



Acne

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Here comes the sun—and bare arms, shoulders, backs and faces. For acne sufferers, this seasonal trend becomes seasonal *dread*. Acne doesn't just affect teenagers. Adults in their 20s, 30s, 40s, and beyond can experience breakouts. Regardless of age, this very visible condition often affects one's self-confidence and esteem. Even mild acne can have a major impact! The good news is that there are safe and effective treatments available.

with Dr. Fiona Wright

THE TRICK IS finding the one that's right for you. Every professional has an opinion when it comes to acne and with all those ideas and even more treatment types, it can be difficult to choose an effective path. Dr. Fiona Wright, founder of the Aesthetic Institute of Plano, helps us find our way through the maze to a path of clearer, healthier skin.

WHAT CAUSES ACNE AND HOW DO I GET RID OF IT?

Adult acne differs from teenage acne. Younger skin is oilier, but less sensitive. Adult skin is typically drier and more fragile. Acne is caused when a mixture of trapped oil and cells create the perfect environment for bacteria to flourish. These bacteria release chemicals that create inflammation resulting in a red, raised pimple.

Acne Care 1-2-3

Basic acne care starts with three steps: (1) **keep pores unclogged**; (2) **reduce oil production and prevent bacteria buildup**, thus keeping inflammation at bay; and (3) **seek professional assistance** if your condition does not improve. So, whether you're affected by just a few annoying pimples or a more severe acne condition, put your best face forward with the right information. These tips should help:

1. Keep Pores Unclogged

CLEANSE: Gently wash your skin morning and night. If your skin is sensitive, use a mild acne soap or cleanser such as Aveeno, Neutrogena, or La Roche Posay.

EXFOLIATE: For nonsensitive skin, a light exfoliation using products such as Clean & Clear, Aveeno, and NewPort can be helpful for large pores and resistant skin. Remember that regardless of your skin type, aggressive scrubbing can further irritate the skin and aggravate the situation.

MOISTURIZE AND PROTECT: Some face moisturizers and cosmetics can make acne worse. Use moisturizers, cosmetics and sunscreens labeled "hypoallergenic" and look for those low in or free from oil and alcohol. Neutrogena, RoC, Murad, and NewPort use the description "non-comedogenic" and/or non-acnegenic. This means they have been tested and shown not to worsen acne.

CAMOUFLAGE: Mineral makeup such as Minerologie, Color

Science, and Bare Essentials are excellent choices for cosmetic camouflage. Mineral makeup is free of harsh ingredients, does not contain skin-smothering oils that clog, acts as a natural anti-inflammatory to soothe and balance your skin, and offers some protection from the harmful rays of the sun.

2. Reduce Oil and Bacteria.

Common brands such as L'oreal, Neutrogena, Aveeno and Clean & Clear contain salicylic acid and benzoyl peroxide, which are both proven ingredients to fight and prevent acne.

3. Seek Professional Assistance.

When over-the-counter remedies aren't effective and acne begins interfering with your enjoyment of life, take the next step—seek professional help. A qualified physician can prescribe stronger combinations of topical treatments, as well as the new ClindaReach—an antibiotic solution that even comes with an extended applicator to treat those hard-to-reach areas on the back. Oral medications, such as antibiotics, hormone therapy and Accutane, may also be appropriate options for treating more severe cases of acne.

Alternative therapies are also available in many aesthetic and medical practices. When deciding which type of therapy to recommend, a doctor will consider individual circumstances such as the extent and severity of the acne, presence of scars or the risk of future scarring. Different treatments have different methods of action. Facials, microdermabrasion and chemical peels exfoliate dead skin cells and unclog pores. Blu-U light therapy reduces oil production and Levulan Photofacials and ClearTouch Light reduce the bacteria that cause acne. The combination of several skin treatments is often beneficial and is therefore recommended for greater success.

Acne treatment requires patience, typically taking between six to eight weeks of management before visible signs of improvement can be seen. Misinformation can lead to long-term use of ineffective remedies, furthering both the condition and the frustration as well as the risk of permanent scarring.

Be patient. Be diligent. Be persistent. Be beautiful with the clean, clear, blemish-free skin you desire and deserve! +