

Understanding The Types, Causes and Treatments Of Acne

The very first thing you must understand when trying to cure your acne is the type of acne that you actually have. This is significant because it gives insight into what may have actually caused the acne outbreak in the first place. And of course, once you know exactly what it is that triggers the acne, you have an advantage to either preventing it from happening again, or effectively treating it as it occurs.

There are many forms of acne, which would explain why it is so difficult to treat. I have listed several causes of acne and many of those may surprise you, but I also hope that they will help you discover what causes your acne. For instance, a great many people would likely be surprised to learn that acne is not caused by stress, as they may think, but more likely can be attributed to their fancy new perfume or cologne.

Adult acne can be caused by a hormonal imbalances, pollution, medications, or stress to name a few. Studies have shown a direct correlation between hormonal imbalances and outbreaks of acne in women ranging in age from 30 to 40 years.

Acne Cosmetic is just what it sounds like. It is the outbreak of acne due to the aggravation of the skin and pores caused by the active ingredients contained in the cosmetics that you wear.

Acne Conglobata can cause serious scarring on the face and back and it is usually attributed to hereditary factors. Unfortunately, there's not a lot that can be done here.

Acne Detergens is the result of the use of soaps and cleaners that cause an irritating effect on the skin.

Acne Excoriee is actually brought about by the constant picking of the pimples on the face and body. This, perhaps more than all the other symptoms, can and should be avoided.

Acne Fulminans is a very serious form of acne that can accompany a fever and body aches. This acne is predominantly found amongst males and it includes the abrupt onset of acne, severe scarring, fever, loss of appetite and a high white blood cell count.

Acne Keloidalis is common among people of African descent. It usually flares up in and around the neck area.

Acne Mallorca is brought on by exposure to sunlight.

Acne mechanica is caused by materials and fabrics such as clothing and purse straps that chafe against bare skin.

Acne Medicametosa is a side effect of certain medications which include oral contraceptives and over the counter drugs that contain potassium iodide, chlorine and bromide.

Acne Neonatorum is acne that affects infants. It is transferred by way of hormones from the mother to the child.

Acne Pomade is commonly caused by the use of oils found in hair care products. The oil migrates from the hair to the forehead, where it can clog pores and cause acne.

The bottom line is that there are many forms of acne. By taking simple precautions and knowing what causes irritation in your specific case can greatly improve your control of the condition. One great tip is to avoid touching your face with your fingers. The majority of people have no idea how dirty their fingers really are and in many cases the occurrence of outbreaks can be avoided.

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About the Author

Daniel J Lesser is the creator of AcneInfoSite.com. A whole world awaits for a beautiful spotless face. Find out how to control your acne at www.acneinfosite.com.