

BEAUTY & FASHION

Adult acne

Prevention and treatment options.

BY SUSAN DAVOODIFAR, MD

Adult acne is a common condition among adults that is often left untreated despite many effective treatment solutions. Adult acne may persist from adolescence, or it may suddenly appear in adults who never experienced acne before. It often influences the overall well-being of a person causing psychological distress, poor self image and low confidence.

There are four main factors in your skin that cause acne:

- hormone-related excessive sebum production

- clogged pores
- over-growth of acne-causing bacteria
- inflammation

Recent studies have shown that adult women have a higher prevalence of suffering from acne than men, mostly due to hormonal fluctuations that may occur during the premenstrual period, upon discontinuing oral contraceptives, with pregnancy, or during menopause.

See a medical professional

A recent survey showed that adults often do not seek medical treatment for their acne either

due to a belief that there is no effective therapy or that their acne will clear spontaneously.

New medical advances using topical, oral and other adjunctive procedures, combined with proper skin care have made it possible to achieve optimal results when treating adult acne. The available treatment options can also address age-related concerns such as dry or sensitive skin, fine wrinkles, uneven skin texture and pigmentation problems.

Use proper skin care products

Don't underestimate the importance of proper skin care products. A good line of products can accelerate the healing process of acne lesions and promote a healthy complexion.

Use only mild non-soap cleansers and avoid harsh exfoliants, scrubs and alcohol-based products. Toners are useful if you have oily skin. Products containing salicylic acid are better for acne prone skin than alpha-hydroxy acids. Moisturizers are helpful in improving the barrier function of the skin and to reduce irritation, but make sure they are non-comedogenic (not acne causing).

Read the labels on your cosmetic products carefully

When considering cosmetics, look for formulations specifically for acne-prone skin, such as oil-free products that are labeled non-comedogenic or non-acne-genic. Use loose transparent powders which absorb excess

sebum versus pressed powders which are oil-containing. Avoid cream and liquid blushes and eye shadows and chose matte lipsticks versus glosses.

Do not pick, squeeze or extract your acne lesions

To avoid acne scars from forming, it is best to avoid any self-manipulation of the acne lesions. Leave this to an experienced aesthetician or a medical professional. If you already have acne scars, don't despair, there are some new advances in laser and light therapy that can help soften acne scars.

Apply sun screen

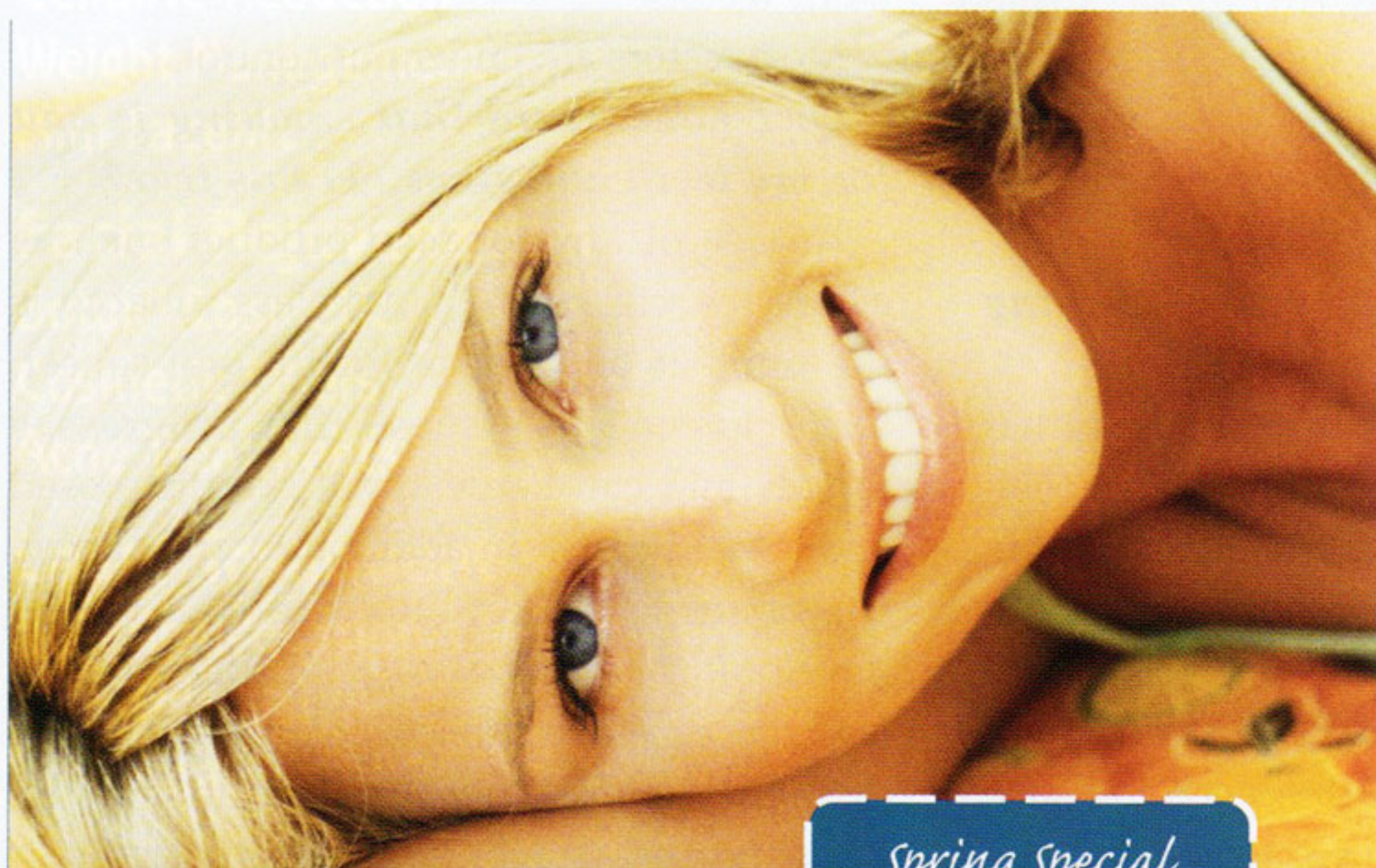
Acne treatments may cause your skin to be more susceptible to irritation from UV exposure and may cause uneven pigmentation, so it is advised to use a sunscreen daily.

New advances in medical technology, in combination with the right skin care products, give new hope to today's adult acne sufferers. If you suffer from adult acne, consult a medical professional. In addition, exercise and the consumption of healthy foods and plenty of water will not only support your acne treatment, but can improve your overall skin complexion as well.

This article is not intended to replace the services of a trained health care professional or to be a substitute for medical advice provided by a qualified physician or an appropriate health care professional. All information is presented in summary form, is general in nature and is intended for educational and informational purposes only.

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