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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!

What Is Acne?

By Jason Rickard

Acne is a common skin disease which affects the various skin parts such as face, neck, shoulders, chest and back. Acne is a relatively less serious health problem but obviously, a nightmare for beauty conscious people. Acne vulgaris is the most common type of acne.

Acne is manifested because of the clogging or blockage in the pores of the sebaceous glands which are the oil secreting natural body moistures. The blockage of the follicles will lead to accumulation of sebum in the portion called the comedon. Propionicum acne, the bacteria, will get attracted to the site and cause inflammation by destroying the white blood cells. Non inflammatory acne also occurs. According to the difference in the clogging location, acne is classified into different sub types such as pimples, white heads, black heads, cysts and manula. It can occur in any age, but is more frequent in teenagers. On rare occasions, the outbreak of acne will grow and lead to moderate and severe type of acne. One of the most drastic consequences is its effects in the emotional well being of patients. Many patients have lost their confidence to go out in public and the result has been difficulties in relationships. The chance for permanent scaring is another potential harm.

Causes

Exact causes are not identified for acne, however, genetics, and hormonal changes are attributed to be the main reasons. Diet, age, pollution, and personal hygiene are also suspected as reasons.

Symptoms

The facial eruptions are the primary symptoms of acne. Certain types will form pus inside the inflammation and some will be slightly hard. Most of them will be tolerable; however, some will cause irritation, pain, tenderness, and itching.

Diagnosis

In most of the acne cases clinical diagnosis will not be essential. Physicians can easily diagnosis acne from external symptoms. In case of severe acne, an endocrinologist may refer for hormonal tests.

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Treatment

Usually acne is treated using over the counter medicines in various forms such as lotions, ointments, and pads. However, in moderate and severe cases, the assistance of a dermatologist will be necessary. Physicians used to recommend drugs primarily to reduce bacterial infection and minimize the production of sebum. The comedolytic anti clogging drugs are also popular while Benzoyl peroxide, salicylic acid, azelaic acid (Azelex), isotretinoin and antibiotics are some of the common drugs for treatment. Many surface therapies such as dermabrasion, laser therapies and punching of skin are also treatment measures. Alternative medicines and herbal medicines also suggest many remedies.

Prevention

Often diet and habits are blamed for acne occurrence and even though no evidence supports such

arguments, it is better to have a balanced diet and good health habits to prevent it. Regular cleaning of the face and avoidance of irritant cosmetics is essential to avoid clogging.

Jason Rickard is the owner of Your Favourite Shop –

<http://www.yourfavouriteshop.com>

– Offering

White Noise and Relaxation CDs – Visit Hapa Health –

<http://www.hapahapa.com>

for more articles.

Don't Spend Money on Acne Remedies. Fight Acne Naturally!

By Scott Green

Acne is commonly a skin condition that is seen as whiteheads, blackheads, pustules or infected and inflamed nodules. Acne often is found on a persons face, chest, neck, and back. While many acne types usually affect the teenagers, various acne conditions are not restricted to a particular age group; even adults in their late 20s or even well into their 40s - have the possibility to also suffer from acne. Though acne is not life threatening, it can cause unwanted permanent scarring and cause emotional distress if it is not treated properly. People with Acne problems often tend to be more self-conscious about their appearances when having outbreaks or blemishes.

Instead of having you dig deeper into your pocket for various types of expensive Acne Treatment remedies, you should attempt to fight acne naturally by avoiding your pores to get clogged. For many

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people with acne outbreaks, it is about avoiding the common acne outbreak. Just by following some of the simply steps listed below, people that often have outbreaks can dramatically decrease their chance of another acne outbreaks:

By not touching your face with your hands, including popping the zits.

By washing your skin with a mild soap, acne cleanser such as Proactiv Solutions

By avoiding stressful situations

By allowing your skin to breath; wear loose clothing

Scott Green has extensive experience in the Dermatology field and shares his knowledge openly on his very resourceful site

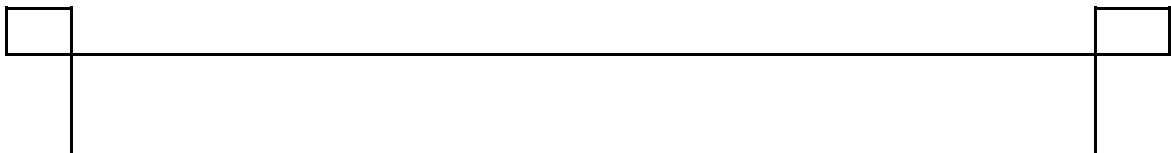
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