

## Fast Facts

### Acne

- Condition that affects the skin and is when the hair follicles become clogged with oil and dead skin cells
- Caused by four main factors, which are excess oil production, hair follicles being blocked with oil and dead skin cells, bacteria and excess activity of androgens (type of hormone which increases during puberty)
- Hormonal changes related to pregnancy and use of oral contraceptives can also impact sebum production
  - Common in teenagers, but can happen to anyone
  - Appears on face, forehead, chest, upper back and shoulders

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Whiteheads</li> <li>-Blackheads</li> <li>-Papules</li> <li>-Pimples</li> <li>-Nodules</li> <li>-Cystic lesions</li> </ul>	<p><i>Manage at Home:</i></p> <ul style="list-style-type: none"> <li>-Wash problem areas twice a day with a gentle soap and warm water</li> <li>-Wash hair every day</li> <li>-Shave affected skin carefully</li> <li>-Avoid irritants, such as facial scrubs, astringents, masks, oily/greasy cosmetics, sunscreens, hairstyling products or acne concealers</li> <li>-Only use water based or noncomedogenic cosmetics</li> <li>-Protect skin from the sun by wearing non-oily, moisturizing sunscreen</li> <li>-Avoid tight clothing and items that place pressure on skin</li> <li>-Shower after any strenuous activity</li> <li>-Try over-the-counter acne products that contain benzoyl peroxide, salicylic acid, glycolic acid or alpha hydroxy acids</li> </ul> <p><i>Medications:</i></p> <ul style="list-style-type: none"> <li>-Topicals</li> <li>-Oral pills</li> </ul> <p><i>Other Therapies:</i></p> <ul style="list-style-type: none"> <li>-Lasers/photodynamic therapies</li> <li>-Chemical peels</li> <li>-Extraction of whiteheads/blackheads</li> <li>-Steroid injections</li> </ul>	<ul style="list-style-type: none"> <li>-None specifically</li> <li>-Try manage at home techniques to prevent outbreaks</li> </ul>

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