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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!

The Different Types Of Acne Medication

By Kathlene Capelle

To treat acne, there exists many types of acne medication and solutions. Many of the acne medication treatments may include topical or systematic acne solutions. Additionally, homeopathic treatments may also be applied to prevent the out-break of acne, an example of which is the use of mild soaps and water. Which acne medication to use first depends on what is the cause of acne.

There can be many causes of acne. Some of the causes include:

- Over-secretion of the sebaceous glands of its sebum (natural oil of the skin).
- Hormon imbalances due to internal changes in your body.
- The weakening of the immune system due to the attacks of the acne-infecting bacteria called as "Propionibacterium acnes".
- Impaired internal detoxification system.
- The reaction of the digestive system to the food items you eat.
- Stress.
- Genetic influences.
- Environmental pollutants or toxins.
- Cosmetics that contain chemicals, preservatives or harmful substances.

The severity of your acne problem determines the type of acne medication to be used. In fact, for the less serious acne cases or conditions, it is best to start with natural acne solutions. This normally comprises of natural herbs and exotic plants that are effective in removing blemishes and the prevention of bacterial formation. One example of less serious acne symptoms are those that appear

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on the onset of an acne outbreak.

Fruits and vegetables are perfect in lessening the effects of the above mentioned factors. They contain eeded minerals and vitamins for healthy skin. These may also have the properties of effectively cleansing and removing the oil from the skin tissues, like that of cucumbers and tomatoes. Most vegetables and fruits have a high water content. Water itself is potent in releasing body toxins from the body. Increasing your intake of fruits and vegetables and drinking plenty of distilled water can help prevent the onset of acne.

However, if you have a serious acne breakout, the use of acne medication treatment may be suitable. Acne medication products include topical and systematic acne solutions.

Topical acne solutions are those which you apply on the skin surface. One ingredient found in a topical acne medication product is benzoyl peroxide. Benzoyl peroxide is effective in reducing the quantity of

bacteria on the skin. However, prolonged use can result in dryness of the skin, contract dermatitis and cause skin irritations.

Another ingredient in a topical acne medication product is Azeilic acid. Azeilic acid is known for its diminishing effect like that of benzoyl peroxide, on the bacterial presence on the skin. This acne solution is also effective in evening out the darker complexions produced by the recent flare-ups of acne. The side effects of this acne solution are impermanent discoloration on the affected area and extreme dryness.

In addition, Erythromycin in its topical form may reduce the acne inflammation. This acne solution is often combined with benzoyl peroxide to rigorously attack belligerent infection caused by the "Propionibacterium acnes".

An acne solution that does not only obstruct the growth of the acne-infecting bacteria but may also address inflammation and clogged pores is Sodium Sulfacetamide treatment. However, it is not commonly used as a treatment to acne because of its smell. Yet, it has been proven to help acne flare-ups in many cases.

Systematic acne medications are usually prescribed to more severe cases of acne infections. Generally speaking, the treatment may last up to six months. For women, the most prescribed systematic acne solution is anti-androgens. This form of treatment controls the secretion of a certain hormone and is commonly referred to as hormonal treatment.

Treating your skin with the right acne medication type is important. For instance, if your acne problem is at best mild, you don't want to be applying too strong a product on your skin. Too harsh a product can cause your skin to age faster and result in wrinkles or dry scaly skin. It is therefore, best to research properly on acne medications that will be the most appropriate for your acne problem.

Kathelene Capelle writes on acne treatment, natural acne remedy, eczema, dry skin care and also, on skin massage oils. Learn simple and step-by-step recipes for skin care that you can follow with

ingredients right out from your kitchen! Read them all

<http://www.acne-and-skin-care.com>

The 10 Most Common Misconceptions About Acne

By Den Fransen

- 1) Diets cause acne. Contrary to popular believe, no proof has been found that acne is caused by a diet. Chocolate causing acne is the most common misconception there is about acne. Several scientific studies have been performed on this subject, but none of them could confirm this theory. Other food like sugar oil, milk and seafood are not known to cause acne.
- 2) Popping pimples helps. Popping pimples will not help you to get rid of them. They might go away for a few hours, but will always come back worse. If you pop a pimple you are opening the wound so bacteria and dirt can get in to cause redness and infections.
- 3) Washing your face helps fights acne. Washing your face will get your face clean of dirt, but it will also dry out and irritate your skin. So wash your face at most twice a day with a gentle soap and do not rub it clean or dry to avoid irritating the skin.
- 4) Only teenagers have acne. Most teenagers have acne and in most cases these problems will clear up when they reach their 20s, but some people still have acne problems when they are 30 or 40.
- 5) The sun will clear your acne. The sun might help clear your acne on the short term, because it will dry the skin. But it is not a good remedy for acne on the long run. Usually your acne will come back after a while and probably will be worse. Best way is to protect your skin by using sunscreen.
- 6) Makeup gets you acne. Choose makeup that is non-acnegenic or non-comedogenic, so they won't clog your pores. For people with severe acne, best is not to use makeup at all. If you're not sure about what cosmetics to use consult your dermatologist or doctor.
- 7) You can stop medication ones your acne is cleared. Don't stop your medication without consulting your doctor or dermatologist. If you stop your medication to soon, your acne might come back.
- 8) Stress causes acne. Acne may cause stress, but not the other way around. Some stress medication may cause acne as a side effect. If you're not sure if your drug gives you acne, consult your doctor.
- 9) Acne can be cured. No cure for acne has been found yet, but there are a lot of treatments available for reducing acne and acne scarring.
- 10) You can't help acne scarring. The best way to prevent acne scarring is to prevent acne itself. If your treat your acne early and for as long as it takes, you can minimize scarring.

Den Fransen is the editor of

<http://acne-papers.com>



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