

Ask Me About Acne

Acne is not just a problem of adolescence, everyone gets acne to some degree

- 80% of people have some form of acne between the ages 11 and 30
- 20% of newborns have acne

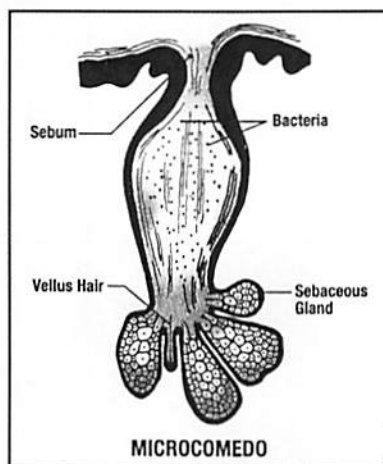
Prevalance of Acne According to Age

Age	% with Acne
12-24	85
25-34	8
35-44	3

What causes acne?

Acne is caused by a variety of factors that clog the follicles on the face, neck, shoulders or back

1. Overproduction of sebum in the sebaceous glands clogs pores
2. The bacteria, *P. acne*, present on the surface of the skin can enter the follicle and convert sebum into fatty acids that cause inflammation
3. The cells inside the follicle get trapped by sebum or other debris and cause plugging



(*Clinician* 1994; 12(2):1-32)



Anne Curtis M.D.

Acne FACTS:

- Severe acne runs in families, but its genetic inheritance is not known
- Acne is not related to diet
- Acne is not caused by poor hygiene

What Makes Acne Worse?

- Emotional stress
- 70% of women experience an acne flare-up 2-7 days before their menstrual periods
- Humid environments
- Sweating can cause acne flares
- Cosmetics containing lanolin, petrolatum or vegetable oils can contribute to acne formation. These oils are found in greasy sunblock products or hair oils.

How Is Acne Treated?

Your dermatologist will recommend a combination of treatments, including topical medications, oral drugs, and office procedures to help control your acne. Treatment of acne takes time. Be patient and follow your dermatologist's instructions. It will be 6 to 8 weeks before an improvement is noticed.

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