



Article published on January 19th 2012 | [Health](#)

Acne is a common skin disease that affects the face, neck, chest and etc. it is inflammatory in nature. Our skin produces an oily solution through the sebaceous gland that keeps the smooth known as sebum. Our skin hormones, bacteria and that sebum go into interaction and cause this acne over the skin. There are few typical symptoms to acne like pimples, pustules and sometimes cyst that is a lump of flesh over the skin. Acne is mostly visible in both girls and boys during the time of their puberty. Puberty is such a time when the body goes under lot many hormonal changes. These hormonal changes lead to acne.

It is the severity of the acne of an individual on which the treatment of acne depends. If it is not much serious and mild in nature then it can be managed by washing it by a scrub face wash or simple toilet soap. Sometimes drying agents like benzyl peroxide is also used. But severe acne most of the time needs oral treatments that affect the hormonal disorders that causes acne. There are more than almost half a dozen of categories of acnes. Its first stage mostly starts off with blackheads and scars. Acne is totally related to sebaceous glands that are found in that hair follicle. So the treatment of acne starts from the follicle. Blackhead is the most common form of acne. It is mostly visible on cheek, chin, nose and forehead. Too much use of scrubbing that stimulates the growth cells of the skin that can block ducts can turn out to be harmful. So washing the face with a mild soap is a better option. Skin cells mostly swell in the hot and humid cells that increases the chances of blocked ducts, this is why face steaming treatments are useless. Skin exposure to sun and fresh air can protect the skin from acne scars.

Acne scars are nothing but inflammations caused by the acne already present on the skin. This scar makes the individual look older. This also takes the title of aging agent. Both acne and acne scars both definitely stress related. Due to busy and stressful life schedules people mostly suffer from skin problems like these. Pricking and squeezing of acne and acne scars should be avoided because that may put on a permanent mark on the skin. It is very much to improve all kind of acnes and sometimes get totally rid of it. But it is always very much important for a person suffering from severe acne to visit the dermatologist. And it is very important for an individual to keep in mind that she should not use any such product that would lead to blockage of the sebaceous glands.

Several acnes have origin from several wrong food habits. A diet with excessive starch, less vitamin can lead to acne. Wrong hours of feeding are also the reason sometimes. Not only food intake if the bowels do not clear out properly the waste material remains in the blood that makes it saturated. These wastes that remain unexcreted in the body give birth to acne.

Article Source:

<http://www.articleside.com/health-articles/few-reasons-and-precautions-to-acne.htm> - [Article Side](#)

[Jessica Williams](#) - About Author:

Nitai helps in getting rid of skin problems like skin acne and [acne scars](#). These make your skin look dull and mark filled. Curing of acne is also a step to anti aging. Acne mostly starts appearing from teen age that is the time of puberty. Hormonal changes are prominent in puberty time of any man or woman. So it is better to take precaution when it is time that is before puberty. Even if one doesn't take any kind of precaution [treatment of acne](#) and its cure is very much possible.

Article Keywords:
treatment of acne, acne scars

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!