

Prevention and Treatment of Acne

Acne is a common aberration in the skin in a small protrusion (papule) or reddish pink color. This condition happens because the channel of hair follicle is choked by oil secretion and dead skin cells which are infected by bacteria. The bacteria can be obtained from everywhere such as makeup brush, hand finger, towel and also from the phone. Stress, hormones, air humidity and weather do increase the likelihood of acne infection because they cause the skin to produce oil, which is the place for bacteria growth. Acne which is caused by hormones usually appears around the jaw and chin.

Pustule usually occurs at age 14-19 years, despite it can be sustained by some individuals at the age of 20-30 years and sometimes arise again at the age of menopause. Although health is not interference, but a heavy acne can aggravate the appearance and leave the former.

If you do not want to sustain such a condition so that preventive action can be done include:

- Acne does not reflect someone's hygiene, so it does not need to wash your face too often, just do 2 times a day with regular soap, not antiseptic.
- Do not leave the hair covering the face. Hair, especially in dirty conditions can aggravate the pore clog which is choking.
- Light exposure to the sun may be useful, but use non-oil sun block condition, avoid a lot of sweat, and use water-based cosmetics.

Meanwhile, the treatment that can be done to heal when you have acne include: benzoyl peroxide, or if your skin does not tolerate, you can use a product containing sulfur. If the acne does not recover, go to the doctor ask for the cream containing antibiotics, Garamycin. Combining topical clindamycin with a retinoid also can be effective. These products can kill bacteria, reduce inflammation and swelling. An over-the-counter product that contains sodium sulfacetamide also helps some adults.

As adult **acne** often involves hormonal swings, an oral medication may be necessary to minimize these fluctuations and control the acne. Medications that can minimize hormonal fluctuations in women include some oral contraceptive pills, spironolactone, and hormone replacement therapy. These therapies are not appropriate for every woman and should never be taken during pregnancy. Hormone replacement therapy is typically reserved for treating women when acne develops around or after menopause. This therapy is more likely to be prescribed when the acne is accompanied by mood swings, insomnia, anxiety, thinning hair, and decreased verbal skills. Today's acne treatments, because of advances in technology, in principle can be done of the following:

- **Decrease sebum production**
- **Reduce P. acnes (bacteria)**
- **Normalize skin shedding**
- **Eliminate inflammation**

Balanced and well Food also can help maintain the skin health, so it is very important to maintain nutrition in the Food that we consume. Besides that, try to remain rileks, like has been known that stress is one of factor which causes the occurrence of **acne**.