

ACNE

Almost everyone gets acne. Most people have some acne between the ages of 10 to 20. Almost all teens worry about how their skin looks, but acne is a very common problem that can be well controlled with proper treatment.

Causes of Acne

Acne is caused by an obstruction, or plugging, of the sebaceous follicle (oil gland). Plugging of the skin opening of the gland causes a blackhead. A plug that occurs below the surface of the skin causes a whitehead. These can become inflamed or infected, which results in small bumps or cysts.

Acne is not caused by foods, or by poor hygiene, as is commonly believed. Excessive face washing or scrubbing with abrasive pads can actually make acne worse!

Treatment

Treatment may take 6 weeks or longer to achieve noticeable results.

Many soaps and cleansers that claim to treat acne can be bought without a prescription. Some of these may actually irritate the skin and worsen the acne, so be cautious. Benzoyl peroxide and salicylic acid both have been used successfully to treat acne, but you must use them continuously, or the acne will return.

A **dermatologist** can help you decide which combination of products will be most successful in treating your acne.