

# ACNE

Acne is often thought to be a problem of teens, but the truth is that people of all ages deal with the embarrassment of acne on a daily basis. Approximately 75% of teenagers have acne to some extent. Furthermore, 30% of adult women and 25% of adult men have problems with acne as well. It is our goal to control acne and diminish the appearance of unwanted lifelong scars often the result of little or no treatment.

## *What are the causes?*

Although the tendency for acne can be inherited, there are many other triggering factors involved with acne outbreaks. These include:

- *Creamy cosmetics and skin care products*
- *Oral contraceptives*
- *Hormones*
  - For women, acne may worsen before menstrual cycles due to hormonal changes, but acne flares cyclically with both genders.
  - During adolescence, hormones cause oil glands to enlarge and become active. In addition, various internal and external factors cause cells around the oil gland openings to stick together forming a plug. This plug is referred to as a white or black head.
- *Heat/Humidity*
- *Pregnancy*
- *Certain drugs such as iodides and bromides*
- *Emotional/Physical stress*
- *Lack of rest*
- *Improper care of skin*
- *Diet*
  - Although foods are not as big of a factor in acne as some believe, some people do notice a flare with certain foods.
- *Sports*
  - Activities that cause an excess of sweating can make acne worse.

## *What kind of treatment should I expect?*

After your acne history has been reviewed, Dr. Alkek will determine the most optimal treatment program depending on your personal condition and skin type.

Treatments may include a regimen of cleansing with a soapless cleanser, applying glycolic acid lotion, and a combination of benzoyl peroxide, topical antibiotic, retinoids and oral antibiotics if needed.

Accutane and hormone manipulation can also be used in certain circumstances.

Treatments such as drainage of acne lesions, injection of nodules and cysts and glycolic acid peels are done in the office.

*For more information download Acne Brochure*