant.

The last type of acne is the Pyoderma Faciale, which can be often seen in women, 20 to 40 years old. This is actually quite severe as it often involves the presence of nodules, sores and some pustules, which will no doubt all lead to scarring in the future. Still, if treated well, the condition will rarely continue or last for longer than a year. The important is to have it treated as soon as it crops up.

How to Take Care of a Pimple-Prone Skin

We cannot all be blessed with a skin like that of Hollywood greats. Come to think of there are celebrities such as Cameron Diaz who also fight the fight against acne.

The truth is having clear skin is not just being clean and hygienic. There are people who are just more prone to acne than others because of their hormones. Studies have shown that excess oil production in the skin caused by hormones is one of the initial factors that cause acne. This is because the bacteria that cause the acne in the first place thrive in an environment that has a lot of oils.

Acne comes about when unwanted oils get trapped inside the pores of the skin. When the pores are clogged with these oils, not to mention the dirt and the dead skin cells that often line up the pores throughout the day, irritation can occur. When the bacteria propionibacterium acnes come into the picture, all hell will break loose on your face and other parts of your body.

This is perhaps the reason why it is so hard to take care of an acne-prone skin. You have to consider a lot of things as it is not caused by just one factor but a host of factors that interact with each for the end product. With all the available products in the market, all saying that they are the answers to all your pimple prayers, this can be mightily confusing.

One of the first steps of course that everybody should do whether one is blessed with good skin or not is to clean it. Although there are people who can take on ordinary soaps as cleansers, there are people whose skin is so sensitive that they need milder cleansers that are water soluble.

Dermatologists also recommend that people do not rub their skin so tight as they may irritate the skin. This can result to even more blemishes and may even affect the skin natural ability to heal and regenerate new skin. Another great advice is to make sure that all of your make-up is removed when you wash your face. Make up easily clogs the skin when left on the face.

Another step for taking care of pimple prone skin is to remove the excess oils as much as you can. This can be really tricky as there is really nothing you can do about the production of excess oils. The most that you can do is remove the oils that are already

produced in the skin. Some people use facial masks like Philip's Milk of magnesia mask, to help remove the oils.

Others use rice papers to keep the face from oiling out. One problem is that there are people who have sensitive skins. When these masks and rice papers are applied to the skin, it gets irritated. To be on the safe side, before you put anything, make sure that you have already consulted your dermatologist.

Exfoliating your skin is another step that one must take into consideration when taking care of an acne-prone skin. Exfoliation can help remove dead skin cells in the lining of the pores as well as penetrate through the pores and remove the dirt and other materials that clog it. For exfoliation, products that have beta hydroxy acid (BHA) and alpha hydroxy acid (AHA) are used.

[It's All in the Cream](#)

In a world where physical comeliness matters, it is only natural for people to find ways to maintain and protect their God-given potentials. Since not everyone is endowed with physical beauty based on the standards of the majority, more and more people search endlessly for products and services that would give solution to their physical flaws.

One of the most common complaints of people when it comes to skin is having infected and irritated pimples or acne breakout. Identified by superficial skin eruptions, acne in adults as well as acne in teenagers can be upsetting and disfiguring aside when left untreated.

Today, the market offers a wide range of acne treatment and products to cure acne. Among the so many products available, acne creams are proven to be one of those quite effective in treating acne in different stages.

BUYING ACNE CREAMS

Buying and using acne creams is indeed a good option in combating the skin disorder. But, before you purchase acne creams, try to research first on how the formulation and content of these creams help cure the skin infection:

- According most dermatologists, acne creams are effective to treat acne because these are quickly absorbed by the skin.
- It is a good option to cure acne because it is made from natural substances gathered from reliable and effective sources.
- Quality acne creams can help you get rid of adult acne as well as teen acne while preventing possible acne scarring.

- It is proven that the natural substances found in acne creams are complex compounds that combine natural antibiotic peptides proven to fight acne infection within the skin follicles; bio-available allantoin & skin regenerating peptides to vanish dark marks, prevent and repair acne scars; glycolic acid that opens clogged pores and allows for the other ingredients to penetrate deeply into the skin follicles; vitamins that stop the progress of inflammation; collagen and elastin which help restore the natural moisturizing capacity of a healthy skin.

- Most medical experts agree that acne creams work for most people that have mild acne. It is also proven to work for those who have developed severe acne infection when it is used simultaneously with oral antibiotics or retinoids/acutane to detoxify your skin.

- Acne creams that are applied twice a day are known to speed up the process of clearing the skin's sebaceous glands of debris. This will get rid of acne bacteria within the skin follicles that eventually lead to the clearance of acne marks and repair acne scarring.

You have to bear in mind that before you buy acne creams, you have to make sure that they are hypoallergenic and can be used by children or pregnant women without enduring any pain or discomfort by checking the label. Knowing the ingredients used in the product will ensure that the acne cream has balanced formulation to deliver effective results. It will also pay to do a little research about the acne creams available in the market today because it will determine which is the best and suitable for your skin type.

After the initial application of the acne cream you bought, observe how your skin reacts to the product. Take note of the visible changes you notice to prevent possible side effects. If you think that the acne cream does not work on your skin after the prescribed length of time to be taken, stop using the product to avoid further damage on your skin.

[Curing Acne](#)

According to most medical experts, teenagers tend to develop acne at a higher rate compared to adults or to any other age groups. The major reason for this risk is the increased output of hormones during puberty, the production of sebaceous glands and the continuous increase of skin-cell turnover within the skin follicles. It is also noted that increased stress also affects the development of acne and that the condition tends to get worst if the patient undergoes rigorous work loads.

Dermatologists also believe that improper diet contributes a lot to the development of acne. Poor dietary habits like taking in foods with too much sugar and fat content affect your skin follicles. Although there is no concrete clinical evidence to support this hypothesis, most doctors still advise their acne patients to balance their diet and develop good eating habits.

WHAT YOU CAN DO

Studies have shown that there is a proven genetic tendency or pattern for acne especially if other family members of the acne patient have developed acne. Naming “propionibacteria” as the most common bacteria that cause acne and other skin infections, medical experts agree that these bacteria—when present on the skin—can lead to adolescent, persistent, or adult-onset acne.

Due to recent science and medical developments, more and more acne treatments have been discovered. Some are quite effective than the others depending on the patient’s condition. Effective acne cure and treatment are sometimes recommended by dermatologists in single or various combinations depending on the stage and development of the acne the person has.

One of the most effective ways to cure acne is by using topical treatments such as acne lotions, acne creams, and gels that are applied on the skin. These topical antibiotics—medicines that are formulated to terminate acne-causing bacteria—can help in the reduction of acne.

Medical experts have categorized the types of topical antibiotics to erythromycin, clindamycin, and sulfa drugs. The application of topical medicines is believed to be quite effective in curing acne because the medication is applied directly to the affected area in controlled dosage.

And since there is no need for patients to swallow the medicine, the components of the drugs do not have to travel through the body—thus lessens the possibility of side effects. Retinoid, benzoyl peroxide, salicylic and glycolic acids, are the most common ingredients that respond well to severe blackheads and whiteheads.

Although topical medication is effective in curing acne, it also has minor disadvantages like the possible tolerance of bacteria to the medicine that leads to resistance to the medication over time.

Another way to cure acne is through oral medications. Unlike topical medication that is applied to the surface of the affected area, oral medications are taken orally to be distributed throughout the bloodstream. This is known to be a systemic treatment because the drug is taken to all of the body’s functioning systems and is quite useful when acne develops on the skin on multiple stages. The most common oral acne medications include tetracyclines, minocycline, doxycyclin, and isotretinoin, or retinoic acid.

Other ways to cure acne include hormone therapy that aims to restore the normal balance of hormones in the patient’s body, and acne surgery for severe and persistent acne that cannot be cured by topical or oral medication.

Before using any medication or before undergoing any treatment to cure acne, make sure that you have consulted with your dermatologist or physician first to avoid further complications.

Suggested Reading

- [Acne Free in 3 Days](#)
- [Acne No More](#)
- [Acne Cured](#)
- [Understanding Acne Book & Mp3 Audio](#)
- [Knowing the right acne medication for you](#)
- [What you should know about acne medicines](#)
- [Choosing the right acne product](#)
- [The practical way of curing acne](#)
- [Acne by any other name](#)
- [Battle scars](#)
- [Acne Scarring 101](#)
- [Bidding good bye to ugly acne scars](#)
- [Step by step acne skin care](#)
- [Acne skin care products that work](#)
- [Solve acne problems now!](#)
- [Options to fighting acne](#)
- [Knowing about adult acne](#)
- [What Baby acne is all about](#)
- [Treating back acne](#)
- [What causes of acne?](#)
- [How to deal with cystic acne](#)
- [Combating acne at home](#)
- [Zip zits](#)
- [The lowdown on laser acne treatment](#)