

Acne Myths And The Perceptions They Cause

Acne is a common problem among teens, and doesn't always clear up by adulthood. There are considerable problems that can occur with both teen and adult acne, and treatments to counteract both.

Recognizing what is causing the acne is an essential part of curing it, but recognizing what doesn't cause acne can be just as important. Through the years, many myths have passed down about what causes acne, and they have caused ill-formed perceptions.

This article covers some of those myths and perceptions, and will dispel the misconceptions associated with those myths.

It is a myth that getting a tan can help clear up acne. Even though a tan may help cover the redness caused by acne, it won't actually heal or prevent it. Add to that the risks associated with tanning beds and the sun, and the skin damage that can occur, and this may hurt more than it will help.

It is also believed that eating greasy, fried foods, or consuming chocolate can cause acne. Numerous scientific studies have concluded there is no connection between acne and one's diet.

It is also a myth that the more you wash your face, the fewer breakouts you will experience. While washing your face gets rid of oil and excess dirt, and removes dry skin, washing your face too often can remove some of the essential oils, therefore, causing your face to become especially dry and irritated. While this won't directly cause acne, it will continue to irritate, which will keep it from healing. By not over washing your face, you are allowing the body's natural oils to work, at the same time removing dirt and dead skin which can clog pores and cause acne.

Another common acne myth is that popping pimples will help them clear up more quickly. While this can make the pimple seem less noticeable, it can actually make the healing process a longer one. This is because popping a pimple can push the bacteria from it deeper into the skin, making the surrounding area red and irritated. Devices designed to help pop your pimples, such as blackhead extractors, aren't safe either, as they can cause scars to form.

Another myth is you can't wear makeup or shave if you want to have clear skin. If you have acne, it is okay to use products that are noncomedogenic or nonacnegenic, which means they won't clog pores and cause breakouts. Some concealers now have benzoyl peroxide or salicylic acid in them, and, will, therefore, help fight acne.

There are many other myths associated with acne and what causes it. It is important to understand what really is causing your acne before you will be able to treat it. Consult a dermatologist if you are unsure about possible causes and treatments, or if you feel your acne may require medical attention.

Source: <http://www.articlecircle.com>

About the Author

<http://www.acne-causes-cures-n-myths.com> (Gaetane's Website) is our recommended resource on Acne. Vist right Now for more information.