

ACNE FACTS

Olmsted Medical Center – Dermatology



1. Acne is the most common skin condition in the United States.

2. Acne often leads to permanent scarring, poor self-image, depression, and anxiety.
3. Acne is most common in adolescence, but it can occur at any stage of life.
4. The costs related with acne treatment are over \$3 billion annually.



How to Care for your skin

1. Use a mild cleanser once or twice daily and after sweating. Avoid scrubbing and harsh cleansers, which can damage your skin.
2. Shampoo your hair daily, especially if it is oily.
3. Avoid popping, picking, or squeezing acne bumps, these things can actually lead to scarring.
4. Use products that are “noncomedogenic” and oil-free on your affected areas.
5. If you have acne that does not respond to over-the-counter treatments, seek a dermatologist. There are many effective acne treatments available, and your dermatologist can determine which is best for you.
6. Topical therapy is the standard of care for mild acne and includes benzoyl peroxide, antibiotics, retinoids, and salicylic acid.
7. Oral antibiotics are used for moderate and severe acne or acne that covers large body surface areas.
8. Oral contraceptives and spironolactone are often helpful for female patients with acne
9. Oral isotretinoin is used for stubborn or severe acne.
10. Lasers, dermabrasion, skin fillers, and chemical peels are effective treatments for acne scarring.

WHAT CAUSES ACNE?



1. Oil glands produce too much oil and combine with skin cells to plug pores. When the pores are plugged, the skin bacteria multiplies, causing inflamed pimples.
2. Acne can be triggered or worsened by many things, including heredity, hormones, menses, stress, and some medications.
3. Ingesting high glycemic foods like bread, rice, pasta, and pastries has been linked to acne in some people.



For more information on Acne, or to make an appointment, contact **OMC Dermatology** at **507.292.7182**



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