

ALL ABOUT ACNE

What is Acne?

Acne is a skin condition that occurs when hair follicles become plugged with oil and dead skin cells. It starts deep under the skin with oil-producing glands that may create the environment for bacteria to grow.¹⁻³ The right amount of oil helps keep skin moisturized and looking healthy. But with acne, glands produce excess oil and the body isn't able to shed dead skin cells quickly enough.¹⁻³ This may lead to bacteria building up inside a person's pores, creating red, swollen, tender bumps that erupt within the skin.^{4,5}

Get to know the different types of acne

Acne comes in many different shapes and sizes, with symptoms ranging from mild to severe.^{3,5} Mild or moderate acne can cause the appearance of relatively small pimples to moderately sized lesions. Some acne can go beyond these types of breakouts and become severe. Severe acne can cause painful eruptions that could take over a person's face, back, and chest.⁶

TYPES OF ACNE ARE AS FOLLOWS:

Blackheads & Whiteheads

There's a type of acne called non-inflammatory acne, which happens when hair follicles become blocked. This causes the appearance of whiteheads or blackheads, depending on whether the pores are closed (white) or open (black).³

Papules & Pustules

When pores become blocked or inflamed, this can cause large and raised bumps to appear. Papules are fairly small but feel hard to the touch, while pustules are filled with pus and look like small blisters.^{3,5}

Nodular & Cystic Acne

In some cases, skin irritation and inflammation becomes intense and can cause nodules or cysts. Nodules are large, hard, solid and painful lumps that are larger than papules and pustules. Cysts are similar in size to nodules but are softer and filled with pus.^{3,5} These eruptions can lead to permanent scarring and damaged skin.^{5,7}

HOW TO TREAT ACNE

Just as there are many different severities of acne, there are many different treatment options available.^{3,5} There are prescription medications, treatments sold in drug stores, and cleansers sold in various places such as in malls or online.

For mild forms of acne, over-the-counter cleansers and topical treatments may work.⁵ For moderate to more severe cases of acne, a dermatologist may recommend an antibiotic—which can help, but not always.^{6,8}

Another type of prescription treatment, known as isotretinoin, treats the causes of persistent severe acne by changing the way your skin functions. Isotretinoin medications work by reducing oil and specific skin cell production that are often associated with severe acne.⁹

The impact of acne and how best to treat it is highly individualized. If frustrated or unsure what regimens to use, it's always best to consult a dermatologist.

Get more information, tools and support at
www.TakeOnAcne.com.

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