

ACNE!

Almost every one of us has either had it as we passed through our teen years, or will have it, or are experiencing the misery of it right now. It's not that it is generally life threatening, it's just that it's...well...you know...ACNE! Why me?

**Here's why, and what you can do about it.**

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## Chapter 1: What is Acne?

Acne is a fairly common skin condition which will most often appear during the teenage years although it can occur later in life as well. Most commonly known as “pimples“, acne usually appears on the face but can also happen as well on other parts of the body such as the back, the shoulders, neck and chest. Most teenagers will probably experience acne at some point. Acne is a universal pain. It will affect males and females almost equally and occurs in every race.

The correct technical or medical name for acne is Acne Vulgaris. It is characterized by lesions which break out on the skin.

These lesions can be whiteheads, blackheads, or cysts which commonly form because of clogged pores. It is primarily seen during puberty because it is at this time that the body produces an abundant supply of an oily substance called **sebum**.

Sebum is needed to keep hair and a skin soft and lubricated. Unfortunately, during puberty, the body produces more sebum than is needed. This excess can clog pores and leave the skin feeling oily.

Another change that occurs during puberty is the excess production of follicle cells which tend to die. The dying cells can quickly build up and combine together with sebum to form whiteheads.

This mixture of oil and dead cells creates an excellent breeding ground for bacteria. This results in redness and swelling in the afflicted area. This redness and swelling is what we normally call **pimples**.

As most of us who are, or ever have been, teenagers know, acne is an extremely common condition which affects about 85% of people between the ages of 12 and 24. One quarter of affected people have acne on other parts of the body besides the face -- most commonly the back and neck areas. Forty percent of acne sufferers will eventually seek medical attention because of the severity of their breakouts.

The most common area for pimples to appear is the so-called **T Zone** of the face. This area includes the forehead, the nose, and the chin, although acne may also appear on the cheeks and other parts of the face. The second most common area for acne is the back, followed by the neck, the chest, and the shoulders.

By the time they are in their 20s, most people will find their acne has cleared up.

However, it may still persist throughout the adult years in some people. Some people may even experience acne for the first time when they are adults. Slightly more boys than girls suffer from the condition.

Acne can be a problem for many people because it affects appearance and self image.

Since teenagers are particularly vulnerable concerning their self-image, acne can cause feelings of depression and reduced self-confidence. It may cause some to withdraw from social interactions and cause feelings of anger and frustration.

Thankfully, there are many modern treatments for acne. The first line of defense is keeping the skin clean and oil free. This can be done by gentle washing with soap and water twice a day, particularly after activities which cause perspiration. There are also a wide variety of medical treatments available for acne, both prescribed and over-the-counter.

Severe acne conditions can be treated by a **dermatologist**. This doctor can prescribe ointments which are used directly on the skin as well as drugs like **antibiotics** which combat the bacteria which causes pimples. A dermatologist can also give valuable advice about diet and lifestyle changes which may also help in combating acne.

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## Chapter 2: Causes of Acne

While acne is still not fully understood, we do know some of the biology behind it. The main culprit apparently is the excess production of an oily substance called **sebum** whose function is to keep skin and hair lubricated and supple. During adolescence, our bodies often produce excess amounts of sebum. The sebum combines with certain naturally occurring dead skin cells to block hair follicles which prevents the sebum from escaping.

This resulting blockage of oil beneath the surface of the skin provides an ideal environment for bacteria. The bacteria multiply there and the skin area becomes red and inflamed resulting in what is commonly called a **pimple**.

The excess production of sebum is caused by the male hormone **testosterone**. During puberty, testosterone is present in both males and females, but also during puberty, the body changes the way it reacts to the presence of testosterone. It is this abnormal reaction, characteristically appearing during adolescence, that causes the skin (especially on the face and upper torso) to become excessively oily.

By the early 20s, the body usually normalizes its reaction to testosterone and the acne clears up by itself

## **Causes.**

Acne seems to be partly hereditary, but we don't know exactly why some people are affected by it and others are not. Some of the factors which seem to aggravate acne conditions include stress, diet, skin irritation, certain medications, and hormonal activities such as menstrual cycles.

## **Medications that may cause acne.**

Medications that are most commonly associated with acne include anabolic steroids used for bodybuilding, lithium, barbiturates, halogens, and androgens. Dietary links seem to be mostly related to skim milk products. Many people associate food like chocolate and fast food with pimples, but the good news is that there is no statistical evidence that this type of food causes or aggravates acne.

Recently, scientific attention has been focusing on the possibility that narrowing hair follicles could be at least partially to blame for acne. The hair follicles may become restricted due to several possible causes including excessive shedding of cells within the follicle, abnormal cell binding, or water retention which causes the skin to swell. The narrower hair follicles prevent dead cells from being expelled from the body, causing an excessive buildup underneath the skin, which combined with sebum creates the conditions for acne.

Many people are tempted to pop or squeeze their pimples, but this may only serve to spread the bacteria to the surrounding skin area making the condition even worse than before. Popping pimples may also lead to scarring which in severe cases can be permanent.

Oddly, sometimes simply touching the face can also make acne become worse. It is a difficult habit to overcome -- most of us touch our faces repeatedly throughout the day.

The problem for acne sufferers is that the hands also contain oils and bacteria which will exacerbate acne symptoms. In fact, all objects that come into contact with the face must be clean. This includes eyeglasses and telephone handsets.

Hair (especially long hair) also comes into contact with our faces so it is important to keep hair clean and oil free. Clothing accessories like headbands or hats should be avoided or used as little as possible.

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## Chapter 3: Types of Acne

There are many different forms of acne. It can range from mild to severe and can be found on several parts of the body. Mild acne can usually be treated at home with over-the-counter preparations, but severe cases are best left to health professionals like dermatologists.

The most common type of acne is **Acne Vulgaris** which literally means “common acne”. This type of acne can cause blackheads, whiteheads, papules, pustules, nodules and cysts.

**Blackheads** - Blackheads occur in partially blocked pores. Sebum (the substance which causes oily skin), dead cells, and bacteria are slowly draining to the surface of the skin and the black color is caused by the pigments in the skin being exposed to air.

Blackheads can take a long time to clear up.

**Whiteheads** - Unlike blackheads, whiteheads are contained beneath the surface of the skin. They are caused by completely blocked pores which trap the sebum, dead cells, and bacteria.

**Papules** - These are small red bumps on the skin. They are tender and cause irritation, but it is important not to touch them or squeeze them. Doing so may cause scarring.

**Pustules** - Pustules are what most people call pimples or zits. They appear as a red circle with a white or yellow center.

**Nodules** - These are much larger than other forms of acne. They are hard lumps underneath the surface of the skin which can be painful and last for several months. This type of acne is particularly vulnerable to scarring, so it is advisable to have it treated by a dermatologist.

**Cysts** - Cysts are similar to nodules except that they are filled with pus. They are painful and likely to scar if untreated. Like nodules, they should be treated by a dermatologist.

**Acne Conglobata** - This is a relatively rare form of acne vulgaris but it is extremely disfiguring and can cause severe psychological as well as physical suffering. Large lesions form on the face, chest, back, buttocks, upper arms, and thighs and can be accompanied by numerous blackheads. It causes damage to the skin and permanent scarring. It is more common in males than females, and the condition can persist for several years.

**Acne Fulminans** - This is a sudden appearance of Acne Conglobata accompanied with a fever and aching of the joints. It is usually treated with oral steroids.

**Gram-Negative Folliculitis** - This condition may be caused by long-term treatment of acne with antibiotics. It is a bacterial infection which causes pustules and cysts.

**Pyoderma Faciale** - This type of acne only affects females usually between the ages of 20 and 40. It causes large painful pustules, nodules and cysts on the face and may leave permanent scarring. It most often occurs in women who have never experienced acne before and usually clears up within a year.

**Acne Rosacea** - This form of acne usually affects people over the age of 30. It causes a red rash on the cheeks, forehead, nose, and chin. There may also be pimples and other skin blemishes. It occurs more often in females than males, although men often have more severe symptoms. It is a different form of acne than Acne Vulgaris and treatment is different for the two types.

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## Chapter 4: Myths About Acne

Scientific knowledge about acne is gradually clearing up some of the misconceptions surrounding this condition, but there are many myths that persist. Here are some common acne myths.

**Myth #1 - Acne is caused by poor hygiene.** This belief may have arisen because of the skin infections associated with acne. However, lack of cleanliness is not the reason for outbreaks of acne. The mixture of sebum and dead cells which cause acne is situated beneath the surface of the skin where it is impossible to clean it away. However, gentle cleansing with soap and water once or twice a day will keep the skin as healthy as possible. Be careful not to scrub too hard, however, as this may make acne worse.

**Myth #2 - Acne is caused by certain foods.** There is a long-standing belief that eating chocolate will cause the face to break out in pimples. There is no scientific evidence for this -- studies have shown no statistically significant relationship between eating chocolate and acne. The same holds true of other foods associated like potato chips and sugar. It is true, however, that eating too much of these foods is unhealthy, and you wish to keep as healthy as possible at all times and especially if afflicted with acne. Limiting chocolate and sugar consumption is always a good idea.

Even though chocolate and French fries do not cause acne, there are some foods which do seem to aggravate it. There seems to be a relationship between milk and acne, and foods

high in iodine also seem to cause pimples. Iodine is found in seafood, so those with acne may be advised not to eat too much seafood.

**Myth #3 - Acne is related to sex.** At various times we heard that masturbation or celibacy causes pimples. There is no evidence for this. There is a link between sexual activity and hormone production, however, but the relationship between sex and the production of sebum (the oily substance which combines with dead skin cells to cause acne) is unclear. Anger and stress also affect hormone levels.

**Myth #4 - Acne has to run its course.** There are many treatments available for acne, so those who are suffering from the discomfort and embarrassment that acne causes can find relief by consulting with a dermatologist or using over-the-counter medicine.

**Myth #5 - Acne is only a teenage condition.** It is true that most adolescents have acne, but it also affects some adults. Acne will usually clear up by time one enters their early 20s, but some people experience acne for the first time when they are in their 30s or 40s.

**Myth #6 - Acne only affects appearance.** Acne is a skin condition which can also cause psychological distress. Those with severe acne are especially vulnerable to feelings of depression and low self-image. There is a strong link between severe acne conditions and social withdrawal.

**Myth #7 - Popping pimples is the best way to get rid of them.** In fact, popping

pimples may aggravate acne by spreading the bacteria which is causing it. Popping can also lead to scarring which in severe cases can be permanent.

**Myth #8 - Sunbathing is good for acne.** Exposure to the sun has the effect of drying out excess oils, so it does in fact have a short-term effect of improving acne. However, the skin quickly becomes accustomed to sun exposure so no long-term benefit is gained. Sun exposure may also damage the skin and increase the chance of skin cancer.

**Myth #9 - Makeup causes acne.** Some makeup can clog the pores which is bad for the health of the skin. Cosmetics labeled **noncomedogenic** or **nonacnegenic** are safe to use and some brands may include ingredients which can treat acne.

**Myth #10 - The more acne medicine the better.** Some people believe that if their acne gets worse they should use more medicine. Excess use of acne ointments, however, may irritate the skin, and oral medicines can be dangerous when taken in large quantities. Always follow the directions for the acne medications.

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## Chapter 5: Over-The-Counter Treatments

There are many types of over-the-counter treatments for acne. Most people, when first faced with an acne condition, usually go to the local pharmacy and buy an over-the-counter medication on the basis of recommendations from their friends or perhaps even television ads. It's always a good idea, however, to consult with a doctor before using any kind of over-the-counter medication. Even though acne is a fairly simple and benign condition, a doctor can advise on the best course of treatment and also offer suggestions based on your particular kind of acne and knowledge of your personal health history.

Because of the large number of products that are available for treating acne, it can be really difficult to decide which one to try. Depending on advice from your friends is not too reliable, because what works for one person may not work for another. It's best if you have some background knowledge about the active ingredients in various acne medications, so you can make a better informed choice about which medication to try.

One of the most popular ingredients in acne treatments is benzoyl peroxide. It is found in gels and ointments and works by combating the bacteria which causes pimples. It is also useful for removing dead skin cells that accumulate on the surface of the skin. It is these dead skin cells which combine with sebum to create blackheads and whiteheads.

**Benzoyl peroxide** has been proven to be safe and effective in combating lesions. It can be used after acne has cleared up to keep the skin free from acne causing bacteria. The

only side effect associated with this ingredient is dry skin, and this can be avoided by decreasing the frequency that it is applied on the skin. It can also bleach hair and clothing, so care must be taken when applying it.

Another popular, and slightly more natural, ingredient in acne medications is **salicylic acid**. This prevents acne by clearing up dead skin cells which are accumulating too quickly and clogging the pores. Products which contain salicylic acid should continue to be used after the skin has cleared up to prevent future outbreaks of acne. The only side effects associated with salicylic acid are dry, irritated skin.

Other ingredients you may see in acne medications include **resorcinol** and sulfur.

Resorcinol causes the top layer of skin to peel -- including the dead skin cells which clog the pores. It is often combined with sulfur. It is not known how sulfur affects acne conditions, but it has been used effectively for more than 50 years. Sulfur is often combined with other ingredients besides resorcinol like salicylic acid and benzoyl peroxide. It is not usually used by itself because of its strong, unpleasant odor.

Of all these ingredients used for combating acne, benzoyl peroxide is probably the most versatile. It can be used in cleansing liquids or bars, as well as lotion, cream, and gels which are applied directly on the skin. The cleansing products are usually used once or twice a day, while the creams and lotions can be used as needed. They should be applied on the skin around the acne as well as the pimples themselves for most effectiveness. You must avoid getting benzoyl peroxide in the eyes, mouth or nose as it will cause irritation or inflammation.

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## Chapter 6: Prescription Treatments and Medications for Acne

Many people will try to treat their acne conditions on their own without first consulting a doctor. However, it is always a good idea to check with a dermatologist when you notice any kind of unusual skin condition. Even if it “only” turns out to be acne, the doctor can give you valuable information and advice about how to treat it.

Mild and moderate conditions of acne can often be treated with over-the-counter medications, but severe cases should really be treated by a dermatologist and with prescription medicine. Even if the acne is moderate, a prescription medicine may still be more effective than what is available over-the-counter.

There are two types of prescription acne medications -- oral and topical (applied to the site as a cream or salve). Antibiotics are often used to fight acne, and they can be taken orally or as a lotion. Topical prescription medications may include ingredients such as **zinc** or **retinoids**.

**Antibiotics** -- The most common antibiotic used for treating acne is **tetracycline**. It is used to kill the bacteria responsible for acne and also reduces inflammation. Antibiotic treatment may take several weeks or even months to be effective and must continue even after the acne has cleared up. A common side effect associated with tetracycline is increased sensitivity to sun light resulting in bad sunburns if the patient stays in the sun too long. Other side effects include upset stomach, dizziness, and hives.

Women taking tetracycline can suffer from increased incidences of **vaginal yeast**.

Pregnant women and children under the age of 12 cannot take tetracycline because it discolors growing teeth.

**Ointments** -- Antibiotic ointments have fewer complications than oral antibiotics. They are effective in killing bacteria which cause acne, and when used in conjunction with other topical treatments like **benzoyl peroxide** the bacteria may not develop resistance to the antibiotics.

**Retinoids** -- Retinoids are derived from vitamin A and can be applied directly on the skin in the form of lotions or creams. Topical retinoid medications are useful for treating blackheads and whiteheads by helping to open clogged pores. A common side effect of topical retinoids is dry skin.

**Oral retinoids** can be used for more severe forms of acne which don't respond to other treatments. Oral retinoids cause the upper layer of the skin to peel thereby opening pores. They also cause the body to produce less sebum – the substance which causes oily skin.

## **CAUTION**

A number of serious side effects are associated with oral retinoids. They can cause **birth defects** if mothers are taking them when pregnant, so females must use two forms of birth

control if they are under retinoid treatment. They can also cause liver damage and depression, so regular medical attention is needed to make sure the patient is not being adversely affected by retinoid treatment.

**Other medications** – Birth control pills are sometimes effective in treating acne in women. They change hormone levels in the body and can reduce the acne causing effects of testosterone. Zinc is a relatively new treatment that is effective in some cases. Always discuss with your dermatologist for the most effective treatment for your particular case.

## Chapter 7: Physical Treatments for Acne

Mild acne conditions are usually best treated by topical ointments. More severe cases may be treated in a variety of ways including oral antibiotics, ointments, and physical treatments such as chemical peels and drainage.

Physical treatments must be conducted by a dermatologist. Although popping pimples is a form of physical treatment, it is ill-advised as it can cause acne-causing bacteria to spread and may lead to scarring. Physical treatments done under controlled conditions (i.e. in a doctor's office) minimize risk while providing the best outcome.

### **Exfoliation**

The top layer of skin can be removed either chemically or with abrasion. Chemical peels are usually done with **salicylic acid** or **glycolic acid**. These work by destroying a microscopic layer of skin cells to unclog pores and remove the build-up of dead cells.

The same effect can be achieved by using an abrasive cloth or liquid scrub. Glycolic acid treatments can be done every two to four weeks over a period of about six months, but salicylic acid treatments are milder and are often included in over-the-counter medications. They can be used on a daily basis.

## **Comedo Extraction**

**Comedones** (blackheads and whiteheads) can be removed by a dermatologist using sterile instruments. An anesthetic cream is used in the immediate area and then the comedones are extracted using a pen-like instrument which opens the top to allow removal of the plugged skin cells and sebum. The procedure is usually followed by an application of antibiotic cream. It is important not to try this at home. Remember, squeezing or picking at pimples can lead to infection and **permanent scarring**.

## **Drainage**

Severe acne can sometimes cause **cysts** to form under the skin. These cysts can be painful and disfiguring. Smaller cysts can be treated with **cortisone** injections which flatten the lesion in a day or two. Larger cysts may need to be drained and surgically removed. Drainage can help relieve the pain associated with cysts and also reduce the chance of scarring. It is performed in the dermatologist's office with sterile instruments. It is important not to try to drain cysts by yourself because of the risk of infection which could lead to **permanent scarring**.

## **Light Therapy**

Light therapy is sometimes used to combat the acnes bacteria that cause acne. It is particularly useful in treating hard-to-reach areas but may have a short-term effect

because it does not do anything about the production of sebum or the accumulation of dead skin cells.

## **Laser Therapy**

Laser therapy is useful for treating the scars caused by acne. It can be used for both surface-level scarring as well as deep tissue scarring caused by serious acne conditions. Research is currently being conducted on the use of lasers for acne treatment. Several approaches are being examined – burning away the follicle sac which produces the hair; burning away the gland which produces sebum; and forming oxygen in the bacteria to kill them. It is not yet known if laser acne treatment can cause permanent damage to the skin.

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## Chapter 8: Dermatologist's Acne Treatments

Even though even a mild case of acne isn't a serious condition it is still a good idea to see a dermatologist if your skin breaks out. You can receive valuable information about the cause of acne as well as learning about your options for its treatment. In addition, there is a condition called keratosis pilaris that is sometimes confused with acne, so seeing a dermatologist can determine which condition you actually have so that you are not wasting time with inappropriate treatments.

Mild conditions of acne can be effectively treated with over-the-counter medications but more severe cases will usually need the attention of a doctor. Acne can cause physical as well as emotional suffering and can lead to permanent scarring if not properly treated.

When acne is not responding to over-the-counter medications you should consult with a dermatologist for treatment.

It is a good idea to prepare for your first consultation by writing down as much information about your acne as possible. The doctor will want to know the background -- how long you have had acne, what form it takes (blackheads, whiteheads, lesions etc.) and what you have done to treat it. You may also be asked if your parents or siblings had acne and how severe it was for them.

Since the acne treatment may include oral medications you should be prepared to tell the doctor if you are allergic to certain medicines. Girls may be asked to describe their

menstrual period and boys may need to say how often they shave.

The dermatologist may offer a choice of treatments, so knowing a bit about the various options can help you make an informed decision.

**Antibiotics** are used to kill the bacteria that cause acne. Antibiotics can be given orally or in a lotion that is applied to the skin. Severe cases may require the use of both forms.

**Topical treatments** include **benzoyl peroxide** and **retinoic acid**. These are usually prescribed in gel form and may cause dryness or reddening of the skin.

In severe cases of acne **physical treatments** may be recommended. These include the removal of blackheads and whiteheads and the drainage of cysts.

No matter which form of treatment you and your doctor agree on, it is important to follow the directions given by the doctor. Don't take more or less of a medication than prescribed. If your acne clears up, continue treatment until advised otherwise, otherwise it may come back.

Always be informed about your condition and get the information you require. Write down questions as you think of them so that you can ask your doctor at your next consultation. Common questions include:

- What kind of treatment is best for me?
- How soon will I start to see results?
- How long will the treatment last?
- Are there any side effects?
- How should I care for my skin?
- Can I use makeup?
- How can I prevent acne scars?

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## **Chapter 9: Herbal and Natural Remedies for Acne**

If someone could figure out a way to prevent acne, that person would be very wealthy because people all over the world would stand in line to buy the solution. So far, the way to prevent acne remains a mystery.

While ointments, soaps and lotions remain by far the most popular acne treatment options, perhaps hundreds of companies in business right now are offering herbal remedies for acne and natural acne treatments. Do these products work?

The manufacturers of these products claim they do. They offer plenty of testimonials from satisfied customers but they come up short on scientific data. And unfortunately, there aren't any governing bodies in charge of validating their health-related claims. Does this lack of legislative oversight make a product good or bad? The answer depends on whom you ask and what you believe.

This much is certain. In earlier times, as far back in time as there is record, civilizations relied entirely on herbal and natural remedies to treat every ailment. They had to because the neighborhood pharmacy, with its manufactured treatments for every ailment ever documented, is a very recent development.

Throughout the centuries, civilizations ate only the foods that came from the earth or that they raised on their farms. Life was more difficult and life spans were definitely shorter

but these people overall were very healthy. Why? Many believe the reason for this better state of health is because they did not fill their bodies with processed ingredients, harsh pesticides and other potentially dangerous combinations of chemicals.

So how do you decide whether herbal remedies and natural treatments for acne are effective? The only thing you really can do is research this issue for yourself. Find out which herbs and natural ingredients have been shown to be effective in treating acne and then find skin care products that include them. Then try these products for yourself and measure your own results.

For example, dermatologists typically recommend antibiotics because bacteria are a main cause of acne. But did you know that several natural products have shown promise in fighting bacteria? Echinacea and Tea Tree oil are two of the more common natural remedies for acne. A dermatologist may be able to give you more information on herbal remedies and natural treatments for acne and if yours won't, it might be time to find someone who will.

If you're willing to look, you'll find plenty of clay masks, facial peels and gentle abrasives made from all-natural ingredients. If you take time to find a reputable company and to also read the ingredients label, you'll find plenty of natural options for treating your acne.

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## **Chapter 10: Treating Acne with Lasers or Surgery**

The majority of people with a mild case of acne can treat it effectively by keeping the area clean and applying a topical product that contains benzoyl peroxide to help clear up the blemishes. Those with persistent acne or more severe acne often seek alternative treatment methods. A dermatologist can help discuss the different treatments currently available including treating acne with laser therapy or acne surgery.

If treating your acne with laser therapy or surgery is something you're considering, it's important to fully evaluate each of the processes, including the number of required treatments, the associated costs and the potential side effects of the treatment. It's also important that you select a process that is designed to deal with reducing the presence of acne - not acne scarring. It does get confusing.

### **Using Lasers to Treat Acne**

Laser treatments involve the use of varying wavelengths that are aimed directly at the affected area. The wavelengths pulsate against the skin and work to destroy overly-large sebaceous glands and acne lesions. Lasers help to reduce the inflammation and redness that surrounds acne lesions. Laser treatments also remove the damaged outer layers of skin so that new cell growth can be initiated. The laser technician will vary the intensity of the laser as required to effectively treat the area. This is a desirable acne treatment method because it has few side effects. It's simple, only slightly uncomfortable and

doesn't involve the use of messy creams or potentially dangerous prescription drugs.

There is considerable debate surrounding the effectiveness of laser treatments for acne. It has been shown to be effective at improving the skin's appearance, even after just one treatment. As with most of the available acne treatments, there are side effects. Some patients do experience red, burned skin after treatment that can last for weeks. The appearance of the skin can be uneven if the laser is applied inconsistently. Also, individuals with dark-colored skin can end up with skin discoloration after laser treatments.

### **Acne Surgery**

Acne surgery involves making an incision into the affected area and draining the clogged matter. The process for blackheads and whiteheads doesn't actually involve surgery, but is often performed by a nurse, esthetician or dermatologist. They'll use a small, pointed blade to first open the comedone and then gently work the material out using a comedone extractor.

Severe acne cysts can be drained and removed by a procedure known as excisional surgery. This process is much more involved than that which is described above or even the at-home method of 'popping zits'. The procedure needs to be performed in a sterile environment using sterilized instruments to reduce the risk of spreading bacterial infection and should only be performed by a person with proper training. If deep acne

cysts are not carefully extracted, they can develop into a serious infection and result in severe acne scarring. Because of the increased likelihood for acne surgery to produce acne scarring, this acne treatment method isn't as popular as it used to be.

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## **Chapter 11: Proper Skin Care for Acne**

Skin care is important at any time of life but especially if you are unlucky enough to have acne. One simple secret for keeping acne under control is proper skin care. This means actively working to keep the skin clean and protect it from sources of damage like sunshine and harsh cosmetics.

### **Cleaning the Skin**

Using a gentle soap or specialized skin cleaner wash your face once or twice a day. It is very important that you are careful to not scrub the skin as this will further aggravate the acne. Use a soft cloth to moisten the face and then apply the cleanser to all areas from the hairline to the neck. Rinse the cleanser with plenty of water and then gently pat your face dry with a soft towel.

Those with especially oily skin may find it necessary to use an astringent, but these must be used with care. Only apply it to the parts of the face which are most oily and discontinue its use if your skin begins to become irritated. It is best to consult with a dermatologist first if you feel you need to use an astringent.

Hair care is also an important and integral part of skin care. Shampoo your hair two or three times a week and try to keep it off of your face as much as possible. Those with oily hair may need to wash their hair once a day or consider a shorter hair style.

## **Protect Your Skin from the Sun**

A suntan can dry out the skin and make your acne less noticeable but this is only a temporary condition. As your skin becomes accustomed to repeated exposure to the sun, the acne will flare up once again, and in the meantime you are also risking skin damage that may cause it to age prematurely or even cause skin cancer. Caution; many medications used to treat acne cause the skin to become more sensitive to sunshine and more vulnerable to burning. It is always best to wear a sunscreen when outdoors, whether you have acne or not.

## **Choose Your Makeup with Care**

The absolute best choice for good skin care is to wear no makeup at all, but if you feel you must wear makeup choose some that will not clog the pores. These products are labeled noncomedogenic, but they may still cause acne in some people. Above all, avoid makeup with an oil base. Read the labels carefully and use sparingly.

## **Shaving**

You may have to try both electric razors and safety razors to see which is more comfortable. Don't ever use safety razors with dull blades. Change the blade or razor after every two or three uses. You may have to shave around blemishes to avoid cutting

them, and be sure to soften the hair as much as possible with water and shaving cream. If you happen to have a lot of breakouts perhaps it may be best to skip shaving that day.

### **Avoid Touching the Skin**

No matter how tempting it may be to squeeze and pop those pimples, don't do it! You are only inviting more trouble because the bacteria which causes pimples will possibly spread. Popping pimples can also lead to permanent scarring.

Try to avoid touching your face as much as possible. Many of us do this unconsciously, but the hands are often dirty and oily despite our regular attempts to clean them and can spread germs over greater areas of your skin.

The good news is that acne can be brought under control. There are medications which are a great help in clearing up the skin and combating the bacteria which causes acne, but you will have to help it along as much as possible by taking good care of your skin.

Try this [natural acne skin care product](http://informationclickdepot.com/acne/skin_care_product.html):

[http://informationclickdepot.com/acne/skin\\_care\\_product.html](http://informationclickdepot.com/acne/skin_care_product.html)

## Chapter 12: Acne and Makeup

Your new acne medication promises fast results in 7 days and that sounds great, but you've got to put your best face forward today. Is there anything you can do besides stepping out your front door wearing a ski mask?

There sure is. All you need is to learn a few creative acne makeup concealing tips to help you look your very best whether you are at school, at work or at play.

Remember one thing. Makeup will conceal acne, but it doesn't cure it!

Bet you already knew that, right? Using makeup to conceal acne isn't that difficult, but there are some basic rules that you should always follow to do the job right.

### **Here's Your basic acne makeup toolkit:**

Your three most important acne-hiding makeup weapons will be a concealer, a foundation and a finishing powder. Stay away from the dollar store on this one and use only brand names that you can trust. You will regret trying to do this on the cheap.

Choose only oil-free makeup products that will match your skin tone. Remember, I said, "Oil-free!" Oil-free is the key to success here so read the labels carefully. You don't want to aggravate your existing acne problem by layering a fresh coat of oil on skin that already

has too much to begin with. Choose a hypoallergenic brand while you're at it.

If this is the first time that you are using a new brand, test the makeup by applying small dabs to a spot under your jaw to see how your skin reacts. If you are going to have a problem you'll know within an hour or so after applying it. Nothing's worse than adding more blotches to an already colorful face. Ugh!

### **Read This Before You Begin**

First, before you do anything else, wash your face with your normal face cleansing product and pat dry. Apply your acne medication per the instructions and let it dry thoroughly.

### **Now, Start With The Concealer**

You will want to apply the concealer in a light dabbing motion directly to any dark blotches or red areas that the acne has produced on your skin. Blend the concealer in using a disposable facial sponge. Use the concealer sparingly. You can always apply more if you need it but you don't want to layer it on too thickly. It will look terrible when it dries.

### **Next, Apply The Foundation**

Make sure you apply the foundation sparingly as well and use a light dabbing motion here too. Blend the foundation with your sponge and reapply to any areas that need it.

### **And Now For The Final Touches**

Apply a very light layer of the oil-free powder using a large makeup brush. This will take care of any shine that the acne concealer and foundation have left behind and it will give your face an even and finished look.

Important! Make sure you throw away the disposable sponges when you are through so you don't transfer yesterday's skin oil to tomorrow's clean face!

### **Before You Go To Bed**

Wash your face thoroughly to remove all that lovely makeup before you go to bed, but preferably as soon as you can after you return home. It has served its purpose. Now you want your skin to breath and your acne to get as much fresh air as possible.

Try this [natural acne skin care product](http://informationclickdepot.com/acne/skin_care_product.html):

[http://informationclickdepot.com/acne/skin\\_care\\_product.html](http://informationclickdepot.com/acne/skin_care_product.html)

## **Chapter 13: Acne and Scarring**

Most people who have mild or moderate case of acne will usually recover from the condition without any serious scarring. In cases of severe acne, however, some scarring is almost inevitable. Don't give up hope! New acne treatments can effectively minimize scarring and even existing scars can be removed with a variety of techniques.

Most pimples will leave behind a discolored patch of skin. However, this is not really a scar and will usually clear up by itself within one year. Marks or skin defects that remain longer than one year are considered to be scars and these can be treated.

### **Preventing Scars**

Acne scars can be prevented through a program combining active treatment and self-control. One of the worst things you can do to pimples is to pick them. Some people try to squeeze or remove blackheads or whiteheads but this is the absolute worst thing that you can do. Not only will the bacteria which causes the acne spread, but the skin can be damaged, and this usually leads to permanent scarring.

The good news is that mild cases of acne can usually be self treated with easily applied over-the-counter medications but more severe cases really should be treated by a dermatologist. The doctor can prescribe oral medications in addition to topical ointments for use on the skin. In some cases, the doctor may also decide to physically remove

blackheads or whiteheads and lance and drain pus filled nodules. The dermatologist uses surgical instruments which have been sterilized to prevent infection, and these types of procedures should never be attempted at home.

### **What Causes Pimples?**

Pimples form on the skin because of the presence of bacteria. This bacteria then damages and inflames the skin. Once the acne has cleared up, the skin may still appear discolored. This is part of the natural healing process and should not cause any alarm. The discoloration will disappear after a period of time.

This healing process can be speeded up by the use of medications like Retin-A, Renova, and Alpha-Hydroxy Acids. Sunshine can damage the skin and thereby delay the healing process, therefore sunscreens should always be worn outside.

Again, hands off! Avoid picking scabs that may form over old acne lesions. Scabs are an ugly but necessary part of the healing process and picking them off unnecessarily exposes the skin which increases the time necessary for the scars to heal.

### **Treating Scars**

Existing scars left over from acne can be treated in a number of ways. If scars are not too severe, a chemical peel can be applied to the skin. This effectively removes the

microscopic top layer of the skin allowing the cells underneath to rejuvenate.

Cases of more severe scarring can be treated with lasers or **dermabrasion**. Lasers can remove the damaged layer of skin and tighten the skin underneath to raise the depression caused by the scar. This process can be mildly painful so the dermatologist may use an anesthetic to numb the pain. The healing process after laser treatment takes about 3 to 10 days.

Dermabrasion removes scars by actually scraping away the surface of the skin where the scarring has occurred. During the healing process a new layer of skin is formed to replace the scar. Both dermabrasion and laser treatments can cause the skin to turn red, but this discoloration will disappear after several months.

Try this [natural acne skin care product](http://informationclickdepot.com/acne/skin_care_product.html):

[http://informationclickdepot.com/acne/skin\\_care\\_product.html](http://informationclickdepot.com/acne/skin_care_product.html)

## **Chapter 14: Scar Removal and Treatment**

At some point in life, almost everyone experiences acne. For some, acne is nothing more than an annoying and sometimes embarrassing rite of passage that occurs during adolescence, when hormone levels surge. Others unfortunately suffer extreme bouts of acne. Either situation can however, result in mild or severe acne scarring.

Several different acne scarring treatments are available. These work to help the scarred area return to a more “normal” appearance because most acne scars, like any type of scarring, can almost never be permanently removed.

The available treatment options differ considerably in their approach and what's right for a person will depend on several factors including the type and extent of scarring involved, an evaluation of how the scarring is impacting the person's livelihood and the individual's budget. It's always advisable to thoroughly discuss treatment options with a dermatologist before making a decision.

### **Causes of Acne Scars**

As with all scarring, acne scars result from tissue damage. When tissue is damaged, the body reacts by initiating the repair process and taking steps to protect against infection. Collagen is something the body sends to the damaged area but sometimes the body produces too much. When this happens, the excess collagen builds up into a fibrous mass

that ends up becoming a smooth and firm acne scar with an irregular shape. Acne scars also result when tissue is lost and this is actually the more common reason scars develop. Many different types of scarring exist within this latter category including the well-known 'ice-pick' scar, depressed scars, soft scars, atrophic macules and others.

## **Treatment Options**

**Injecting collagen** into the scar site is an effective method for most people however it's one that'll need to be repeated regularly, about every 3 – 6 months. Once injected under the skin, the collagen puffs out the scar area, making the scar less noticeable.

A similar process involves using a person's own body fat. This treatment option is called **autologus fat transfer**. Basically, fat is taken from another part of the body and injected into the acne scar, causing it to fill out. This option also does need to be repeated, although less frequently, because the fat will begin to absorb back into the skin.

**Dermabrasion** is a common treatment method for most types of acne scarring. It's done under local anesthesia. In this procedure, a thin layer of surface skin is removed using a fraise or a brush set on high speed. Removing the surface layer can actually remove some shallow scarring at the surface and it can lessen the depth of deeper scarring.

**Microdermabrasion** also removes the surface skin but does so using crystals of aluminum oxide that pass through a vacuum.

**Laser treatment** is another acne scar treatment option. Lasers of various intensity and wavelength are aimed at the scarring with the goal of changing a scar's shape. Depending on the scar, permanent results can sometimes be achieved. Again, multiple treatments may be necessary.

**Other acne treatment options** are available including skin grafting and skin surgery, but these extreme procedures are reserved primarily for deep scarring or extreme situations.

Try this [natural acne skin care product](http://informationclickdepot.com/acne/skin_care_product.html):

[http://informationclickdepot.com/acne/skin\\_care\\_product.html](http://informationclickdepot.com/acne/skin_care_product.html)

## Chapter 15: The Affects of Diet on Acne

Whether or not a person's diet affects the presence or absence of acne has long been one of life's greatest debates. There are as many people who claim a relationship exists between acne and diet as there are those who swear no such relationship exists. So which way of thinking is right? Will you really break out if you eat too much chocolate or too many greasy, high-fat foods?

### The Great Debate is Over

As much as we wish it could be true, to date **there is no scientific evidence** that links what you eat to the development of acne. Acne isn't caused by eating too much pizza or French fries or by drinking too much soda. Acne is caused by the oils that are produced by overly-active sebaceous glands beneath the skin, but these oils are very different from the oils that are used in food preparation. So next time your mother, friend or other family member tries to tell you otherwise, it's okay for you not to believe what they're saying.

If no relationship exists between diet and acne, how has this myth survived for so many years? Well many people simply believe it to be true. They believe that, in their own case, eating certain foods triggers acne outbursts. If you too happen to think this is true, then you have every right to steer clear of the foods you've identified as acne instigators.

Doctors will tell you to avoid those foods that you think spell trouble, but that's as far as most will go when it comes to linking diet with acne.

## **Do Watch What You Eat**

Even though there might not be a scientifically-proven connection between acne and food, there are many health- and nutrition-related reasons for limiting your intake of processed, fried, high-fat foods and those tasty sweet treats that are made from refined carbohydrates. Those types of foods have been proven to cause heart disease, a condition that is far more serious than acne. That reason all by itself should be enough to make every person, regardless of race, sex or age, change their eating habits.

A diet that is the right balance of vitamins and nutrients can greatly reduce the risk of heart trouble. Such a diet will leave you feeling more energized and may even slow down the effects of aging (the debate on this issue still rages). Equally important, a balanced diet is the most effective way to lose weight and keep it off, and that claim has also been proven.

What really happens when the body is fed a nutritionally-balanced diet is that it is more capable of performing at optimum capacity. When the body feels better, it acts better, and it's only a short time until it looks better too. So go ahead and start adding more fiber, anti-oxidant-rich fruits and vegetables and complex carbohydrates to your diet and start reaping the benefits.

Try this [natural acne skin care product](http://informationclickdepot.com/acne/skin_care_product.html):

[http://informationclickdepot.com/acne/skin\\_care\\_product.html](http://informationclickdepot.com/acne/skin_care_product.html)

## Chapter 16: Genital Acne

What is commonly referred to as genital acne is actually a medical condition known as **Hidradenitis Suppurativa**. The visible appearance of this other condition resembles acne which is probably why the confusion between the two conditions exists.

### What's the Difference?

Unlike acne, which involves the sebaceous glands, Hidradenitis Suppurativa involves a different set of glands – the **apocrine glands**. Apocrine glands are located in the groin area and under the arms and the nipples and these glands can also become blocked.

Perspiration is the culprit, much like it is with acne, but something else that can happen to the apocrine glands is that they sometimes do not develop completely. When materials become trapped inside these glands and cannot get outside the body they end up being forced out into the tissues that surround the blocked glands. The end result is a painful infection and inflammation surrounding the area of infection that sometimes causes lesions to appear on the surface of the skin.

Besides excessive perspiration, which is common in this area, there are other situations that can cause irritation in the groin area and trigger this condition. Clothing that is too tight and that constantly rubs against the skin is one culprit, but some laundry detergents can also irritate the skin. If you've got trouble in this area, try using a different detergent or even a different body soap to see if the problem goes away.

## **When to See a Doctor**

If the problem persists and especially if the lesions are present on the genital organs, it's probably time to see a doctor. Unfortunately, genital acne (or Hidradenitis Suppurativa) is sometimes something more serious. The lesions can actually be **a symptom of a sexually-transmitted disease** such as genital herpes or warts and have nothing at all to do with blocked glands. Yes, this visit will likely be uncomfortable and even embarrassing, but it's absolutely necessary to get the right diagnosis. That's the only way you'll be able to make this bad situation better.

When the diagnosis is Hidradenitis Suppurativa, it's easier to treat if it's a mild case. If so, then switch to wearing clothing that doesn't fit quite so snugly. And just as with acne, you'll want to keep the affected areas free of bacteria so cleanse with an antiseptic, or hydrogen or benzoyl peroxide solution. If the lesions have a discharge or are painful, they might have an infection that requires antibiotics. Extreme lesions may even need to be sliced open and drained, but this is only recommended for very severe situations.

When this medical situation is under control, making a few simple changes to your cleansing routine will help keep this often painful condition from reemerging. As with any type of acne, gentle exfoliation is the key to keeping bacteria under control. The exfoliating process helps to remove dead cells so that they don't become a problem. Be sure to use a mild cleanser and to rub gently so the skin doesn't become irritated.

Try this [natural acne skin care product](#):

[http://informationclickdepot.com/acne/skin\\_care\\_product.html](http://informationclickdepot.com/acne/skin_care_product.html)

## Chapter 17: Scalp Acne

Just about everyone knows what acne is and that it commonly breaks out on the face, chest, arms and on the back. Acne also appears on other parts of the body as well, but unless you're someone with acne in one of these “other” areas, you may not have realized this.

If you think about what acne is – a skin condition – it makes sense then that acne can appear almost anywhere on the body. One area in particular that is not often associated with acne is the scalp.

Scalp acne, the mildest form of which is also known as scalp **folliculitis**, probably occurs more frequently than most people realize. This form of acne is most often triggered **during times of high stress**. This irritating scalp condition usually develops whenever the scalp becomes oilier than usual, such as when the hair isn't washed frequently or when hair care products that contain a considerable amount of oil are used.

Scalp acne is very itchy and that makes it difficult for those who have it to leave it alone. In its mildest form, the pustules are small, crusty, and they're sore. They appear mainly on the upper forehead at the hairline. A person can have just a few pustules or there can be many.

A **more severe form** of scalp acne called acne **necrotica miliaris** is characterized by

inflamed larger papules with black-colored crusts. This form of acne can leave behind scars that resemble those resulting from Chicken Pox. There is an even more severe form of scalp acne that primarily affects adult African-American men, but can actually affect anybody, regardless of race or sex. This extremely rare condition is a combination of large cysts and smaller pustules and papules that grow to be very large.

### **Treatment for Scalp Acne**

The mild form of scalp acne can be treated the way most other acne is treated. Keep the affected area clean by using a product that contains salicylic acid. Remember though that these products can cause excessive dryness so use only on affected areas. For better control, apply using a cotton ball.

Since oily hair is a contributing factor to scalp acne, using shampoo that is formulated for oily hair and scalp is another good option. Hair care products designed especially to treat seborrhea have also been used successfully. And since many people use more than just shampoo on their hair, it's a good idea to check the labels on all hair care products and make changes as necessary.

Never attempt to treat the more severe forms of scalp acne without first speaking to a doctor or a dermatologist.

One thing that should **not** be used to treat scalp acne is any product that contains benzoyl

peroxide. The peroxide, when it comes into contact with hair, can change the color of the hair and result in a less-than-desirable look. Those who have chemically-textured their hair (for example those with perms) or color-treated their hair are most prone to hair trouble when benzoyl peroxide comes into contact with hair.

Try this [natural acne skin care product](#):

[http://informationclickdepot.com/acne/skin\\_care\\_product.html](http://informationclickdepot.com/acne/skin_care_product.html)

## Chapter 18: Back Acne

Back acne – you might not see it, but if you have it, you'll certainly feel it. And although not everyone will get acne on their backs, this condition is common enough to have earned the nickname, “bacne“ Sounds funny but it isn't really. The back area is home to thousands of **sebaceous glands** and each one is busy producing a lot of oil. Tight-fitting clothing and clothing made from fabrics that don't allow the skin to breathe are two of the biggest instigators of back acne. Even wearing a backpack has been attributed to triggering bouts of back acne.

These types of clothing and accessories trap the oil that's being constantly produced by the sebaceous glands on the back. And just like the acne that appears on other parts of the body, when the sebaceous gland gets clogged, dead skin cells become trapped inside the hair follicles and soon, bacteria is on its way, inflaming the tissues surrounding the affected areas and causing acne.

Any type of acne can appear on the back including whiteheads and blackheads, pustules (the surface type), papules (a bit deeper) or the acne can form deep in the skin and cause acne cysts. Back acne doesn't seem to be triggered by hereditary, stress or a poor diet, but long hair has been known to aggravate the pores on the back. If you have long hair and back acne, you might want to keep your hair off your back.

### **Back Acne Treatments**

The skin that covers the back is much thicker than the skin that covers the other parts of the body where acne is prone to appear. And because of this difference in skin thickness, the treatment regime for 'bacne' is going to be different.

It's still very important to keep the back clean and the best way is to bathe or shower frequently, especially after working out. Use a cleanser that contains salicylic or glycolic acid. If you've never used one before, now is the time to learn how to gently use a **loofah** so you can begin removing those dead skin cells (also known as exfoliating).

After washing and drying the skin, apply a topical product that contains benzoyl peroxide to the areas on the back that are affected by acne and be sure to allow the product to fully absorb into the skin (it can stain clothing). Also, it's important to only treat the areas that have acne, rather than slathering the product all over the back. You don't want the skin on your back to become excessively dry. If you dry out the skin, you'll have to moisturize and that could cause more acne. If you cannot reach the affected areas, have someone apply the product for you.

That's all you really need to treat back acne. Most people don't wash their backs as well as they should so changing this bad habit will produce almost immediate results. Of course if your back acne is severe, you should consult with a dermatologist.

Try this [natural acne skin care product](http://informationclickdepot.com/acne/skin_care_product.html):

[http://informationclickdepot.com/acne/skin\\_care\\_product.html](http://informationclickdepot.com/acne/skin_care_product.html)

## **Chapter 19: Small Children, Babies and Acne**

If your newborn or infant breaks out with a case of acne, don't panic! **It's quite normal.**

Usually the acne will clear up all by itself and there's rarely a need to use any medications or call your doctor.

Babies, especially newborns, often get acne bumps that are caused by natural skin oil becoming trapped in hair follicles. While mostly found on the cheeks, it's not uncommon for babies to have acne on their forehead or chin as well.

Just continue to bathe your baby as normal using a clean and soft washcloth and your normal baby soap as long as it is hypoallergenic. Otherwise, switch brands to something that is.

If the condition appears to worsen, or it doesn't clear up within a few weeks, then ask your doctor for advice.

### **Adolescent and Teen Acne Issues**

While the occasional blemish can break out at any age, persistent acne usually begins about the same time your child enters puberty.

Forget the old wives tales about eating too much chocolate or oily foods. Adolescent and

teen acne results from a natural increase in body oil which becomes trapped in pores. And it's not about failure to wash the face enough either. In fact, washing too much can actually irritate the skin, clog the pores, and cause more acne.

### **Child Acne Prevention and Treatment**

While prevention may not be possible, you can reduce the appearance of your child's acne by encouraging him or her to gently wash twice a day using warm water, a soft facecloth and a mild hypoallergenic soap.

If your daughter wears makeup, help her to choose cosmetics which are labeled “**noncomedogenic**” since they are specially formulated not to promote acne. Also encourage her to never go to bed without removing her makeup. Tell your child that 'popping' just makes things worse.

Most acne responds well to over-the-counter products containing benzoyl peroxide. This ingredient is available in a number of different lotions and creams from several manufacturers. Save yourself some money by comparing store brands with national brands. If the ingredients are the same and they are present in the same levels, go for the cheaper one.

The percentage of available benzoyl peroxide varies among brands. Choose a product with the highest concentration possible, but always test a dab on an inconspicuous portion

of your child's body to see if there is any reaction.

If you do not see a marked improvement within 4-6 weeks after treatment begins, take your child to their regular doctor for an exam and treatment advice. There is no need to head straight to a dermatologist unless your child's regular doctor suggests it.

There is no convenient time for an acne breakout in children. Be available to provide the emotional support that your child will need to help him or her through the social stigma that comes with acne. It's a lot bigger deal to them than it is to us.

Try this [natural acne skin care product](http://informationclickdepot.com/acne/skin_care_product.html):

[http://informationclickdepot.com/acne/skin\\_care\\_product.html](http://informationclickdepot.com/acne/skin_care_product.html)

## **Chapter 20: How Parents Can Help Teens With Acne**

Since acne is such a common condition, parents of teenage children are almost certain to have experienced it themselves. As adults, we know now that acne will pass, but this is small comfort to teenagers who are suffering from the embarrassment of acne. Parents need to be morally supportive, but also need to be a source of information and advice about how to treat acne.

One of the best ways for parents to help their children is to learn as much as possible about the various types of acne and how it can be treated. Armed with this knowledge you can help your teenager make appropriate decisions about medications or whether or not to consult with the dermatologist.

Just because you had acne when you were a teenager doesn't make you an expert. New medications and new methods of treatment have been developed so that most common acne conditions can be brought under control. There are a variety of approaches, so knowing what is available will help you decide which is best for your child.

Consulting with a dermatologist is always a good idea for any skin condition. Those spots that appear on your teenager's skin are most likely to be acne, but there are other skin conditions that resemble it. Consulting with a dermatologist will give you a definite diagnosis and also provide you with as many treatment options as possible.

Talking with your teenager about acne can be touchy because he or she is likely to be embarrassed by their appearance. You know best how to approach your teenager, but in general you need to be supportive and understanding. Never accuse your child of following habits that cause acne -- the myths about oily foods, chocolate, or sex causing acne have been proven to be untrue.

Most likely, your teenager is trying everything he or she can to control the acne. Even if they don't want to talk about it, it most likely is one of their major concerns. After all, acne can affect self image and sociability and in severe cases can lead to depression and withdrawal.

Let your teenager know that you are available and that you are willing to help him or her with their acne. Talking about your own experiences may help and certainly can't hurt -- it may give your teenager a broader perspective on the condition.

Even though it may be small comfort, remind your child that most teenagers suffer from acne -- they are not alone. It is estimated that 85% of adolescents have acne, and 40% have acne severe enough to need treatment by a dermatologist. If, after trying a few over-the-counter medications without success, encourage your child to go to a dermatologist. Medical treatments can include oral medicines, physical treatments, and ointments and lotions which are applied directly on the acne. These treatments can help clear up the acne while offering relief from the physical discomfort it causes.

Acne does not last forever. As your child gets older the acne should become less of a problem, and by the time they are in their early 20s should be a thing of the past.

Try this [natural acne skin care product](#):

[http://informationclickdepot.com/acne/skin\\_care\\_product.html](http://informationclickdepot.com/acne/skin_care_product.html)

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