

Pimples, Zits What Should I Do?

As adolescents we might have experienced acne, but what about the adults that still have acne? Adult and adolescent acne and is called acne vulgaris which develops when the oil (sebum) from your pores reacts with the dead skin and bacteria, then form a plug thus starting a pimple. Acne is very treatable but can affect a person's self esteem, social involvement and sometimes can even lead to depression depending on the severity. It is very important that it is treated properly. Acne can be found on the face, neck, back, shoulders, buttocks, etc. It has been reported that 12 % of women and 3 % of men have adult acne. In extreme cases there might be a cause of the acne when linked to problems of the endocrine system. If this is suspected a physician will test you for it, but again it is rare. It should be noted that females produce more testosterone in adolescent and young adulthood more than any other time. As a result, the testosterone increases the production of the oil glands but lessens as one gets older.

Adult acne most probably is due to heredity, hormonal changes, medications, bacteria, make up or improper cleansing technique. It is extremely important on how acne is treated according to the severity of the problem. It possibly could take months or years to totally treat, but when you use any product; give it at least 6-8 weeks to see results.

There are various over the counter drugs to use that can dry up the oil. This OTC list is not inclusive

- Clearasil,
- Fostox
- Oxy-10
- Stri-Dex
- Clearasil Adult Care

Acne can be defined as whiteheads, blackheads, papules, pustules nodules or cysts. All can be scarring if left untreated and it progressively gets worse. If you have tried over the counter agents without success, it may be time to see a physician. There are various prescriptions to use for the treatment of acne, but again the list is not inclusive:

- Differin

- Azelex
- Benzac
- Cleocin T
- Eryderm
- Birth Control

You physician might suggest different therapies to use alone or in conjunction with a medication. Some therapies that might be used:

- Laser or light Therapy
- Dermabrasion – This removes the top layer of skin in an effort to reduce scarring.
- Microdermabrasion – This device that blows crystals onto the skin to abrade it and then are vacuumed to remove dead cells.
- Accutane – This medication must be used with caution.

Steps to help prevent acne:

- Wash your face once or twice using gentle cleanser. Do not scrub, this will only irritate your face.
- Don't pop the pimples as this spreads the bacteria.
- Keep your hands away from your face and change your pillowcase often.
- Shower after exercising because sweating produces oil production in the glands.
- Use water base skin products so not to clog pores.
- Avoid gels, mousse, fragrances, etc. that might be an irritant.
- Use medicated creams, soaps, lotions or gels when treating your acne.
- Avoid heavy foundations, as these tend to clog pores. And remove your make up before you go to bed. This can clog your pores and make the condition worse.
Also use loose powder make up.
- Don't wear tight clothing -your skin needs to breathe.
- Use benzoyl peroxides or salicylic acid if mild case.

- Keep things away from your face – telephone, keep hair clean and short. Wera loose clothing.

Adolescent and adult acne can really affect ones self esteem, so get help if you need too. There are many treatments available. Don't be afraid to ask. As always, if you have any questions or comments, please eMail me at gheffelmire@dearborncounty.in.gov