



Clear up your skin

Acne is a common skin condition that causes spots or blemishes on the face, neck, back, and chest. While it is mostly seen in young people, some adults experience acne beyond their mid-twenties. Thankfully, it's very treatable, and you don't have to continue suffering with unbalanced skin.



CAUSES

Acne is caused by bacteria trapped in the pores of your skin. Pores may become clogged by excess oil or by dead cells. The trapped bacteria produce substances that irritate or damage the skin and cause buildup that appears in the form of whiteheads, pimples, blackheads, or cysts. While most common among teenagers, acne can persist into adulthood due to:

- Hormonal imbalances
- Medication
- Use of oil-based skin or hair products
- Genetics
- Diet
- Sweat
- Humidity

TREATMENT

For moderate to severe acne, over-the-counter products, and good self-care may not be enough. Talk to your doctor or dermatologist about the best treatment for persistent adult acne. Options may include:

- Antibiotic pills or cream
- Prescription gels or creams that contain retinoid
- Hormone pills for women with hormonal acne
- Chemical skin peels
- Light therapy
- Isotretinoin pills if acne is severe



SELF-CARE

The most important protection from acne comes from a consistent skincare routine. Everyone's skin is different and it will change over time. What works for you in your twenties may not be effective as you age.

DO:

- Wash your face twice a day with a mild, soap-free face wash.
- Use a non-greasy sunscreen to protect your face from the sun.
- If your hair is oily, shampoo regularly.
- Remove make-up before bed.
- If acne is mild, you can try a wash with benzoyl peroxide or salicylic acid.

DON'T:

- Scrub vigorously on areas with acne.
- Use oil-based make-up or sunscreen.
- Squeeze or pick spots or pimples.
- Wear tight clothing, hats, or headbands over areas prone to acne.
- Smoke.