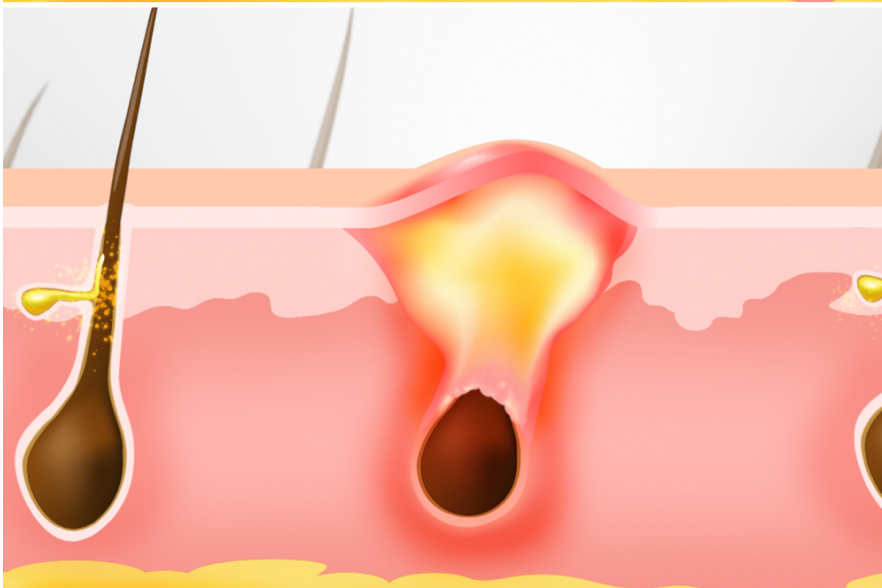
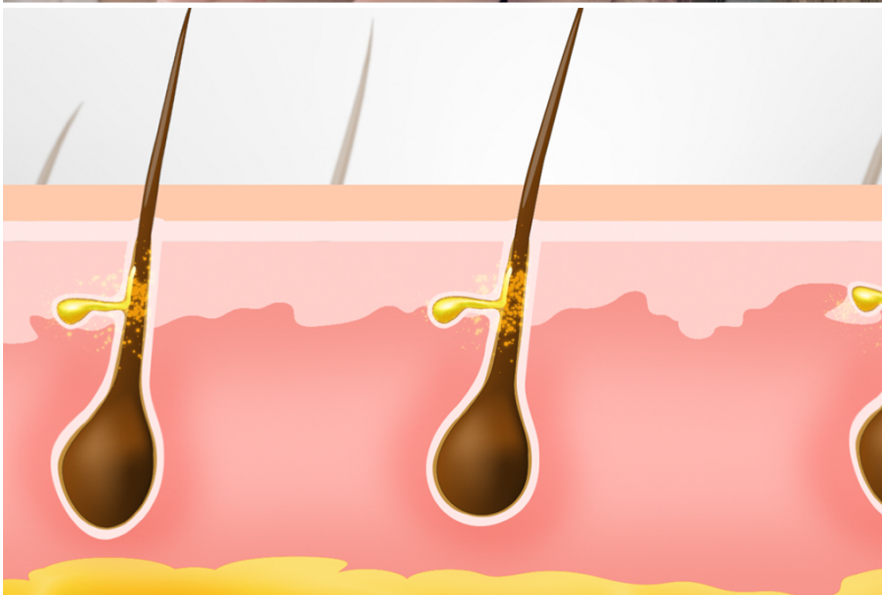




Acne



Overview

This common condition causes different types of blemishes that form on or just beneath the skin's surface. These include things like blackheads, pimples and deep, pus-filled lesions. We see acne on the face, back, shoulders and chest, often during the teenage years. It can be frustrating and embarrassing.

Causes

What causes acne? It's not caused by eating greasy or sugary foods or by having dirty skin. It's linked to androgens, a group of sex hormones that ramp up during puberty. They affect your skin. They make the glands in your skin produce more oil. This excess oil becomes a problem whenever a hair follicle (the opening through which hair grows) becomes clogged. A clogged follicle can quickly fill up with excess oil and dead skin cells. Then, bacteria begins to grow. This leads to swelling and redness. It often creates a bump on or just beneath the skin's surface.

Who gets acne?

Who gets acne? It's most common in teenagers, but anyone can get acne. It can be a problem for adult women because of hormone changes linked to menstrual cycles and pregnancy. And if you have a family history of acne, you may be more likely to get it.

Treatment

How do we treat it? A variety of medications help clear up acne. Some go directly on your skin. Others are taken by mouth or injected. You may also benefit from things like light therapy or chemical peels. And, a doctor can open clogged pores and drain lesions. Your doctor will create a plan that's right for you.