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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!

How To Treat Acne

By David Sanders

Zits or pimples may appear harmless but it can ruin a person's social life and can even destroy his self confidence. For one, it is disfiguring and can mar even a beautiful face. A person who has a severe case of acne usually has low self regard and prefers to live away from people.

Pimple or acne usually appears during puberty, a point in a person's life when he still has not yet fully developed his confidence. Having acne at that young age limits a person's social life because he may have bad feelings about showing his face to others. Ultimately, it can destroy a person's future.

It is unthinkable how many people allow their lives to be inhibited by acne when there are numerous ways of treating such skin disorder. A person, or even his parents, should immediately seek treatment for this skin disorder as soon as possible to avoid further damage top the skin.

Acne is caused by the secretion of oil that is thickened and leads to the clogging of pores. When the pores get clogged, it can lead to inflammation and infection and then to scarring.

While acne is commonly identified with those facial zits, other body parts like the back, neck and chest can also experience acne breakouts. However, most people do not really fuss about these zits since these are located in hidden body parts. Facial acne is however another story since it is the first thing that a person sees.

To avoid acne, you have to keep your skin clean and free of oil all the time. Too much oil build up in the skin can cause acne. Some people are more prone to getting acne so they have to be more careful about keeping their skins free from oil build up.

People who have acne can resort to topical treatments at first but if it does not work out, then it is best to seek treatment and proper prescriptions from licensed dermatologists.

When stronger acne treatments have been prescribed but they do not work, your dermatologist may recommend accutane. This is a prescribed oral medicine which can be effective but its effects can only be seen after a few months of taking it.

How To Treat Acne

Whatever you do with your acne, never prick them because it can only add to the bacteria and can result to scarring. Acne treatments that work for other people may not work on you but keep on seeing your dermatologist until you come up with an effective treatment.

Do not let acne limit your social life. Get help and get some acne treatment before your acne becomes worse and even more difficult to handle.

The author regularly contributes to Acne Treatments Today

<http://www.acne-treatments-today.com>

where more acne treatment information is freely available.

What Acne Scar Treatments Are Out There?

By Den Fransen

Acne can cause scars when not treated sufficient. Therefore you should always treat your acne to minimize the risk of acne scars. If you have severe acne you should consult your doctor or a dermatologist for treatment. You cannot treat acne scars if you still have acne problems. You first have to treat the acne, before you can treat the acne scars.

Acne scars can be found in different variations. The depth of the scar is important. Shallow scars are easier to treat than deep scars. The best acne scar treatment depends on the scars and on the person. Consult your doctor about the best treatment for you. Below is a list of common acne treatments.

Chemical Peels Chemical peels contain different types of acids that will remove the top layer of the damaged skin. The skin will usually turn red or swell for a few days. This treatment is only for people with mild scarring.

Dermabrasion treatment Before the treatment the skin is numbed or frozen. After that the damaged skin is removed using a rotating wheel. The procedure will take up to an hour, but your skin will be reddish for at least two weeks. This treatment is best for shallow scars.

Laser resurfacing treatment Damaged skin is removed using a laser, so new skin can form in its place. This treatment is best for shallow scars, but can cause change of skin tone for people with darker skin.

Punch Techniques This is a treatment for pitted scars. The scar is cut open or out and is sometimes replaced with skin like hair transplantation. This is the best treatment for deep scars.

Subcision By detaching the scar from the deep tissue the skin is leveled. For best results this treatment has to be repeated more than ones.

Augmentation The scar is leveled to the surface by injecting collagen under the skin. The results will last for about half a year. Best thing is that there is hardly any recovery time needed from this

treatment.

Usually one treatment will not be sufficient to remove all acne scars. Most of the time several or combined treatments are needed to get the best results.

Den Fransen is the editor of

<http://acne-papers.com>



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