



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at The Reschini Group

There are actually seven different types of acne to which people are susceptible. Each appears differently on the skin and requires different treatments.

ALL ABOUT ACNE

While most common in adolescents, the American Academy of Dermatology reports 40-50 million Americans have acne at any given time. Learn what causes the condition, as well as ways to treat and prevent it.

Formation

Sebaceous or oil glands connected to hair follicles in skin produce an oily substance that empties through the opening in the follicle. If dead skin cells clog the inner lining of the hair follicle, the oil cannot reach the skin's surface. As a result, a bacterium grows and causes inflammation resulting in acne.

Causes

A variety of factors cause acne, including:

- Changing hormone levels
- Heredity
- Medication
- Greasy cosmetics
- Pressing or rubbing on the skin, such as from backpacks and exercise apparel
- Pollution and high humidity
- Picking at blemishes

Treatment Options

Acne treatments include over-the-counter and prescription options. To treat mild acne, doctors recommend using a topical cream or cleanser containing salicylic acid or benzoyl peroxide. For moderate to severe acne, doctors may prescribe antibiotics and a topical medication.

Caring for Your Skin

- Wash with a mild cleanser in the morning and evening, and after heavy exercising.
- Regularly shampoo your hair to remove the excess grease from around your face.
- Avoid squeezing and picking blemishes. This will cause more bacteria to move from your hands onto your face and aggravate your skin.
- For men using a razor, only use a sharp blade and soften your skin with soap and water before using shaving cream.
- For women using cosmetics, look for non-comedogenic products, as they do not promote acne formation.

For more information on the treatment of acne, visit the American Academy of Dermatology at www.aad.org.

