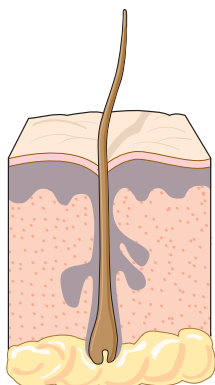




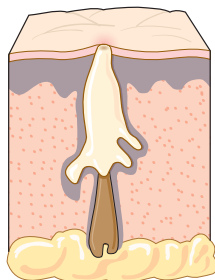
Acne

Acne is a common skin condition. It occurs most often in teenagers and young adults, but can persist into adulthood.

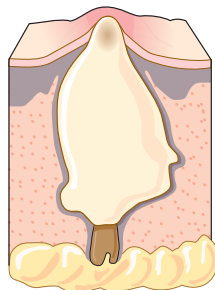
HOW ACNE FORMS



1



2



3

SIGNS & SYMPTOMS

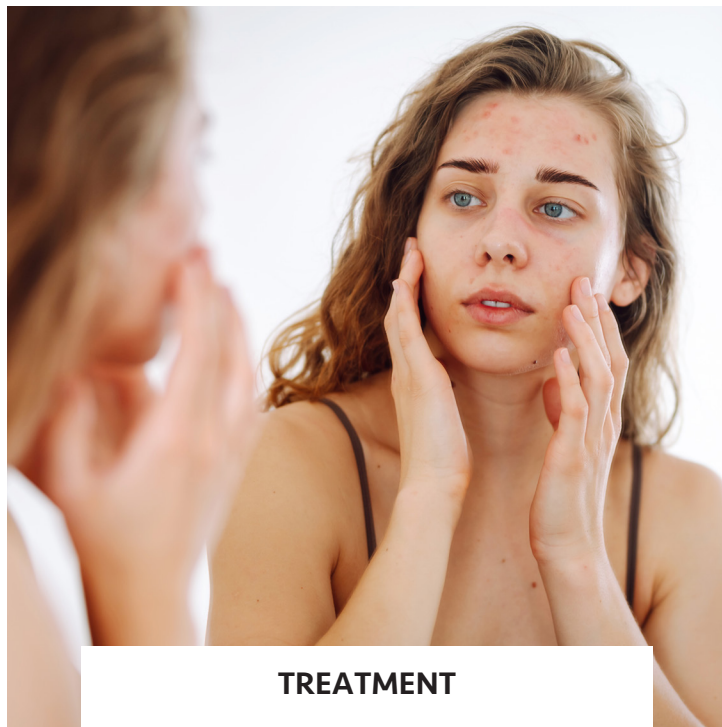
- Whiteheads and/or blackheads
- Red and painful pimples
- Deeper lumps (cysts or nodules)

CAUSES

Acne results when oil ducts below the skin get clogged. Factors that help cause and/or worsen acne include:

- Hormone changes during adolescence, before a female's menstrual period, or during pregnancy
- Rich moisturizing lotions. Oily makeup.
- Emotional stress
- Nutritional supplements that contain iodine
- Medications, such as lithium and corticosteroids
- Illegal (anabolic) steroids. These are used for muscle-building.
- Family history
- Too little sleep
- Sweating during exercising while wearing makeup and unclean clothing next to your skin

Foods and beverages, such as chocolate, nuts, greasy foods, and cola do not cause acne. If you find that eating certain foods make your acne worse, avoid them.



TREATMENT

Mild acne can be treated with self-care. When this is not enough, a doctor may prescribe one or more of these medications:

- A topical cream, gel, or liquid with retinoic acid (Retin-A). **{Note: Retin-A makes your skin more sensitive to the sun.}**
- A topical cream, lotion, or wipe with an antibiotic, such as clindamycin.
- A topical gel with dapsone. A brand name is Aczone™ Gel 5%.
- An antibiotic pill, such as minocycline or tetracycline. **{Note: These medicines can make birth control pills less effective and make your skin more sensitive to the sun.}**

- For some females, a certain birth control pill.
- Isotretinoin. Brand names are Amnesteem, Sotret, Claravis. This medicine is usually prescribed for severe acne. **{Note: This medicine can have serious side effects. These include bone and fracture problems, severe birth defects, depression, psychosis, aggressive and/or violent behaviors, and suicide.}**

Treatments Other Than Medications

- Chemical peels
- Laser treatments
- Surgery for acne scarring



TRIAGE QUESTIONS



Are you taking isotretinoin and are you planning suicide or making suicidal gestures? Or, do you have repeated thoughts of suicide or death?

NO
↓

YES ► GET EMERGENCY MEDICAL CARE



Is your acne very bad and do you have signs of an infection, such as a fever and swelling at the acne site?

NO
↓

YES ► SEE DOCTOR



Do you have any of these problems?

- The acne results in scarring.
- The pimples are big and painful or widespread.
- The acne causes a lot of emotional distress.

NO
↓

YES ► SEE DOCTOR



Have you tried self-care and it doesn't help or does it make your skin worse?

NO
↓

YES ► CALL DOCTOR



USE SELF-CARE



SELF-CARE / PREVENTION

- Keep your skin clean. Gently wash your face with your finger tips twice a day using a gentle, non-abrasive cleanser. Do not scrub. Use skin-care products that are alcohol-free, including astringents, toners, and exfoliants. Shampoo regularly to help manage acne on your forehead.
- Don't squeeze, scratch, or poke at pimples. They can get infected and leave scars.
- Use an over-the-counter lotion or cream that has benzoyl peroxide. (Some people are allergic to benzoyl peroxide. Try a little on your arm first to make sure it doesn't hurt your skin.) Follow the directions as listed.
- Wash after you exercise or sweat.
- Use only oil-free and water-based makeups. Don't use greasy or oil-based creams, lotions, or makeups.
- For males, wrap a warm towel around your face before you shave. Shave along the natural grain of the beard.
- Don't spend too much time in the sun. Some acne medications can also make your skin extra sensitive to the sun's damaging UV rays. Seek shade, and wear a wide-brimmed hat and sunglasses. Use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or more that says "non-comedogenic" or "won't clog pores." Don't use tanning beds or sun lamps.
- Avoid touching your face with your hands throughout the day.