

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Acne and Solutions**

**By Kerwin Chang**

Acne

Acne is a common inflammatory skin disease that mainly affects the face, neck, chest and upper back. It is caused by an interaction between Hormones, bacteria and sebum produced by the sebaceous glands in the skin. Symptoms show as comedones (pimples), pustules (lesions filled with pus) and occasionally Cysts. Acne is traditionally thought to develop at Puberty but many women have acne throughout life or it may develop in adulthood. It can develop premenstrually or may be associated with the taking or stopping of Oral Contraceptive Pills. This is possible caused by changing hormone levels.

Treatment for acne depends on severity. Mild cases may be eased by washing the face with a gentle toilet soap or by drying agents such as benzoyl peroxide. Severe acne may need oral treatment with antibiotics such as tetracycline or hormone therapy such as Dianette, which also act as a contraceptive.

Acne is the term for plugged pores, pimples, and even deeper lumps that occur on the face, neck, chest, back, shoulders and even the upper arms. No one factor causes acne. As physicians understand it, acne happens when oil (sebaceous) glands come to life around puberty, when these glands are stimulated by male hormones that are produced in the adrenal glands of both boys and girls.

Welcome to Acne Treatment Care.com

We have compiled and consolidated latest information on Acne, acne causes, acne treatment, acne symptoms with lots of home remedies for acne cure.

Some Important Facts about acne

\* Anything that stimulates the growth of skin cells, such as scrubbing, can block ducts. You should simply wash the affected area with mild, unmedicated soap once or twice a day, and dry gently.

\* Hot, humid weather causes skin cells to swell and thus increases the chance of blocked ducts. This is why face-steaming treatments are useless or even harmful.

## Acne and Solutions

\* Acne is definitely stress-related, so you are more likely to have a flare-up when you are under physical or emotional strain.

\* Some women notice an outbreak before periods, probably due to female hormones being converted in the body to male hormones.

\* You must avoid picking or squeezing, which may force more sebum into deep skin layers and increase inflammation. Fingers may also introduce infection.

\* Fresh air and a little exposure to the sun may help some acne, but too much sun causes skin inflammation, which worsens it. Sun should be totally avoided during some treatments: your doctor, pharmacist or instructions with the medication will warn you about this.

\* Disguising an unsightly spot with a water-based cover cream will not aggravate the condition and is good for your morale.

\* Oily applications to affected skin usually worsen things.

Very severe acne can be treated using a derivation of VITAMIN A, called tretinoin or Retin-A. This

cream is applied each night and takes about 3 weeks to be effective. An oral version called Roaccutane is very good against severe acne but carries serious risks of foetal abnormality during PREGNANCY. This drug is carefully monitored for any side-effects in the patient but can be of considerable benefit, and the effects of treatment can last for a long time.

### Acne Treatment Care

All acne can be improved, and sometimes it can be completely cleared up. Mild to moderate acne is usually remedied by over the counter pharmaceutical products that help to prevent blockage of sebaceous ducts. The manufacturer's instructions should be followed carefully. For more marked and persistent acne see your doctor, who may prescribe medication. Severe acne may need to be assessed by a dermatologist. You will not see the benefit of any treatment for about 6 weeks, so persevere and be patient. If there is no improvement after consistent use for 2 months, see your doctor again.

Kerwin Chang writes for

<http://www.acnestuff.net>

where you can find out more about

acne

and other

skin care topics.

**Don't Spend Money on Acne Remedies. Fight Acne Naturally!**

**By Scott Green**

Acne is commonly a skin condition that is seen as whiteheads, blackheads, pustules or infected and inflamed nodules. Acne often is found on a persons face, chest, neck, and back. While many acne types usually affect the teenagers, various acne conditions are not restricted to a particular age group; even adults in their late 20s or even well into their 40s - have the possibility to also suffer from acne. Though acne is not life threatening, it can cause unwanted permanent scarring and cause emotional distress if it is not treated properly. People with Acne problems often tend to be more self-conscious about their appearances when having outbreaks or blemishes.

Instead of having you dig deeper into your pocket for various types of expensive Acne Treatment remedies, you should attempt to fight acne naturally by avoiding your pores to get clogged. For many people with acne outbreaks, it is about avoiding the common acne outbreak. Just by following some of the simply steps listed below, people that often have outbreaks can dramatically decrease their chance of another acne outbreaks:

By not touching your face with your hands, including popping the zits.

By washing your skin with a mild soap, acne cleanser such as Proactiv Solutions

By avoiding stressful situations

By allowing your skin to breath; wear loose clothing

Scott Green has extensive experience in the Dermatology field and shares his knowledge openly on his very resourceful site

Your Acne Treatment Solutions

at

<http://www.youracnetreatment.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**