

Acne: Get rid of the irritating and embarrassing acne!

Contributed by Joey River
Saturday, 11 August 2007

Acne forms because of hormonal changes as well as due to factors like pollution, diet, hygiene and general health. This is the reason why acne should be tackled carefully so as not to let it reach at severe level when it is most likely to leave scars and damage skin.

{mosbotwordcount}

Acne can be classified into three major types, mild acne, moderate acne and severe acne. Acne is not just a skin problem; this problem arises for men and women of all ages and is more related to hormonal changes as well as other factors like pollution, general health, hygiene, etc.

{bot_wrgoogle}How is acne formed? Acne is formed when the oil and dead skin cells combine together and block pores on skin. This obstructs normal functioning of skin and thus gives way to formation of acne. Initially acne arises only as white heads or black heads. If these are not treated in time might give way to pimples, this is the moderate stage of acne. But if this is not treated either then acne might give way to severe acne, this means painful pimples that would have a water discharge sometimes. Such pimples might also leave a scar on your face forever. Therefore, it is utmost wise that acne is treated at once it is detected.

Mild acne is most controllable type of acne. With mild acne you require washing your face and other parts affected with acne with a mild cleansing soap at least twice a day. This will clean the pores, remove dead cells and keep your skin clear. Mild cleanser will also ensure that the excess oil deposits too have been removed.

If mild acne is ignored, then this gives way to moderate acne, though this can be controlled and cured, you will require being very careful about this. For curing and taking care of moderate acne you can use certain over the counter products. This you can do only after finding out your skin type and using only those with match the skin type. Using milder ones might not yield any results, and using harsh ones might only make your skin damage to a greater extent.

Moderate acne when ignored will result into pimples and ugly boils on affected parts of the body. For severe acne, it would be better if you consulted a dermatologist. Here you will require using a combination of exfoliating, cleansing as well as soothing creams for your skin. Your dermatologist will be able to guide you regarding using these products.

Acne occurs most of the times in teenagers because of their hormonal changes, however, these might also occur in adults at the time they are undergoing certain hormonal changes, like for example, among women just before their menstrual periods, when the hormonal activity is higher.

Acne occurring among teens usually goes away within sometime, however, main care requires to be taken care of skin, because acne can leave life long scars and damage the skin. Acne, when taken care of immediately might not cause as much scare, as it would in any of the later stages. Before going in for any treatment it is most necessary to educate yourself properly regarding acne. Learn more about acne and you can tackle this minor problem with ease and élan of a

professional.

Find more information here about acne treatment and acne products in
<http://www.acnezine.ws/>