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## What You Should Know About Acne

Almost everyone will develop acne to some degree, but some people seem to develop more pimples than others. Acne is not a skin problem that can be treated for a short time and then never recur again. Treatment requires a lot of persistence on your part, and, a lot of understanding.

### What Causes Acne?

More than 90 % of people have acne at some time in their lives.

The basic problem is a plug in certain pores or openings in your skin. During puberty, increased hormones stimulate the production of sebum, a substance produced by oil glands located at the base of hair follicles. If pores of oil glands get plugged with dead skin cells, sebum and bacteria, they may result in pimples.

There are blackheads (if the plug is at the skin surface level) or a whitehead (if the plug is below the skin surface). Blackheads are not caused by dirt and dirt does not cause acne. Blackheads cannot be washed or scrubbed away.

When pressure from plug becomes too great, the trapped material may seep through the walls of the follicle and cause redness and discomfort. The result may be a pimple, pus pump, or cystic acne. Cystic acne is a particularly deep and uncomfortable swelling.

### Some Acne "don'ts"

Do not wash or scrub with strong soap. It can dry and irritate your skin. It is better to use mild soap or acne bars once or twice a day. Pinching and popping pimples, blackheads or whiteheads causes more problems, especially scars. \

There is no consistent scientific evidence that suggests any food makes acne better or worse. Eat a Balanced diet for your overall health and drink plenty of water.

Avoid cosmetics and skin creams, if possible. If you do wear cosmetics, use water-based or oil free such as non-comedogenic facial moisturizers.

### How Do We Treat Acne?

Acne does not go away overnight with treatment! It takes time to unblock the pores. It usually takes 4 to 6 weeks of using the medication before you see changes. Try to be patient.

There are number of treatments available, depending on the severity and type of acne.

- Topical antibiotics destroy bacteria on the skin and often used in combination with other drugs
- Benzoyl peroxide is a peeling agent that dries the skin and helps prevent the growth of bacteria.
- Topical Vitamin A (Retin-A) is another peeling agent, loosens the plugs
- Oral antibiotic reduces the amount of bacteria and subsequently reduces inflammation
- Accutane is an oral medication that used for severe forms of acne. It is associated with many side effects.