

Acne

What Is It?

- **Acne**- inflammation, degeneration, infection, pimples, blackheads, growths, lesions
- **Blocked Skin Pores**-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?

- **Symptoms**- Irritated skin, pimples, see as stated above

Information:

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

What Can I Do?

- **See your Health Care Provider**- for more information, use a good sun block
- **Eat foods high in Antioxidants**-fresh fruits and vegetables, less fat, more chicken and fish, **avoid fried foods**
- **Talk with a RD**- for more help to form good eating habits
- **Recommend**- 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

