

## The Best Acne Treatments Available

Acne, which affects the majority of teenagers, and a very large number of adults as well, can be treated using various different methods, with prices ranging from relatively inexpensive to incredibly expensive. However, the best acne treatments are those that treat acne from inside the body, as well as on the surface of the skin - since acne starts inside.

The name on the package really doesn't matter as much as what is inside the package. Some ingredients have proven to be quite effective for treating acne, while others don't seem to have any affect. Some ingredients are perfectly safe, while other's have risks associated with them. What you use to treat your acne is up to you - but it is important that you make informed decisions, in order to find the best acne treatments for you.

Benzoyl peroxide is one of the most effective ingredients found in a large majority of acne medications, however, there is quite a bit of controversy surrounding this chemical. Benzoyl peroxide has been linked to skin cancer, and it is on the FDA's 'unsure' list. This means that while it has been approved by the FDA for human use, the FDA cannot say that it is safe to use - but the FDA hasn't determined that it is unsafe either.

Some of the most effective treatments for a large majority of people who suffer with acne are: ProActiv, Accutane, and Retin-A. This doesn't mean that these medications work for everyone - it just means that it is effective for the majority of people who use these treatments.

ProActiv is a three step topical acne fighting system that does not require a prescription, although it does contain prescription grade Benzoyl peroxide. Accutane is an oral prescription medication. There are many side affects associated with the use of Accutane, such as chapped lips, dry skin, nosebleeds, eye irritation, joint and muscle pain, hair thinning, skin rash, intestinal problems, urinary problems, headaches, and vision problems. There are even some psychological side effects, such as depression. Accutane is not prescribed to women who are pregnant or nursing, due to serious birth defects. Retin-A has very few side effects, and is available in both prescription and over the counter forms. Retin-A is used to treat a variety of skin problems other than acne as well, including wrinkles, lines, scars, and discoloration.

If using one of these products is of interest to you, you should start with ProActiv. If ProActiv doesn't work, try Retin-A next. Avoid using Accutane if you can, and if you do decide that you want to give Accutane a try, make sure that you weigh the potential side effects carefully.

While these treatments are costly, they have proven to be the most successful. Therefore, in most cases, they are well worth the expense. People spend billions of dollars purchasing inexpensive acne treatments that simply do not work. If you look at it in terms of how much money you would spend buying products that do not work, in relation to the amount you will spend to purchase an acne treatment that works for a large majority of the population, you will find that you are better off spending the money on the products that work in the long run, bypassing those that do not work.

Keep in mind, however, that even though these are the best acne treatments available, this doesn't mean that other, less expensive treatments won't work for you. What works for you will depend on many factors, including how severe your acne is. Discuss your options with your dermatologist.

No matter which acne treatment you use, you must keep your face clean, keep your hair and hands off your face, use the treatment as directed, and give the treatment time to work. Failure to do any of these things will keep your acne treatment from working - no matter how good it is. You should also remember that what works for some people may not work for others. The best acne treatments are not always the best for everyone. What worked for your neighbor may cause your acne to become worse. Work to find the best acne treatment for you - and make sure you give it time to work!

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### About the Author

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