

This Free E-Book is brought to you by Natural-Aging.com.

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

Treatment on Acne

By Kerwin Chang

Treatment on Acne

It's important to know that there is no true cure for acne. If untreated, it can last for many years, although acne usually clears up as you get older. The following treatments, however, generally can keep acne under control.

1. Use topical benzoyl peroxide lotion or gel

Benzoyl peroxide helps kill skin bacteria, unplug the oil ducts and heal acne pimples. It is the most effective acne treatment you can get without a doctor's prescription. Many brands are available in different levels of strength (2.5 percent, 5 percent or 10 percent). Read the labels or ask your pediatrician or pharmacist about it.

* Start slowly with a 2.5 percent or 5 percent lotion or gel once a day. After a week, increase use to twice a day (morning and night) if your skin isn't too red or isn't peeling.

* Apply a thin film to the entire area where pimples may occur. Don't just dab it on current blemishes. Avoid the delicate skin around the eyes, mouth and corner of the nose.

* If your acne isn't better after four to six weeks, you may increase to a 10 percent strength lotion or gel. Start with one application each day and increase to two daily applications if your skin tolerates it.

2. If you don't see results, consult your pediatrician

Your doctor can prescribe stronger treatments, if needed, and will teach you how to use them properly. Three kinds of medications may be recommended:

* TRETINOIN (RETIN-A) CREAM OR GEL helps unplug oil ducts but must be used exactly as directed. Be aware that exposure to the sun (or tanning parlors) can cause increased redness in some people who are using the medication.

* TOPICAL ANTIBIOTIC SOLUTIONS may be used in addition to other medications for a type of acne called pustular acne.

Treatment on Acne

* ORAL ANTIBIOTIC PILLS may be used in addition to creams, lotions or gels if your acne doesn't respond to topical treatments alone.

3. What about the "miracle drug" Accutane?

Isotretinoin (Accutane) is a very strong chemical taken in pill form. It is used only for severe cystic acne that hasn't responded to any other treatment. Accutane must NEVER be taken just before or during pregnancy. There is a danger of severe or even fatal deformities to unborn babies whose mothers have taken Accutane while pregnant or who become pregnant soon after taking Accutane. You should never have unprotected sexual intercourse while taking Accutane. Patients who take Accutane must be carefully supervised by a doctor knowledgeable about its usage, such as a pediatric dermatologist or other expert on treating acne. Your pediatrician may require a negative pregnancy test and a signed consent form before prescribing Accutane to females.

If you are experiencing acne problems, remember that your pediatrician can help you. And as you

begin treatment, keep these helpful tips in mind:

* Be patient. It takes three to six weeks to see any improvement. Give each treatment enough time to work.

* Be faithful. Follow your program every day. Don't stop and start each time your skin changes. Remember, sometimes your skin may appear to worsen early in the program before you begin to see improvement.

* Follow directions. Not using the treatment as directed is the most common reason the treatment fails.

* Don't use medication prescribed for someone else. This holds true for all medications, especially Accutane. Doctors prescribe medication specifically for particular patients. What's good for a friend may be harmful for you. Never take Accutane that's prescribed for another person.

* Don't overdo it. Too much scrubbing makes skin worse. Too much benzoyl peroxide or Retin-A cream makes your face red and scaly. Too much oral antibiotic may cause side effects.

Kerwin Chang writes for

<http://www.acnestuff.net>

where you can find out more about

acne

and other

skin care topics.

Acne Alternative Treatments

By Oliver Turner

There is no clear account of the number of people suffering from acne. But the sale of medicines for acne is on the increase and this suggests that there is an increase in the number of people having acne. Acne is caused mainly due to the clogging of the oil generated by the skin. This clogging is initiated by a particular type of bacteria. Most treatments and ointments available for acne concentrate more on removing the scars. This means that the bacteria responsible for acne still remain there. This has led to people looking for alternative acne treatment. Most of the alternative acne treatment mainly tries to eliminate the bacteria responsible for acne.

One of the greatest advantages with the alternative acne treatments is that they are devoid of side effects. There are several herbal combinations that have proven track record of curing acne. Once such herbal combination is the paste made of basil leaves and sandalwood. Another popular alternative acne treatment is the application of the paste made of strawberry leaves. There are several other herbal combinations available in the market that can effectively cure acne.

The main reason for the cause of acne is the deficiency of essential vitamins needed for the skin. Deficiency in Vitamin A, Vitamin E and Pantothenic Acid can lead to acne. Taking large amount of vegetables, fruits and vitamin supplements can cure acne. There are several cures of acne in naturopathy. Herbs, skin cleansers and vitamin supplements are the main treatments for acne in naturopathy. Another advantage of alternative acne treatment is that they are less costly.

Acne light treatment is another new alternative acne treatment. In this method ultraviolet rays are used to clear the acne. Alternative acne treatment requires cent percent dedication from the patient. Unlike other form of treatments, some of the alternative acne treatment requires strict following of the regiment. It is wise to take professional opinion before opting for any of the alternative acne treatment.

Our experts have executed a research to find the best acne treatments. Find the results only on

http://www.leandernet.com/Acne/Acne_treatments.php

.More valuable acne info on

<http://www.leandernet.com>



This Free E-Book has been brought to you by Natural-Aging.com.

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