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## WHAT IS ACNE

Acne is a medical condition describing blocked skin pores that result in lesions. For a variety of reasons that aren't entirely understood, skin pores can become plugged with sebum, the natural oil produced by skin's sebaceous glands. Once plugged, dead cells and bacteria become trapped in the pore, resulting in the lesions common to acne.

The most common lesions are called 'comedones'. Comedones come in two basic varieties, 'white heads' and 'black heads'. A white head is a plugged pore that has begun to bulge outward from the skin due to bacteria, dead skin cells, and other contaminants that have become trapped inside. The bulging dome shape often takes on a white appearance. Black heads are simply comedones that have become opened, revealing the dark follicle plug within. Acne comedones are often referred to as pimples or zits.

Microcomedones are a less common form of acne lesion, sometimes referred to as papules. These are basically small comedones that form from localized cellular reactions to the processes that cause acne. They usually occur in clusters and are sometimes too small to see, but can be felt as a series of little bumps along the skin surface.

In more severe forms of acne, pustules, nodules and cysts can form. A pustule is like a normal comedone, but larger due to a higher amount of dead white cells, or pus, trapped inside the plugged sebaceous follicle. Nodules are a more severe form of papules, extending deeper into the skin tissue and resulting in large raised lesions that are usually inflamed, and painful to touch. Cysts are very large fluid-filled sacs that can result from pustules or nodules. Though none of these forms of acne are dangerous or life-threatening, they can leave scars and are sometimes very disfiguring.

What causes the plugged pores that result in acne is a question that scientists and doctors still haven't been able to completely agree upon. Today, most theories seem to point to a combination of factors that include genetics, hormone changes, and stress. For years it was believed that diet was a strong component to acne, but most evidence today suggests that hormones and stress are more likely to be the culprits.

Almost everyone will have some form of acne in their lives. Most people get acne during their teenage years, associated with the massive hormone changes that occur during puberty. It is equally common to men and women, and usually occurs in facial regions. However, acne can begin or persist at any stage in adult life, and can sometimes occur on the back, neck, arms and legs.

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## **Acne And Its Treatment**

Acne is a menace. However, it's not something that cannot be tackled. There are loads of acne skin care products around. We can classify acne skin care products into 3 broad categories -

- \* Preventive or general acne skin care products
- \* Over-the-counter, specialized acne skin care products
- \* On-prescription acne skin care products.

The general acne skin care products are the ones that are used as acne-prevention measure. These include cleansers, make-up removers and similar products that help prevent acne. In the real sense, these acne skin care products are just those that should anyway be part of your daily routine. However, some of these are more oriented to act like an acne skin care product. These acne skin care products act against the causes of acne e.g. limiting the production of sebum/oil and preventing clogging of skin pores. Basically, these acne skin care products prevent the oil from getting trapped in pores and hence hamper the growth of bacteria that lead to acne. The general acne skin care products also include exfoliation products like skin peels. These work towards removing dead skin cells, hence reducing the possibility of pore-clogging and bacteria development.

Then there are specialized acne skin care products that are available over-the-counter i.e. without the need of a prescription. These include products like vanishing creams which extract the extra oil from the skin. Most of these acne skin care products are based on benzoyl peroxide and salicylic acid, both of which are the enemies of bacteria (and hence acne). You should start with a product that has lower concentration of benzoyl peroxide (e.g. 5%) and see how your skin responds to it. Alpha-hydroxy-acid based moisturizers are also popular as acne skin care products. You might have to try a few, before you zero-in on the acne skin care product that is effective for you. If nothing seems to work, you should contact a dermatologist.

On-prescription acne skin care products are the ones that are prescribed by a dermatologist. This can include ointments that can be applied on the affected area or oral antibiotics or just any topical treatment. Dermatologist could also suggest a minor surgical procedure to remove the contents of pustules. However, never try to squeeze or do this by yourself, it can lead to permanent damage of your skin. Your doctor could also prescribe a hormone-based treatment (since hormonal changes are also known to cause acne). Such acne skin care products are known to be very effective in some cases.

So, with all those acne skin care products, tackling acne is not that difficult.

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## **Misunderstanding Acne**

When those reddish things on your face start to show up, you may think that it may have been caused by this or that. You may even blame it to the most unreasonable reason. Well the best thing for you to do is to stop these misunderstandings. When you stick with them, it would not help you find the right treatment for your acne.

These are the common things we think of when it comes to the cause of acne:

The most misconception is that it is fine to have acne especially when you are a teenager. Common people would connect it to puberty or to adolescence. This is not a fact. Well, there may be some reasons such as the changes in hormones as one is in that stage. But there is falsity when people say that acne is for teenagers only. As we could see or read on some researches, there are also adults who experience the same acne problems as adults do. Age does not matter when it comes to having acne as long as you keep your face clean, you would not be prone to have it.

Another thing that has been believed to be the cause of acne is daily stress. Most people, young and old, believe in this wrong thought. There is no direct connection between stress and having acne for it the stress caused by your daily life and all other stressful activities you may think of. There has nothing to do with whatever root of stress in your work or studies. There has something to do with the way you treat your skin. When you do not keep your regimen to keep your skin healthy, you would probably have that acne that you are scared to have.

When most people think that acne is just a physical problem, it is but you should also know that it is also an emotional burden. There are a lot of emotional impacts that could be caused by having acne. One of the top most effect is having low self-esteem. As you live in a superficial world like ours, you would really feel insecure whenever you feel like having those eyes staring at your face. People with acne are so timid for they may just be tagged as "ugly" by others. There is a need for you to take care of your skin and face.

The most common misconception about acne is that it could be acquired from eating oily food. Desserts, chocolates and all those oily food must not be blamed for eating such food but for not taking good care of your skin. Well, you must see to it that you maintain that right way of keeping your face clean and healthy.

You have to know the real causes of acne; just do not resort to the wrong conceptions. They could just harm you instead of helping you out in getting rid of acne. And, you know what could be the effects of those red tiny humps on your face.

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## **TLC for Skin with Acne**

When you have acne, you have to give extra care to your skin for as you know, there

are factors that changed your skin from those who have normal type. As recommended by the experts, you have to treat your skin affected with acne with more care and more caution. There are some helpful tips you must consider in order for you to gradually get that acne cured or if not at least, not let your condition turn even worse.

These are the things you must do and embrace as habits that you may be able to achieve better skin.

**\*The simplest way is by washing and cleaning your skin gently.**

There are gentle soaps that would surely wash your skin mildly. You are of course not allowed to use soaps that are that strong for they may leave harsh effects on your skin. Toners and cleansers are not also recommended for they have active components that may worsen your skin's condition. When you feel the need of a toner or a cleanser, see to it that it has an approval from your dermatologist or else you would just cry more and have even the worse acne condition.

Always see to it that you do not use skin products like skin scrubs for they would surely harm your skin. Be very careful in treating your skin, if you would not, you would definitely regret the outcomes. So, be disciplined and do not risk the health of your skin just for temporary things.

**\*For men, shave carefully**

In order not to increase the possibility of harm that your skin might get due to the things you do or the products you use. Well, for men who shave off their skin hair, it is very advisable that they shave carefully and use cream or soap before doing so. The soap or cream would make the hair softer. Be sure to choose the right shaver as well.

Shaving is a really hygienic routine and sees to it that you do it properly without harming your skin. You have to remind yourself of this for it is really very important.

**\*Choose cosmetics carefully.**

This is a special condition when you have acne. Cosmetics must be chosen well most especially, they are recommended by your dermatologist. When you have cosmetics that are needed to be changed, you need to switch to products that are oil free and are noncomedogenic. But, there are cases that the use of cosmetics is of no good at all. So, in this case, it would be best to leave your skin free of cosmetics.

These are just some of the things you need to consider as reminders for those who have acne. The right caution and care would surely give you the best results.

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## **Acne Skin Care**

Acne is defined as a diseased condition of the skin that involves the hair and oil glands. It is characterized by pimples, black/white heads, reddishness and cysts. Face acne can spoil your appearance to a great extent and body acne can really ruin your day by making you very uncomfortable. Considering acne as a minor problem, some people tend to totally discard the topic of 'Acne skin care'. However, the

importance of 'Acne skin care' cannot be undermined in any way.

Acne skin care should really start much before the acne actually appears. 'Acne skin care' is more about being proactive than reactive. Acne skin care is about being aware of preventive measures. Acne skin care is - following daily skin care routines with complete discipline. So let's have a look at how 'acne skin care' can be applied to our daily routine.

'Acne skin care' starts with the most basic thing - cleanliness. So morning showers are the most basic way of keeping the skin clean. In fact, a lot of people take night showers too (that not only helps in keeping your skin clean but also provides relaxation to your body and enables a good sleep). If you are living in a hot and/or humid place, a night shower becomes a must. In fact, a shower is recommended after any activity that causes high levels of sweat to develop. It's a very effective 'acne skin care' technique.

However, acne skin care is not about just showers. Acne skin care is also about wearing clean clothes and sleeping on clean pillows. Moreover, too tight clothes can cause sweat to accumulate quickly; so soft and comfortable cotton clothes are recommended, especially if you already have acne. In the same sense, 'acne skin care' also advocates regular cleaning of your make-up brush and any equipment that you use on your body.

Besides that, you should also use a mild, water-soluble, oil-free and soap-free cleanser for keeping your face, neck and arms clean. Cleansing is the most important part of any acne skin care routine. Cleaners are the easiest and the most effective way of removing dirt, grease, pollutants and excess oil from your skin; thus reducing the probability of acne occurrence. Acne skin care also recommends removing your make up using a make up remover, and this should happen before you go to bed (not in the morning).

If you already have acne, do not try to touch them or squeeze them; it can lead to permanent scars. 'Acne skin care' advocates gentle cleansing and cleaning of the affected area using an over-the-counter medication and a clean/soft cotton pad. There are various acne skin care creams and lotions available over-the-counter (a lot of these acne skin care products are actually cleansers). However, if these 'acne skin care' measures don't give you the desired results, contact a dermatologist for 'acne skin care' advice and treatment.

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## **Facing Acne: How to Cope With its Effects**

As we are all aware of, there are emotional effects caused by acne. More than those obvious red bumps on your face, there are effects of acne that could not just be healed by any cream or acne solution and that is the emotional scars left by acne. Well, no doctor or any expert dermatologist could provide you with the best answers to this problem on acne.

According to studies, acne is very common when one is on his teenage years. For teenagers experiencing the pains of acne, it is very difficult to face the social impacts of acne. There are these marks of shame, depression and even self-pity. As a parent of a teenager who faces this problem, you could be one of the greatest helps. What could you do? You could do a lot.

Remind your child that acne is temporary.

As a guardian, you need to be there and give the encouragement to your child. You would probably see him or her so down due to the way people and criticisms pinch him or her. Tell that it will not last for long and that it would be successfully surpassed. Never stop to explain the importance of moving on despite the negative reactions from others for their words are not that important at all.

Bring your teen to a good dermatologist

Do not wait for your teen's acne problem to get worse before you go and see a dermatologist. The earlier the better, this may be cliché but very true for this matter and you could realize the truth behind this. You need to find the dermatologist who deserves your trust. Be with your teen as you have visits to the dermatologist. Also, help your teen follow the reminders and instructions of the dermatologist.

Guide your child to do the right things

There are some things or acts that may worsen acne. See to it that you are near your teen to remind that those are not the right thing to do and it would just cause bad effects. Explain the cause and effect of acne problems and be sure to answer questions that your teen has.

Boost your teen's self-confidence

Self-confidence plunges down when all those mocks and teases arise. The effect to your teen would be bitter. Be there to boost the esteem he or she has inside. Be generous with praises but do not use them just to flatter. Tell your teen about how wonderful his or her talent is. This would be a lift to his/her morale.

You are a parent, and you could help out your teen feel better through the misjudgments of the society towards people with acne. This is just a stage; it would surely be put to an end. Be there and support your child like no one could.

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## **Remedies of Nature: Acne Treatment**

Every person knows the value of our face. The better it is, the more advantageous it gets. Before anything else, it is the first thing others look at whenever they see you. In general, our confidence relies on our contentment to our physical appearance. When one thinks he or she looks good, the confidence really exudes.

For growing up, the growth of pimples is really a major concern. For those who do not have problems involving the face, congratulations! For those who are crying over it, there is a bright light at the end of the tunnel!

Is acne your problem? Are you spending too much money for chemical remedy? Do you want to apply a remedy but you are afraid it may be harsh? Try the natural way of treating your acne. You do not have to go that far... The treatment is right in your home. The doctor is right within you.

The most effective beauty tip of all times is: drink at least 8 glasses of water a day. Hydrating your body will help you get rid toxins. Love your body and love your skin.

Healthy and clean acts may also help. Make sure that you do not leave makeup products on your skin because it contributes to clogging your pores, causing more pimples and blackheads. Do not sleep with make-up on. Also, keep your hair away from your face. Hair contains oil that may create breakouts to your skin.

Wash your pillow case and towels. They are absorbent and they absorb even acne-contributors too. Lastly, never prick your pimples. You do not want your face to be as dirty as your fingernails, right?

Eating healthy food because when you have ACNE would be best in order for you to cleanse yourself not only outside but also inside. It would indeed help if you lessen your oily or fatty food intake. Eating food rich in fiber is a remedy. Moreover, in order for you to maintain a healthy skin, eating food that is considered anti-oxidants would matter a lot. Food rich in Vitamins A, B and D as well as those rich in calcium, potassium, phosphorus, chloride, magnesium, zinc, iron and sodium.

When you maintain a diet which is high in beta-carotene and zinc, it would also be of help not only prevention but as well as in the healing process and anti-scarring of acne.

Beauty is skin deep. Yes, but having beautiful skin will make you feel more beautiful for your self.

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## **Acne Treatments**

If you suffer from blemishes and pimples, then you know what an embarrassing, or even traumatizing, experience it can be to interact with other people. Your face is the first thing that they notice, and no matter how hard you try, you can't completely cover up every zit and blackhead you have. You want to clear up your face now, but none of the over-the-counter soaps, cleansers, and creams seem to do any good. In fact, a lot of them contain harsh chemicals that have actually made your skin worse. What you need is an acne treatment that really works.

Thanks to the Internet, you've got hundreds of acne treatments right at your fingertips. The hard part isn't finding an acne treatment; the hard part is choosing which one will work best for your skin type. Unfortunately, you often won't be able to determine whether or not a particular cream or gel will work on your pimples until you actually try it. But trying every acne treatment product on the market isn't really an option since that would quickly add up to hundreds of dollars or more.

So what can you do? Your best course of action would be to find out everything about your skin type and pimples. Is your skin generally oily or dry? Does your face get red and itchy when you use benzoyl peroxide or other active ingredients commonly found in acne treatments? Are your pimples large and red, with an almost cyst-like appearance, or are they small bumps? The answers to

these questions will greatly aid you in your attempt to purchase the best acne treatment for your condition.

The next step is to start checking out specific acne treatment products. Most online retailers provide a lot of information about the ingredients in their products, so you'll be able to determine with relative certainty whether or not a particular product will irritate your skin. Another thing you should do is read customer reviews of the various acne treatments that you might purchase. If an overwhelming majority of customers claim that a product made their face peel or simply didn't work, then those are the types of results that you'll likely get as well. Similarly, if most of the customers rave about how gentle and effective the acne treatment was, then you should check that product out.

Just remember not to let your quest for clear skin get in the way of good judgment. There are a lot of products out there that are nothing more than gimmicks. For example, if an acne treatment promises to get rid of all your pimples in three days or some other very short time period, you really have to ask yourself how believable those claims are.

Problem skin is more than just an annoyance. It can hinder both your personal and your professional life, as well as lower your self-esteem and confidence. But with the use of the right acne treatment, you can get your pimples under control and allow your great skin to shine through.

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## **Pregnant Women and Acne Treatment**

Treating acne is really the right move when you have it, but not at all times. There are stages in the life of a person when you could not treat acne anytime you want to. And, this is during pregnancy. As we know, this is a delicate stage in a woman's life and it is that phase of a woman's life that she must show extra care for herself. When she feels the need of treating acne, she must see to it that she equips her self with the right information.

This must also be remembered by those who may also get pregnant. The following are some medications for acne that are not good for use during pregnancy for they are harmful for the fetus:

First is Hormonal therapy that may include estrogen, flutamide, and spiro lactone. They are a big no. They are harmful and may lead to some problems for both the mother and the child. Better see it as a threat

Another one that would just put a pregnant woman's life in danger is Isotretinoin. This has negative effects as well especially for pregnant women or those that are breastfeeding. This could cause severe health hazards on both mother and the fetus inside her womb. It is advised that a woman on the process of taking this must be monitored by the expert. Those who are trying to be pregnant must ignore the use of this for it may just trigger negative effects not only for you but most especially to your child.

And, also if Oral tetracyclines which could be of doxycycline, tetracycline and

minocycline, must not be an option at all for it would not do you any good. As tested and proven, pregnant women or those that are breastfeeding must ignore the use of this for it may just give those bad side effects that would nothing else be but a threat to your life and to your child. The topmost effect is permanent discoloration of teeth or bone disorders.

And the last one to ignore is topical retinoids such as tazarotene, adapalene and tretinoin.

Just like the above-mentioned means, this could just be another hazard to you and your baby's health. So, whether you are pregnant or not, it is not wise to use all these mentioned.

For all of you who would like to treat their acne but are pregnant, why must you risk your life and the life of your child just to have a prettier face?

There is due time for treating your acne and during your pregnancy is not one of the safest times.

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## **Your Acne and the Society** **(Social impacts of acne to a person)**

"Some people think that the physical things define what's within... So full of the superficial..."

We could not deny the fact that in this world of beauty magazines, you would always feel that there is a need to look good. What would you feel when there are red oily humps on your face? Of course, this would matter much.

When one has ACNE, it would definitely cause an effect that would let the person not only feel a certain "missing \_\_\_\_" inside. Not only that, the following are even worse outcomes brought about by having ACNE in connection with the present society:

- Social withdrawal
- Decreased self-esteem
- Reduced self-confidence
- Poor body image
- Embarrassment
- Feelings of depression
- Anger
- Preoccupation
- Frustration
- Higher rate of unemployment

There are 3 key points to consider in seeking for the best way of solving acne problems:

Solution takes time so never resort to "fast-promise" remedy. Bear in mind that it

will not get healed over night; it is a case of patience and dedication. Patience to wait for the right time to heal and dedication to do one's regimen for treatment are all needed.

Not all methods will work for all. Do not think that the method for A and B are also good for you. Each of us has a unique skin type so consider all options and be keen in choosing one.

You may need a dermatologist's advice. Do not experiment this time. Acne is a sensitive skin problem so it needs delicate way of treatment. Seek the expert's help or else you will end up with a worsen condition.

Society favors those who look good. We do not have to look perfect in order to meet that standard. We just have to have the confidence and it could be obtained if one feels comfortable with his or her self. This is achieved when you get the healthy skin you want.

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## **When it is Not Fun to be a Kid**

There is this so-called stage in our life when we experience the numerous changes in us be it physically or other aspects. It is named as puberty. Then, it is followed by that crucial stage called adolescence. There are a lot of physical changes that occur during these stages. One of the most common physical changes and even a physical problem for young people who experience such problem is acne.

Well, it is a myth that only teenagers, or let us call them adolescents who only experience having acne, but to make it clear, acne is possible for all ages and whoever the person is. But, the stages mentioned make the younger ones prone to acne for they experience this physical change involving some parts of their system. These physical changes are of course brought about by internal processes or even changes as well.

What then causes acne?

Acne is caused by bacteria. It happens when our pores get clogged up with too much sebum produced by our skin glands.

As we are all aware of, young people are not that very particular with being hygienic and the care for face is one that is neglected. With this, acne occurrence is faster and more possible. Teens experience a lot of hormonal changes; one of these many changes is that teens produce more sebum from their face and when not properly cared, skin disorders may happen. ACNE is one of the possible cases.

Around the world, this has been a common skin problem. There are remedies; there are herbal solutions down to chemical solutions. ACNE should not be taken so hard, when one tries options for remedy, it would surely be cured. Seeking the help of an expert would of course be a great help.

For teenagers, it is also good to ask your parent or guardian to help you out in knowing what is best for you and your skin problem.

There are also angles that connect the possibility of having acne to parents who

had their own acne experiences too.

Whatever the roots may be, see to it that you, as a teenager take good care of your skin by giving the right amount treatment and not just let your skin problem get even worse.

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## **Not All Scars Tell a Great Story**

Acne is such an ugly thing to have not just when it is all-red and loud, that people could notice it and tell you how bad it looks. But, the pain of having the scars of such a terrible skin problem would surely bother any person. The bad outcomes of having acne do not stop when the red bumps are gone.

Though the acne is out, the scars are so obvious and they would surely be noticeable.

Are these scars bothering you? If they are, there are available means so that you could get rid of them. Well, these processes may really cause you to spend some amount but as attested by most who tried the following methods:

- 1.Collagen injection
- 2.Autologous fat transfer
- 3.Dermabrasion
- 4.Microdermabrasion
- 5.Laser Treatment
- 6.Skin Surgery
- 7.Skin grafting
- 8.Treatment of keloids

And who could be able to have the above-mentioned treatments? People who are affected with acne from various ages for as long as it comes with the dermatologist's prescription could have the said treatments. How widespread is acne in the world?

According to studies, acne is one of the most widely affecting skin problems most especially affecting the United States. For Americans, 40 to 50 million of them are facing this kind of problem. Moreover, most of those who experience acne are those young people at the age of 11 until those adults aging 30. The most common portions affected are the face, chest and back.

You could not just choose whatever treatment you want to have; there is a proper treatment for the type of scar you want to treat. It is a must that you have the right information and of course you seek the help of an expert for the determination of the type of scars you have so that you would also be guided in choosing the right way of treating your scars.

The right way of treating acne scars must be determined well so that you could be able to have the results you want to achieve and definitely get the most out of the money you spend.

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## **Fight against ACNE**

Acne is a common skin problem not only in the USA but in many parts of the world. For many, they resort to the use of medicines in order to get rid or even prevent acne. It has to be taken note of that there are natural and easy ways to get rid of such a skin problem. We would be pleased to share with you tips that would let you be acne-free.

The following are the steps to take in order for you to keep your skin free from skin problems:

### **Water therapy**

You could prevent acne by drinking at least 2 liters of water a day, this would keep you hydrated and let you overcome having too much clogged up pores. When you drink this amount of water, you could shed dead cells properly.

### **Healthy diet**

Eating vegetable and fruits would not only keep you healthy over-all but it would let you have healthy skin specifically.

### **Natural for beauty**

With so many beauty products, you would be tempted to try them with the hope that their promises to make you look great or keep your face smooth and healthy. Without you knowing it, they could harm your skin. They could even lead your skin to some disorders. Instead of using such chemical-based, you could try the natural things or products with natural components. One great example is soaps with tea tree oil.

### **Stress? Out!**

As shown by studies, there is a greater chance of having ACNE especially after puberty. This is a stage when hormonal changes are at their peak. The more you get stressed, the more your body would react to it. Relax, when you control stress, your body could produce more cortisol, which is helpful against acne or its agents.

### **Not much coffee**

Caffeine is identified to cause more stress by producing stress hormones in the body. This is not healthy for your skin, stress would aggravate acne.

Take these as reminders; you would surely be acne-free!

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## **Treating Acne at Home: Save Your Money!**

Is acne your problem? You do not have to consider it as a problem. There are more things to prioritize and not letting that acne bother you that much for it would not help at all. Well, another point we have to consider is how to treat acne. With the treatment, money matters. This means that of course, you have to have some amount of money for the treatment.

Well, when what you have is not enough, you could have the most reliable home treatments. These would be saving you from having worse acne without having to spend so much. What are these means? Are they safe? Yes, they are safe steps in treating your acne problems and they would not let you experience all those acne terrors or bad outcomes of trying to get the remedy for acne.

These are worth your trial for they are really effective and you could just be at home. But, take note that these guidelines are only for mild acne problems and if you have a more complicated situation, you have to seek the help of a professional.

First, if washing does not seem to be very helpful for you, then it is high time for you to use benzoyl peroxide. This could be found from face wash, bar soap, topical cream or gel. The reminder you have to take note of is that you must not over use this solution for it may leave your skin super red or super dry.

One thing that you would notice as you try home remedies, the results may be slow. But, you need to be patient about it. The results you are expecting to have may be achieved like after a couple of weeks after you use them on your skin. Be really careful with this for you would surely be hurting skin if in case and it may even lead to a worse effect.

Have you heard about salicylic acid? It is another thing that you could use. And this could be found in facial washes or facial pads. This could be very helpful to helping your pores be unclogged and prevent the growth of pimples or even the case of acne. Again, you have to be very careful in using it too so that you would not have even those very bad outcomes.

These two: benzoyl peroxide and salicylic acid are very useful treatment aids you could use. But, be very keen about them. Use them well.

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