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There are many different types of acne and with that come many theories, myths, and treatments. The exact cause of acne remains a mystery. Why some pores are affected by acne and others aren't, is not known. Each case of acne is as complex as the individual battling it and a treatment that works on one person's acne may not work on yours.

acne obviously has physical effects but it can also have psychological effects, especially in teens. Most teenagers already feel awkward and different, add acne to the equation and they are identifiably different. Most teenagers with acne tend to have lower self esteem, than their peers with clear skin, and are not involved in as many activities.

Adult acne is on the rise and can also be very difficult to deal with. Due to the changes that our skin goes through as we mature, scarring is often worse in adults with acne than in teens with acne. Adults with acne are also less likely than teens to seek treatment for their acne, leaving them to suffer alone.

Whether you are an adult with acne or a teenager with acne, your acne probably falls into one of a two main categories, inflammatory acne or non-inflammatory acne. If you have blackheads or whiteheads, or both, then you have non-inflammatory acne. Inflammatory acne can be a little harder to identify. Inflammatory acne is characterized by papules, pustules, and in more serious cases, nodules or cysts.

Once you have determined which category your acne falls into, you can explore the treatment options for your acne. Keep in mind that even if you have tried several different acne treatments to no avail, there is always something else to try for your acne. There are new acne treatments coming up left and right and the next new acne treatment might be the one that goes directly to work attacking your acne and leaving you with the clear skin you've longed for.