Acne

What Is It?

- <u>Acne</u>- inflammation, degeneration, infection, pimples, blackheads, growths, lesions
- <u>Blocked Skin Pores</u>-shed dead skin and release oil, hair shafts become clogged oils builds up and bacteria feeds and produces bumps as whitehead or pimples
- Blackheads oil exposed to air

What are the symptoms?

• <u>Symptoms</u>- Irritated skin, pimples, see as stated above

Information:

- <u>Caused by</u>- genetics, stress, hormones, greasy makeup, some medications as lithium
- <u>Children</u>- in puberty produce more oil, adult women, menstrual cycle, oral contraceptives all increase
- <u>**Pimples</u>** Squeeze a pimple and increase bacteria to spread, inflammation and scaring</u>
- **<u>80% of persons</u>** seeking treatment for acne can be helped

What Can I Do?

- <u>See your Health Care Provider</u>- for more information, use a good sun block
- <u>Eat foods high in Antioxidants</u>-fresh fruits and vegetables, less fat, more chicken and fish, avoid fried foods
- <u>Talk with a RD</u>- for more help to form good eating habits
- <u>Recommend</u>- Gentle washing, warm water and soap 2 x daily, don't pop pimples, talk with your MD/physician, dermatologist or health care provider about your medications, may need to skip your moisturizer, adds oil to the skin





