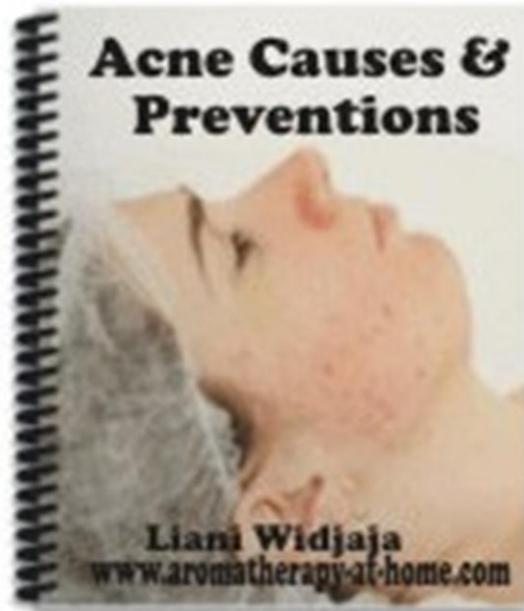


Acne Causes and Prevention



This is a free e-book. You can give it to your friend or your website visitors; put it at your website, etc. Distribute it in anyway you want as long as you retain the author's byline and you don't make any change, what so ever, to this book.

This book is brought to you by:
www.aromatherapy-at-home.com.
Visit the site and get more e-book to download.

Topics Covered:

Acne – The Lowdown On This Four Letter Word

Six Myths You Might Not Know About Acne

Acne Risk Factors – Actions to Avoid Those Breakouts

Caring for Acne Prone Skin – Things to be Careful Of

Create a Clear Skin Routine and Watch those Pimples Disappear

Preventative Maintenance to Cut Down on Acne

Ten Tips for Preventing Acne at Any Stage in Life

The Faces and Forms of Acne

Whiteheads – What Are They in the World of Acne?

Blackheads Be Gone – An Overview of What They Are and How to Get Rid of Them

Why Zits Migrate All Over Your Body

Back Breakouts – What's the Deal with Acne on Your Back?

Acne Causes and Prevention

Acne – The Lowdown On This Four Letter Word

Acne is considered pimples, zits, blackheads, and whiteheads. These are all part of the same irritating ailment that affects so many, especially teenagers. In fact, many people consider acne the most irritating thing about puberty. At a time when teenagers tend to be very self-conscious and are going through physical changes, cracking voices, menstrual cycles, facial hair, and hair growing in strange places, these darn pimples come along to make things even more complex. Where in the world do they come from?

Common acne is officially known as acne vulgaris. This blemish producing blight is caused by multiple factors. During puberty the body produces an excess of the male hormone testosterone. Also, female menstrual cycles cause changes in the body that throw the hormone balance a bit out of whack. Add to this the other changes in the adolescent body that begins the process of turning them into adults, and acne is on its way. Much of the problems caused by acne come from the bacteria that is normally present on skin, a staph like bacteria that grows in abundance, especially in clogged pores filled with dead skin cells.

Other things can cause acne as well, or make it worse. Exposure to too much chlorine can cause a long lasting and nasty type of acne, and use of anabolic steroids can cause acne, in addition to many other health problems that they can cause.

For many years people thought that acne was caused by poor hygiene, and kids would scrub their faces raw in an effort to open up pores and get rid of pimples and blackheads. That actually may make the problem worse by damaging the skin. Also for many years people thought that certain foods would make some people more prone to acne. Fried foods were blamed, as was chocolate. This may have been a natural assumption. Teenagers often eat candy bars and other chocolate foods. Also teenagers tend to be fans of fried foods, such as hamburgers, French fries, tater tots, fish and chips, and fried chicken. Many people associated oily skin with greasy foods, but there is no medical or scientific connection. Acne is a nasty, but natural part of growing up.

Most people outgrow acne as their bodies change and puberty ends. In fact, by the time most people reach their twenties they are through with the ravages of acne. For a few people it may hang on longer, but for the vast majority of people it is a temporary and passing thing. Time will cure most cases as a person passes into adulthood.

The types of acne blemishes are divided into two different categories, inflamed and non-inflamed. Non-inflamed blemishes are called blackheads or whiteheads. The whitehead is a clogged follicle that plugs the skin pore. The mass is made up of dead skin cells. The blackhead is in essence the same thing, but it has opened up and become oxidized, creating the darker tint. Many people think that blackheads come from dirt, but that is not the case.

Inflamed blemishes are those that are commonly called pimples or zits. These blemishes are usually reddish and look inflamed. The red pimple is classic. A bit more troublesome is the

larger cyst. Pimples develop when a whitehead does not turn into a blackhead and plugs the pore so that it can be expelled. Instead the pore wall breaks down and becomes a repository for oil, dead skin cells, bacteria and other debris of the body. White blood cells congregate in the blemish to fight the infection, and form a puss substance, that can become painful. Everyone is familiar with pimples. The larger cyst can be even more painful, and it can flair up again and again and may require medical attention.

There are many misconceptions about acne. Some people think that the sun will cure acne and seek a suntan as a cure all. However, this has no positive effect, simply darkening the skin just makes pimples harder to see, and the side effects can be wrinkles and skin cancer in later life. However, there are many treatments available for acne that can lessen the impact it has on the lives of the victims. Many good over the counter remedies, natural remedies, and when needed, prescription drugs can help.

Six Myths You Might Not Know About Acne

There are many myths about acne, which are also called pimples or zits. These myths have grown over the years, and are passed on by well-intentioned people who think they are giving good information, but in actual fact, they are incorrect. Let's take a look at some of the most common myths.

One common misconception is that popping pimples gets rid of them. This is wrong. When you pop a pimple the germs and bacteria that cause it go under the skin. This can cause pain, redness, swelling and even infection. Another problem that can develop is scarring which can be permanent.

The second myth is that chocolate and fried foods cause pimples. While eating nutritious foods can help in total health, including acne, and fruits, vegetables, whole grains and moderate amounts of lean meats and dairy products are good for you and may help acne, fried foods and chocolate will have no effect according to most studies. For many years people thought that chocolate, French fries, pizza and other junk foods, especially fried foods caused acne, probably because teenagers ate so much of these foods. There was probably a mental association made also with oily skin and oily fried foods, but there is no rational or medical connection.

Third myth concerning acne is stress. Stress is a part of life, and certainly a part of adolescence. Teenagers who worry about tests or sports events or problems at home will get acne, and those who don't worry will also. We all suffer from stress at one time or another, and feeling stress is a part of growing up. However, it will not make your acne worse.

The fourth myth is that a suntan will get rid of acne. This is also inaccurate. Actually the sun can harm the skin, causing it to become dry, burned, and irritated, and people with suntans are at greater risk of wrinkles and skin cancer in later years. This myth may come from the fact that skin becomes darker when tanned and the redness of acne may not be as easily noticeable on a tanned person. People going out in the sun, especially those with acne should protect their skin with a sunscreen with a listed protection factor on the label of at least SPF 15.

If the sunscreen is marked as noncomedogenic or nonacnegenic, this is often the better choice because it means that the sunscreen won't clog pores, which can make acne worse. Wearing a hat and also sunglasses can also help when outside and in need of skin protection. Also, avoid tanning beds. Tanning beds can cause an increased risk of skin cancer, are expensive and are just plain dangerous.

Myth number five is that washing your face will prevent or clear up acne. The truth is that washing your face or any other part of your body is always a good idea. Personal hygiene is a good thing. Washing your face will remove excess oil, dirt and even dead skin cells. Over washing or rough scrubbing however can irritate the skin and dry it out, which worsens acne.

Gently washing your face once or twice a day using a mild cleanser is better. After washing, pat your skin dry with a soft towel. Avoid products with alcohol because they dry out the skin and can cause irritation and avoid exfoliates, which can irritate acne. Many years ago people thought that applying alcohol to the skin would dry out pores and kill germs to fight acne, but this is not a wise thing to do.

Myth number six is don't wear makeup. Wearing noncomedogenic or nonacnegenic makeup products in moderation should be no problem. These products will not clog pores. Also, some make up products contain ingredients like Benzoyl peroxide or salicylic acid, which can help fight acne.

In addition, many people think that using more and more medicine will get acne under control. However, too much acne medicine can irritate skin or dry it out. Whether you are using an over the counter medicine or a prescription medicine, overuse can cause more harm than not using it at all. The best way to cure acne is sensible hygiene, good nutrition and time. Everyone eventually grows out of chronic acne problems. If you believe you have excessive acne, consult a doctor.

Acne Risk Factors – Actions to Avoid Those Breakouts

There are several precautions you can take to avoid at least some acne breakouts. The following tips are some of the major ones:

Diet and Nutrition: Even though science has not found a direct link between diet and acne it is very important to maintain healthy eating habits and to remember that each person is unique. While greasy hamburgers may not have a harmful effect on some people they may cause lots of problems for others. There are many reports from individual acne sufferers that certain drinks or foods (it seems that nuts are particularly suspect) make their acne worse. All that can be said about this is pay attention to what you eat and how it affects you over the next few days. Another important diet key is drinking lots of water. If you drink 6 to 8 glasses of water a day it will help flush toxins out of your system and tend to keep your complexion healthier.

Cosmetics and toiletries: Some cosmetics and toiletries may clog up your pores -- if your pores are clogged up your body will automatically increase its production of sebum (the natural

body oil) and with nowhere to go, this will trigger an increase in the P.acnes bacteria that causes acne inflammation problems. Some of the products that clog up pores might include foundation make-up, night creams and moisturizers.

The cosmetics and toiletries that have this effect of clogging up pores are called comedogenic products (because they help create comedones which are large, deep, pus-filled pimples). Products that do NOT have this comedogenic effect are usually labeled as "non-comedogenic" -- so when shopping for cosmetics and toiletries try looking for those labeled "non-comedogenic." One other thing, avoid going to bed with make-up on -- you'll just be grinding those cosmetics into your pores with your bedding.

Environment and hygiene: The environment plays a role in the development of skin blemishes. Dirt, dust and other pollutants in the air can irritate your skin and even block up your pores. This brings up the very important subject of washing your face.

You may think you know how to wash your face -- you've been doing it all your life, right? Well you may have been causing some acne problems. Washing the face twice a day can prevent acne -- washing your face six or seven times a day can wash away skin oils, causing your sebaceous glands to create more skin oil -- and perhaps over-produce skin oil and cause acne problems.

Washing your face or entire body GENTLY twice a day (or even up to four times a day) with a very gentle soap will leave you with a clean face and body and should minimize acne problems. SCRUBBING with a rough washcloth, however clean and refreshed that makes you feel, is very hard on your skin and will, almost certainly, create acne problems by scrubbing away natural skin oils and actually damaging your hair follicles. If you are subject to acne breakouts, treat your skin very kindly and it will be kinder to you in the long run.

Sunlight isn't your friend: If you are battling acne, avoid direct sunlight as much as possible and avoid tanning booths or sunlamps altogether. Some sources will tell you that tanning helps clear up acne. That is not true. Tanning simply masks acne. Another thing to consider is that some acne treatments cause your skin to be ultra-sensitive to sunlight, sun lamps and the ultraviolet light used in tanning booths. Having acne makes it very important to avoid sunburns so be sure to use sunscreen when you have to be out in the sun and be sure to wash it off when it is not needed any longer.

Hands off the face: Every time you open a door, pick up an item at the grocery store or shake hands with your good friend down at the corner store you get germs and bacteria on your hands. Every time you put those hands on your face to start a chemical reaction that may result in a breakout of acne. So your best bet is to keep your hands off your face.

Don't pop those zits: Avoid squeezing your pimples, the only thing you will accomplish is spreading the infection that caused the pimples -- it will also, by the way, cause permanent scarring. That is certainly worth consideration. Your pimples may appear to be ugly to you but the scars you get later will be uglier and more permanent. Use an acne medication and make the best of what you've got. If it becomes a medical necessity to have a pimple removed, that's what doctors are for -- your medical necessities.

Loose clothing . . . that's the ticket: When you wear tight clothing you are creating friction on your skin and actually causing trauma to your hair follicles; that may not seem like a big deal but it is over time. The thing to keep in mind is if you have acne problems, it is not only an inconvenience, its sign . . . a sign that your body is out of balance -- and it's a delicate balance. Creating unnecessary friction and pressure on your skin can only cause problems; wear loose clothing to give your skin a break . . . and avoid a breakout.

Caring for Acne Prone Skin – Things to be Careful Of

Caring for acne prone skin is a challenge for anyone, but it can be done, and may be easier than you think. The first step is very logical. Good hygiene is key, but be careful not to overdo the washing. Wash your face and other affected areas once or twice a day. Don't over do it because too much washing, or too vigorous a wash can actually cause damage to the skin, and make acne worse.

Then, make sure that you are eating right, and getting proper nutrition. The body needs nutrition to have a healthy immune system and fight off infections, and acne produces small infections. For this reason, eat plenty of fruits, vegetables, and whole grains and lean meat. Limited amounts of dairy products, and cutting back on fatty foods and sugars can help also. And if you don't believe you are getting enough vitamins, ask your doctor or pharmacist to recommend a good supplement. There is no substitute for good health, and if regular exercise is added to the mix, then the body becomes stronger and better able to fight the problem.

Next, forget all of the myths about acne. There is no known connection between chocolate, fried foods, sex, or stress. Hormones along with clogged pores and bacteria that create the blemishes cause acne. Also forget about popping pimples in the mirror. This can just drive the bacteria deeper into the skin and lead to a worse infection later.

If you are a man, be careful shaving. Shave around blemishes, even if you are leaving a little patch of beard. That is certainly better than walking around with bandages on your sore face. If you are a woman, remember that makeup causing acne is a myth, but clogging pores is not, so use a makeup that does not clog pores, and if possible one that contains a medication that kills bacteria and will help cut back on acne. Many men find that using an electric shaver during puberty is safer and does a better job.

In addition, find a good facial wash with an active ingredient that can kill bacteria and help you fight acne. There are many good ones on the market. Many over the counter remedies contain Benzoyl peroxide, which is the most popular over the counter acne fighter and for many people it works great. Benzoyl peroxide kills bacteria, and even better, the bacteria do not develop a resistance to this medication. It keeps on killing the germs again and again. This product can reduce inflammation of the skin and suppress excess oil production. Tea tree oil is a natural substance available in health food stores that works much the same way as Benzoyl peroxide. Many people believe that it is easier on the skin, so it might be worth a try.

Salicylic acid is also a common treatment. It softens the skin and helps to unplug pores and discard dead skin cells. Used in conjunction with Benzoyl peroxide or tea tree oil, many people

find it helps greatly. Also helpful is sulfur, which works much like Benzoyl peroxide. It also helps to kill bacteria and unclog pores. Add to the mix glycolic acid, an ingredient that is also used in anti aging products. It helps to get rid of dead skin cells and is believed to stimulate the production of new cells. This process may help unplug stopped up pores. Unplugging the pores will stop the spread of acne no matter what our skin type.

Doctors often prescribe antibiotics to help those who are prone to acne. Your doctor may believe that tetracycline can help, or he or she may prescribe a similar drug. These oral antibiotics are effective, but on the down side the bacteria they kill can develop a resistance. Topical antibiotics are also helpful and in the opinion of many healthcare professionals are better to use than oral antibiotics. They will kill the bacteria directly in the pores. Topical erythromycin works well. Also Benzacilin, Duac and Benzamycin work well. Antibiotics should not be overused, but for many people they do provide relief from the suffering of acne. If you have skin prone to acne, it takes extra care, but it can be overcome.

Create a Clear Skin Routine and Watch those Pimples Disappear

Creating a routine for clear skin will help during puberty when acne is a problem and will stay with a person as good habits do throughout a lifetime. The first step is getting your personal hygiene products in order. Women should check their makeup and make sure that they are using makeup that does not clog the pores. Clogged pores cause more and more acne. Also, replace the makeup you are using with the type that contains an ingredient that kills the bacteria that causes and contributes to acne. If you are applying moderate amounts of makeup everyday anyway, you might as well be doing your part to kill the bacteria that cause those pesky zits and blackheads.

If you are a man, there are facial care products available that don't clog the skin and contain anti-bacterial agents as well. Many men feel that it isn't "manly" to use these products, but these products go a long way in treating and preventing acne. This is just one part of your arsenal to protect yourself from acne and keep your face and skin clean and clear.

Also do what you can to avoid dry skin. Avoid products that contain alcohol. While they may kill bacteria, they also dry out skin and can defeat the purpose of your clear skin routine. Instead make sure that the aftershave, perfume or other facial care products that you use are alcohol free and if possible contain a moisturizing agent.

Creating clear skin is only half the battle. Keeping clear skin is also necessary, and one way to do that is to strengthen the whole body, including the immune system. Eat right by consuming plenty of fruits and vegetables, avoid excess dairy products and especially stay away from process sugar and junk food.

Making sure that you put nutritious food inside your body and help assure that the outside of your body, your skin stays clean and clear. It is also wise to avoid fatty foods. Eat lean meats and when you eat bread and pasta, eat the whole grain varieties that are healthier for you. Add a good vitamin or supplement to make sure you get all the vitamins you need. Also add a regular pattern of exercise and you are on your way.

Next, forget that old myth about sunlight curing acne. It is simply not true, and too much sun can harm your skin. Use a sun blocker by wearing a hat. When you go outdoors, wear sunglasses to protect your skin and keep it clear. Make sure that the sun blocker you use does not clog pores. No sense in protecting the skin from the sun by clogging up pores and creating an acne mine field. This can just lead to more frustration and more problems.

Remembering that one of the causes of acne are bacteria, check out topical ointments and washes that contain some of the ingredients known to kill bacteria. These products can help with the problem. Glycolic acid is effective. It helps to keep pores unclogged. Also sulfur unclogs pores and kills bacteria, and it can be used in a facial mask or a lotion that you leave on your skin. Tea tree oil, available at health food stores, kills bacteria and is generally good for clearing up skin and is popular with many people.

If your efforts at keeping your skin clean and clear do not seem to be working then it may be time to get professional help. A dermatologist can prescribe medications that can help. These include oral antibiotics like tetracycline, hormone treatments, and topical anti bacterial ointments. The topical ointments attack the bacteria directly without side effects, and most of them do so without having the bacteria build up a resistance, so they will keep on working as long as you need them.

Keeping your skin clean and clear is a worthy and admirable goal. If you follow common sense and logic and wash your face carefully twice a day, use the proper anti bacterial products, along with exercise and good eating habits, perhaps also coupled with topical ointments to kill the bacteria that causes acne you should be able to keep your skin beautiful.

Preventative Maintenance to Cut Down on Acne

What kinds of preventative maintenance can you use to cut down on your acne? Is it possible to do something about acne outbreaks on your own?

One of the first and most important measures to help prevent acne is to have a healthy lifestyle. Eat three good meals a day, get the proper rest at night, and drink a minimum of eight glasses of water a day. Relax; don't let stress control you even if you do have a frantic and unpredictable lifestyle. NEVER, EVER, pick or squeeze a pimple or blackhead. When you do the skin always looks redder, feels bumpier, and draws more attention to the pimple you want to hide. The redness will go away faster if you just leave the bumps alone, no matter how hard that may be!

Second, make sure you are cleaning your face every day and for best results, twice a day. Use a mild cleaning bar or liquid such as Dove, Basis or Neutrogena that also minimize sensitivity and irritation. Use various mild scrubs or exfoliants that remove the outer layer of the skin and opens pores. The products that contain fine granules or salicylic acid make it a mild peeling agent.

Reducing oil is another important step in preventing outbreaks of acne. You can't stop your oil glands from forming oil but you can get rid of the excess oil on your skin. This will help in

keeping the pores open and lessen the shine that often accompanies oily skin. A gentle astringent can wipe away excess oil and are easily found where cosmetics are sold.

Killing bacteria is the third part of the therapy to minimize or prevent outbreaks of acne. Antibacterial cleansers can be found in over-the-counter products. They usually contain benzoyl peroxide. Topical or external applications can be applied to the affected area to kill surface bacteria. You can find these in the form of gels, creams, and lotions.

When you sleep at night, be sure you are sleeping on a clean pillowslip that no one else has used. Pillowslips absorb oil during the night and acne can be irritated. If you have long hair, keep it pulled back during the night as the oil in your hair can also transfer to your pillowslip and to your skin.

When using moisturizers, use oil-free moisturizers that also contain an antibacterial agent. If you use make up, use oil-free foundation. A thick coat of make up can block the pores and cause acne to flare up.

Pharmacies now carry strips under various names that you can use on your forehead, nose or chin, or wherever you notice blackheads to pull out all that unpleasant material from your pores. Remember, this is oil and not dirt. They are inexpensive and while they aren't as effective as a professional pore cleaning, they are safe and effective.

Some other tips to help control your acne naturally are useful and has already been touched on in this article. Below you will find a list of 10 things you can start doing immediately and you should notice a difference in about four weeks.

1. Apply a honey mask once or twice a week. Honey is great for disinfecting and healing minor blemishes and takes it easy on sensitive skin.
2. Wash your face daily with soap designed to help fight acne. Don't scrub or use a rough cloth. Wash your face when you first get up in the morning and in the evening before you go to bed.
3. Keep your hair off your face.
4. Take a good multivitamin.
5. Take a chromium supplement once a day.
6. Eat carrots; they are rich in beta-carotene and Vitamin A. Both are essential in repairing tissue of the skin and mucous membranes.
7. Avoid wearing make up, if you must use it, be sure it is water based.
8. Drink eight full glasses of water per day.
9. Don't pick or squeeze your pimples! This can't be said too often.

10. Wash your pillowslip every other day. Clean sheets and pillowslips prevent your skin from absorbing old dirt and oil.

These are just a few simple hints that can be started today to help control or keep your face acne free.

Ten Tips for Preventing Acne at Any Stage in Life

No matter what your age, if you wake up with pimples in the morning it starts your day off in the wrong direction. Is there anything that can be done to prevent acne? It isn't just the teenagers who have problems with acne. Men and women sometimes into their 40's and 50's will have a flare up as well. Is there anything that can be done to prevent pimples? The good news is, yes, there is, and this article will discuss some of the ways to prevent acne.

A pimple is a clogged skin pore that is infected with bacteria. White blood cells rush to the area to help fight the infection and the result is that disgusting pimple you find on the morning of your first date! Acne can be a severe problem for many, yet there are basic steps that can help keep your skin acne free.

One of the most important steps is to clean your skin twice daily with mild soap and water or an antiseptic wash. The facial cleanser should be mild and nondrying. There are special cleansers made to fight acne. Clean your face gently! Trauma can make your acne breakout worse and cause scarring. If you have an especially bad case of acne, its recommended that you use your hands as any other cleaning cloth may cause the acne sores to break open.

Washing your hair daily can also help reduce oil that is exposed to your skin. Because pimples are pores that are blocked with excess oil, it helps to keep your hair clean, especially if your hair is oily. If you have long hair, keep your hair pulled back at night so it is not exposed to your face.

Change your pillowslip at least every other day. During the night, the oil from your face and hair is left on your pillow. The oil deposits can irritate your acne if not changed regularly. You need to be the only person using this pillow.

Use an exfoliating cleanser or facial masque regularly. These cleaning agents contain fine granules or small amounts of salicylic acid that acts as a mild peeling agent. They remove just the outer layer of the skin and opens the pores. Masques also contain sulfur and help draw out excess oil. There are special pads developed to help draw out the excess oil. They often contain benzoyl peroxide.

Take a multivitamin. Your skin is kept healthy with good nutrition. What you put inside your body can affect your skin. Acne can sometimes be a signal that something is wrong on the inside and react by producing excess oil and clogging pores.

Include chromium in your diet as well as beta-carotene. Beta-carotene contains Vitamin A that strengthens the tissue of the skin and can prevent acne. Therefore, when you were told to eat

your carrots because they were good for you, it was true!

Avoid wearing make up if possible. If you have to wear make up then be sure it is water based and avoid all oil based make up. As much as possible if you are not going out, leave your make-up off to give your pores a chance to heal.

Drink eight full glasses of water a day. This is an important tip for dieters and applies to those that are plagued by acne. Water is important as it carries waste material out of your body. Water is not only good for the diet, but also for the skin. If you don't like to drink water, why not try the flavored waters that have just a hint of fruit flavoring. It makes the water go down a little easier and will help your overall health.

Avoid hair products such as pomades, gels, cream rinses, or mousses that contain a lot of oil. Avoid exposure to oils and harsh chemicals; this can aggravate an acne outbreak.

Last but most important, keep your hands off your face. In addition, never, ever pick, squeeze, scratch, or rub your pimples. This can increase the production of sebum and rupturing the skin can spread the infection to underneath your skin with the result being more pimples.

The Faces and Forms of Acne

Acne can come in many forms. So how does a person distinguish between the many faces and forms of acne? Hopefully this article will help describe and define the different forms of acne as well as define some of the characteristics of each. There are minor forms of acne and some very serious acne conditions as well. The minor form of acne is much more common while the serious acne is the least common.

The most common form of acne is known as acne vulgaris. Several forms of pimples fall into this category. Acne lesions that are considered acne vulgaris are blackheads, whiteheads, papules and pustules. Whiteheads occur when a skin pore becomes clogged due to trapped oil, bacteria and dead skin cells. The clogged mixture of the three is what causes the white color on the skin surface. Typically whiteheads have the shortest "lifespan" of all acne.

Blackheads occur when the pore is only partially blocked with oil, dead skin cells and bacteria. The black color is the result of the skin's natural pigment reacting to the oxygen in the air. Blackheads can appear for a long time and take a long time to clear up. Papules are red, tender bumps that have become inflamed but do not have the white appearance on the tip. Papules should never be squeezed as this can result in infection. Pustules are like whiteheads but are inflamed and have a red circle surrounding the affected area.

Nodules and cystic acne are in the class of severe vulgaris. Acnes that form into nodules show up as spots that are larger and can be very painful. Nodules can even last for up to several months. Nodules are large, hard bumps under the skin's surface. Attempting to squeeze nodular acne will result in acne scars. Damage to the skin is also a result of the squeezing of nodular acne and doing so will also help prolong the life of the pimple. A dermatologist will be able to perform a procedure or prescribe a treatment regime that will lessen the swelling and prevent

scarring.

Cystic acne, or acne cysts, can appear very similar to a nodule but a cyst is pus filled and usually gets much larger. Cystic acne is very painful and even if left alone can cause scarring. Squeezing acne cysts will probably cause infection and painful inflammation that will last much longer than if the pimple had been left alone. Leaving acne cysts and nodules alone is the next best treatment, second only to treatment by a dermatologist.

Acne Rosacea looks very similar to acne vulgaris and they are often confused for one another. Rosacea affects millions of people, most of who are over the age of thirty. Acne Rosacea is a red rash, which is found on the cheeks, nose, forehead and chin. Bumps, pimples, and other skin blemishes accompany it. This form of acne also causes the blood vessels to become more visible on the skin. It is more common in women, but most cases on men are much more severe.

Acne Conglobata is the most severe form of acne and is more common in males. It is characterized by a lot of large lesions and widespread blackheads. It causes severe damage to the skin and scarring if left untreated. It is usually found on the face, chest, back, buttocks, upper arms, and thighs. The age acne conglobata begins to develop is usually between eighteen and thirty years and may linger for many years. As with most acne, the cause of this form is also unknown.

Treatment usually includes medication and is sometimes resistant to treatment. Strong and persistent treatment will conquer the acne in most cases. Acne Fulminans is an onset of acne conglobata with symptoms of severe nodule cysts. Extreme scarring is common and it is unique in that it also includes a fever and achy joints. Antibiotics do not typically work with this form of acne and oral steroids are normally the preferred method of treatment.

Although there are many types of acne the most common is the mild acne and is very treatable. Most people outgrow acne by the time they reach their thirties. If scarring occurs there are many treatment options for the acne sufferer. Prevention of acne is the best way to avoid the complications of the condition. If you suffer from any form of acne and it seems to be more troublesome than the average acne, consult your physician for a recommendation to a qualified dermatologist who can assist you in your treatment options.

Whiteheads – What Are They in the World of Acne?

What are those pesky white spots that appear on our faces? They are called whiteheads. These whiteheads are a form of acne that is made up of a mixture of oils, sebum and dead skin cell fragments, which result in a hard firm plug inside of the hair follicle. Sebum is the secretion from the oil glands that consists of fat, keratin, and cellular material. Whiteheads become secluded from the surface of the skin due to dead skin cells plugging the opening of the hair follicle.

The white color is caused by the ingredients of the hair follicle not being exposed to oxygen in the air. Whiteheads form a light or yellowish white lump; these lumps are called milia, milium,

and singular. Bacteria being added to the mixture inside of a whitehead plug it will probably result in an acne cyst. Preventing cystic acne that begins with a whitehead or whiteheads is very important because acne can cause scars and can be very painful. You will find a lot of over the counter products to help eliminate and prevent whiteheads. However, following a simple face cleansing regime will be more than sufficient in the prevention whiteheads and will help destroy existing whiteheads as well.

Too much exfoliation of the skin cells is what can promote whiteheads to form. Some dermatologists believe that some people's bodies produce a drier form of oil and that promotes the formation of the plug that is known as a whitehead. People that produce drier sebum are believed to be more prone to whitehead breakouts. Sebum produced by most people's oil glands contains a basic and needed fatty acid called linoleic acid and usually the sebum has a liquid tackiness. When linoleic acid is not available the resulting sebum produced contains oleic acid, this acid is very irritating to the skin and encourages hair follicle plugs to form. Whiteheads and blackheads are both caused by this acid "malfunction" and if not treated properly will lead to acne flare-ups and possible infection.

Consistent cleansing of the acne prone skin on a daily basis is the key to prevention. Unfortunately, there will probably never be an overnight cure for whiteheads or any other form of acne. Follicle health is promoted best with excellent skin care that should be performed on a daily basis. Some dermatologists do not think eating certain foods causes whiteheads and most do not recommend restricting the diet. Whiteheads are also not caused by dirty skin, which means; excessive scrubbing on the skin will not help and may cause the skin to become more irritated. Water based makeup labeled as non-comedogenic can be used safely and will not clog the pores; makeup with a base ingredient of oil should not be used if you are prone to acne.

Most treatments take a long time before any difference is noticed. Benzoyl peroxide has an antibacterial reaction on the acne and may also decrease the reaction that changes of the inside lining of the follicle. This may help reduce the plugging that causes whiteheads. Benzoyl peroxide is a very common treatment and can be used for whiteheads that are mild and it will also help in the future formation of whiteheads. There are stronger prescriptions that cause discharge of the whitehead components. This causes change in plugged whiteheads into open pores. It has been proven that most antibiotics do not help with the removal or prevention of whiteheads or blackheads.

A health care provider may use extraction on open whiteheads. This process is performed using a device called a whitehead extractor. A whitehead extractor is an instrument that is positioned over the whitehead and is pushed down onto the surrounding skin, which causes the whiteheads plug to pop out.

Whiteheads and blackheads are types of acne that affect many people. There are so many different treatments, all of which are very effective. No one should ever deal with excessive whiteheads without trying some form of treatment. Most treatments that can be purchased over the counter are very cost effective, which can save you money in the long run. If you suffer from whiteheads you can probably treat them yourself with a strict daily facial cleansing regime. People who suffer from severe whiteheads or have not found an over the counter drug that is effective should be seen by a dermatologist.

Blackheads Be Gone – An Overview of What They Are and How to Get Rid of Them

During adolescence most people likely dealt with one form of acne or another, and one of the most common forms that plagues most are blackheads. Keeping blackheads at a minimum can seem difficult, but it is possible to treat the pesky spots with much success.

Blackheads are almost impossible to prevent because of the ability of skin to constantly produce oil and regenerate skin cells rapidly. Washing with salicylic acid soap can remove pore-clogging debris and surface oil, but only temporarily. Alpha hydroxy acids gently exfoliate skin to prevent cells from building up and clogging pores, which makes them a good first treatment. Pore strips are a great product solution for removing blackheads because they help remove the debris. Pore strips also have some drawbacks. One drawback is that a pore strip does not prevent blackheads from developing and the adhesive used on them can cause irritation to individuals with sensitive skin.

Stubborn blackheads and resistant blackheads usually will require a more aggressive approach. Your dermatologist may choose to prescribe a topical retinoid cream. Retinoid creams have the benefit of not only breaking the blackhead up for dissolving but will also slow down the production of oils in the pores. Retinoid cream does not provide a fast improvement and it may take a few weeks to a few months to see a visible improvement.

Using gentle water based cleansers and skin exfoliating products, along with avoiding bar soap, is one of the best methods to treating and preventing blackheads for recurring. It is actually getting very difficult to find a cleanser that is hard on the skin. Many products that are now available are for sensitive skin. Individuals with excessively dry skin may need to use a gentle light lotion to maintain a decent level of moisture in the skin. If a moisturizer containing too much oil is used, it will only create an ideal habitat for acne blemishes to form.

There are gentle exfoliating products available that can remove the excess skin cells and exfoliate inside the pore. These products improve the shape of the pore, allowing a more even flow of oil through it. Keep in mind that the pore itself is lined with skin cells that can build up, creating a narrowed shape that doesn't allow for natural oil flow out of the pore. Do not overdo it, do not remove too many skin cells as this can cause more problems and hurt the skin surfaces. Exfoliation is something that is very effective and should be done to eliminate blackheads and exfoliating. It is good for the skin since it gently removes the top layer of dead skin cells. By removing the dead cells, the skin will look and feel much younger and healthier.

Skin peels can also help, though they should not be done if the individual is using a retinoid cream treatment. Skin peels remove the dead skin cells, while also removing dirt and other debris from the pores. The number of peels typically recommended for the successful removal of blackheads is five or six peel treatments. Results and visible improvements, however, are usually noticeable after two peel treatments. There are now many over the counter, do-it-yourself, peel kits available readily.

Most pharmacies and major retail stores that offer skin care products carry these products. A dermatologist may also use a tool referred to as an extractor to remove blackheads. This is a metal instrument with a small round opening on the end used to remove individual blackheads.

The opening is pressed against individual blackheads for a few seconds to dislodge the debris. Using an extractor can cause an individual to experience some discomfort but the process is very quick and is a very successful way to remove blackheads.

There will never be a permanent solution or a prevention treatment for blackheads, but if the blackhead prone areas are exfoliated and cleansed properly the occurrence of these blemishes will be at a minimum. A great thing to remember when suffering from blackheads is to never pick at them as this can cause acne cysts to develop or even worse yet, scarring. Blackheads are a condition that most people deal with on a daily basis. However, if you take care of your skin and follow commonly used tips, you will see less of them in your mirror.

Why Zits Migrate All Over Your Body

Body acne is a horrible skin condition that affects both teenagers and adults. Body acne typically appears on the chest, back and buttocks but can also be present on most areas of the body. There are many contributing factors to what causes these blemishes, including stress and hormones. Perspiration and tight fitting clothing are common culprits that can cause body acne. Many physically active people are prone to body acne.

Tight clothing made of material such as spandex can trap fluids against the skin. When the liquid mixes with the oils on the skin it can cause blockages in hair follicles and pores, which in turn causes acne. The severity of the acne can range from whiteheads to cystic acne. Treatment, skin cleansing, and the prevention of this form of acne should be examined when trying to understand body acne.

Body acne can be treated very similar to facial acne, but this can be more difficult as some parts of the body are very hard to reach. Skin located anywhere else on the body, other than the face, is typically thicker and is much more susceptible to the friction caused by clothing and other tight fitting things. Controlling body acne can be achieved by washing daily with salicylic acid based soap and always showering after heavy perspiration occurs. You can also wipe the blemished are with a Benzoyl peroxide or salicylic acid pad. Follow with a light body moisturizer if needed to help exfoliate skin while preventing it from drying out.

Use a salicylic acid or Benzoyl peroxide spot treatment on individual pimples at night if you feel that the daytime treatment is not adequate. Most dermatologists will prescribe a treatment for stubborn acne with a topical retinoid or a course of oral antibiotics.

Proper skin care is the key to preventing body acne. To make sure you're exfoliating your entire body properly, do not use bar soap. Buy some gentle body wash and a bath sponge with some texture to it. Wash thoroughly every day in those hard to reach places. Purchase a back scrubber to reach everywhere and use it daily. Keep in mind that you shouldn't need to scrape hard against your skin. Any sponge will usually exfoliate the top layer of your skin much better than your hands. Once you begin exfoliating properly, you'll probably notice results fast. Cleaning your skin properly is very important to avoid body acne completely.

In addition, there's still the matter of preventing acne from forming in the first place. Take a moment to consider if you are doing anything that causes acne. If you frequently wear clothing that isn't quite clean, you may be giving bacteria an extra opportunity to form. This is especially important for clothing that hugs close to your skin and doesn't breathe well. If you wear tight clothes and exercise, make sure not to sit around in sweaty clothes for long.

Be certain to wash towels, sheets and pillowcases every other day. Dirty towels and sheets can allow for more bacteria and germs that can make acne worse. Regular exercise can help reduce stress and it increases blood circulation and oxygen entry into the skin, which can also help to prevent acne. Drink at least sixty-four ounces of water a day to help detoxify the body from the inside out. By taking these simple precautions, most people can reduce the occurrence of acne.

The care and treatment of body acne is something that a person must take seriously. If they fail to adopt a comprehensive care and treatment regimen, they will fail in their attempts to treat and eliminate body acne. On the other hand, if they do adopt a truly comprehensive body acne care and treatment regimen, they not only will be able to deal with a present flare up but they will be well on their way to preventing future outbreaks of body acne in both the near and long term future.

People suffering from body acne should consult with their dermatologist about a treatment program that will help with the elimination of the causes of body acne, cleansing practices with soaps and washes designed to combat and prevent body acne, an exfoliation routine and medical treatments to prevent and clear up body acne.

Back Breakouts – What's the Deal with Acne on Your Back?

Back acne comes in all sizes and forms of acne, ranging from mild forms like whiteheads to serious forms of acne including cystic acne. "Bacne" as it is referred to in slang terms, can consist of pimples, pustules and blackheads as well. Back acne affects people ranging from age ten to age forty or older yet. Understanding the causes of back acne and available treatment options, are very important for treating and preventing the condition.

Like all of the other forms of acne, there is no one thing that causes back acne. As far as the medical community stands, back acne also happens when oil glands start functioning more rapidly around puberty. The hormone group androgens, found in both females and males, get overactive which in turn causes a reaction in the oil glands, which make extra oil. The oil glands are located just underneath the skin surface.

Oil glands constantly are producing and secreting oil through the pores in the skin. When too much of the oils are produced the pores and hair follicles become clogged. The clogs obstruct the way that dead cells escape the skin, which in turn results in a mess of oil and dead cells plugging the hair follicle. This attracts bacterium, which causes the acne to be formed.

Back acne can be found on any part of the body and does not necessarily have to be on a person's back. It can be very severe with large lesions and painful cysts. Back acne may just be something that certain people are prone to or it could be caused by other things such as tight

clothing or a heavy backpack. Not having anything in contact with the back is not a logical prevention step, as we all must sit down and everyone has to wear clothing.

It is easier to treat back acne than to try and prevent it because most people suffer from back acne at one time or another. Skin on the back is much thicker and therefore allows for stronger topical treatments, such as ten percent Benzoyl peroxide. This strength of Benzoyl peroxide is not suitable for other skin that is typically thinner and will not be able to sustain itself under harsh treatment. You can get all the same types of acne, blackheads, whiteheads, papules, pustules and cysts, on your back just as you can on any other part of your body.

There are some differences in back acne and acne located elsewhere on the body however. Back acne is not caused by genetics as other acnes can be. Some severe cases of back acne may be genetically passed on but most likely it is just the individual's body type or personal genetic make up. People all over the world suffer from back acne at some point in their lives. Unlike other acne, food does not contribute to the formation or flare up of back acne. There is absolutely no evidence that foods cooked in grease, or high in fat content contribute to back acne.

It is also known that excessive oil production and dirt build up does not have a huge impact on developing back acne. Perspiring excessively and not washing or showering immediately has been shown to not increase the chances of developing back acne. Back acne also does not seem to be affected by stress. There are some who think that facial acne is increased due to stress. However stress can cause back acne to not heal. Oftentimes, stress causes people to pick and bother the pimples, which make the condition worse.

Taking some over the counter medicines may treat breakouts of back acne in conditions that are not complex. Some skin specialists or dermatologists should treat severe forms of acne on the back, such as cystic acne. Most of the simpler forms of acne might disappear with daily washing and cleansing routines but as cystic acne goes deep into the skin and can cause permanent scarring, it should be given more serious medical attention than simple pustules or blackheads on the back. Always speak to your healthcare provider about treatment before starting a back acne treatment program never attempt to treat severe acne on your own or with an over the counter product without consulting a professional.

Thank You

Thank You for downloading our e-book. I sincerely hope you enjoy the contents, find them informative and useful.

You can give this e-book to your friends or your website visitors; put it at your website, etc. Distribute it in anyway you want as long as you retain the author's byline and you don't make any change, what so ever, to this book

For more free e-books, you can go to www.aromatherapy-at-home.com. Subscribe to our [aromatherapy newsletter](#) and receive free "7 days home spa".

--- Liani Widjaja ---

copyright@www.aromatherapy-at-home.com