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

Adult Acne – Frustrating Problem With No Easy Answers

By Alexander Sviridov

What are the reasons that more and more adults are suffering from acne?

That's probably related to the more varied and volatile hormone changes that accompany the adult physiology and lifestyle. Also, subtle early pre-menopausal changes in estrogen and testosterone may contribute.

Women are subject to more stress than perhaps at any other time in history. There are more concrete demands and more mixed messages demanding personal and professional perfection. The price is often physical and emotional exhaustion and emotional stress. How is it possible for the skin to not respond badly as well?

The final basic "cause" of adult acne is the same, abnormal response of the follicle lining cells to androgens. However, there are many more potential and identifiable causes in women, i.e. hormone medications, menses, pregnancy, personal care, etc.

The following regimen is one which is typically recommended to varying degrees of adult acne:

– Non-comedogenic soaps, cosmetics, etc. Many skin cleansers, make-up, etc. actually leave residues which block pores, and can make acne worse. The products which are used should state that they do not exacerbate acne. Some have recommended a very inexpensive, "natural" topical antibiotic. Placing 1 tsp. of essence of lemon oil (found at supermarkets) in to 4 ounces (120 cc) of liquid soap. This is used for cleansing the skin – essence of lemon has antibacterial properties.

– Topical antibiotics: several antibiotics (esp. tetracycline types, erythromycin, clindamycin, etc..) are prescribed for adult acne twice daily. They usually come in a "roll-on" type bottle.

– Topical Vitamin-A acid (e.g.. Retin-A): cause peeling of the superficial layer of the skin to lessen new comedone formation. Quite effective. Face gets "raw" if use to much. Must use a sunscreen. Takes 4–6 weeks of consistent use to attain benefit.

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- Facial cleansing: people with adult acne usually have very clean skin because attention they give to this area.
- UV light therapy: should be done with great care and under the supervision of a dermatologist.
- Oral antibiotics: tetracyclines or erythromycin are most commonly given by mouth for moderate to severe acne in adult. More expensive antibiotics are not necessarily any better than plain tetracycline. Tetracyclines work very well, however because they can discolor new bone formation, they are contra-indicated in youth who have not completed their permanent teeth, as well as pregnant and nursing females.
- Isotretinoin (Accutane) is indicated in only the severest adult acne cases. It is highly effective at reducing sebum production, comedone formation, inflammation, etc. However, it can cause severe birth defects if taken while pregnant and runs the risk of toxicity, requiring certain laboratory monitoring

prior to and during therapy. It usually needs to be taken for at least 20 weeks. All other adult acne therapy is stopped while on isotretinoin.

In general, it's not how you wash, what you eat, what you drink, or impure thoughts. The over-the-counter, television, and internet "miracle cures" are too good to be true. REALLY. You need real therapy that can clear your skin.

For further adult acne articles and information you may visit

<http://www.adultacnereview.com/index.html>

review site.

Advice For Adult Women: Understand Your Acne To Treat Them Fully!

By Ashish Jain

One good quality about this bad acne is– it does not have gender biases. No age limit for it either. It attacks male and female. The young and the old, children and the respected elders! Only, it visits you unannounced.

Even though millions all over the world suffer its attack, at any given time, no one for certain knows what its exact cause is. But then, we can definitely know what the probable causes of acne are in adult woman.

The oil produced by the facial glands is known as sebum. Cells and sebum form a blockage in the gland, when hair follicles shed dead cells too quickly. What better conditions acne wants to appear on the face?

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Tight garments and the pressure from their rubbing is also the cause of acne. They may irritate the acne condition further.

Acne could also be the most unwanted gift from your parents, father or mother or both. It may not be the sole cause. But it can definitely be the contributory factor. Then the special problems related to women only, which could be the cause of acne. With every change in the phase of their life, the hormone levels change in a woman. And they experience acne. Adult women may also suffer acne, between two to seven days before menstrual cycle.

During pregnancy also, women experience fluctuations in her hormones levels. Even those adult women, who had no acne problems, have to face the music of acne, during pregnancy or at time when the baby is born. Acne will disappear only when hormone levels return to normal.

Hormone levels change at the time of menopause. This could be the cause for acne in women. To beat back the acne condition, women panic and use heavy makeup. The condition worsens, because by doing so they contribute to further clogging of the pores.

During pregnancy, it is natural for the women to have stress. This leads to the production of a special stress-related hormone, cortisol. This again sends the acne signals and worsens the condition if you already have acne.

In such conditions, relaxation and medications are the twin answers. Do not pick acne. This may further lead to the spread of bacteria, and extend the area of acne influence.

Unless otherwise specially advised by your doctor, over the counter products containing benzoyl peroxide, sulphur and salicylic acid, should do well to control the condition of adult acne in women.

<http://www.acnetalks.com/pimple/>

& Adult Acne provides detailed information on acne treatment, pimples, acne skin care, adult acne and more.



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