

Acne - Facts and Fiction

The term 'acne' refers to the various kinds of skin disorders, in the form of plugged pores, lesions, pimples, cysts and nodules. These can affect the face, chest, neck, shoulders and back and occur primarily in teenagers and young adults, although many older people are also known to suffer from these skin eruptions. Acne is a cosmetic dermatological condition which is a source of great irritation because it comes in the way of a clear complexion; it is hence a matter of great anxiety to teenagers and youngsters who want to look their best and are prevented from doing so by the unwelcome eruptions on their skin. Acne normally tends to disappear in the thirties, but there are instances when it persists in later years; about eighty percent of people develop acne during their adolescence or youth. Since acne is a widespread condition dealing with looks and appearance, there are several homegrown theories about the causes of the affliction and corresponding dos and don'ts. For example, it is believed that acne is caused by lack of hygiene and can be cured by frequent washing of the face, whereas the fact is that repeated washing leads to irritation and dryness. A common misconception is that excessive make-up causes acne, but this is not true; it is important, however, to use quality cosmetics that are preferably water-based or oil-free so that they do not clog up the pores. Again, contrary to popular belief, tanning is not a remedy for acne and in fact may cause sunburn and skin cancer. Even during vacations sun tanning, it is important to use a sunscreen lotion that is labeled as noncomedogenic or nonacnegenic. Parents of teenagers are fond of telling their children to keep off chocolates and fast food as these cause acne and while it is always advisable to eat a healthy and well-balanced diet, acne is generally not caused by fatty foods. It may, however, be caused by certain drugs, such as those containing iodides, bromides and oral and injected steroids like those used by athletes. Drugs prescribed to treat stress may also lead to an acne eruption, although stress by itself has nothing to do with the condition. Acne is a surface skin condition and often a source of embarrassment, but not a disease; however, it does sometimes leaves the skin marked with scars that take a long time to disappear. Popping pimples does not get rid of the acne and in fact results in further scarring of the skin and should be avoided. Some virulent forms of acne, especially in boys, have been found to be hereditary, but acne is generally not a genetic condition. In some cases pressure from continuous wearing of helmets or collars may trigger acne; workers in factories who work with substances like cutting oils may also run the occupational hazard of breaking out in acne. Acne occurs in both boys and girls owing to the secretion of oil by the sebaceous glands, which are stimulated by the male hormones or androgens in both sexes before or during puberty. The oil is intended by nature to be a lubricant and protection for the skin, but in some cases, the skin cells block the pores leading to a build-up of oil and generation of bacteria under the skin, which causes an inflammatory condition. Acne may manifest itself in various forms, such as pustules, blackheads or whiteheads. The cosmetics industry has, naturally enough, responded handsomely to the acne menace by producing a host of treatment options for acne, ably supported by a persistent marketing campaign. Acne can be controlled in most cases by a combination of internal medicines and external applications. The common remedies for acne are formulations containing benzyl peroxide or resorcinol or salicylic acid; various drugs with sulfur are also used to break down blackheads and whiteheads. Most of these medications are available over the counter and are supplemented by a host of cosmetic aids such as lotions, gels and creams.

About the Author

However, if all goes well, minor wounds should heal completely, and the simple remedies below can help speed that process.

Source: <http://www.productsherbal.com>