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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!

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?

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.

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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.

Adult Acne In Women

By Yuri Nikitin

Although acne is typically thought of as a condition of youth, an ever-growing number of women (less often men) get acne for the first time as adults. Acne is no longer just a teenage problem.

There's certainly been a rise in the figures of adult women in their 20s and 30s with acne — even those who never had a zit before!

Teenage and adult-onset acne have a bit different characteristics. For one thing, the look is different: adults have less blackheads and whiteheads, for another, adult acne is likely to be more frequently located on the lower part of a woman's face. The appearance of female adult-onset acne is often very much linked to a woman's menstrual cycle as well as increased sensitivity to hormones such as those brought about by pregnancy, starting or stopping birth control pills, and other hormonal abnormalities.

When the hormones are out of stability your body makes extra sebum which is any oily secretion of the skin. This clogs the pores and causes those dreaded zits. The effects of androgen, even at normal levels, can boost acne more in adult women than in adolescents.

Some women who experiencing natural menopause will develop acne (especially those who had acne during their teen years), usually due to an increase in the ratio of the hormone androgen to estrogen. However, some women who experience surgical menopause have less acne because their internal androgen levels plummet after the ovaries are removed.

Adult acne rarely responds to teenage acne therapies (lotions, soaps, antibiotics). Oral contraceptives may help with adult acne. At least two oral contraceptives (Estronestep, Ortho Tri-Cyclen) have been FDA-approved for this use. In Canada, the oral contraceptive DIANE-35 is approved for the treatment of severe acne.

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One of the most popular and most expensive forms of adult acne treatment is Accutane. After the five-month treatment, there is a 60 to 70 percent chance of a permanent cure. Women who are taking Accutane should not get pregnant while on the medication, and she should wait at least one month after finishing Accutane treatment before becoming pregnant.

Herbal adult acne treatments can be just as effective as medications. Possibly more powerful. Sometimes, all your body needs is the right nutritional balance and proper skin care. Here are some easy things you can start doing today to help you:

Apply a honey mask to your face once or twice a week. Include chromium in your diet. Eat carrots for beta-carotene (Vitamin A). Drink 8 glasses of water. Eat foods rich in zinc.

For further adult acne articles and information you may visit

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



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