**Treating Acne**

Pimples and blackheads are lesions that appear on the face, neck, back and shoulders, mainly due to the excessive amount of grease or sebum produced by the body, which clogs the pores of the skin. Also, the bacteria "Propionibacterium acnes" which naturally stays in the body, participates in the formation of these conditions when it finds clogged pores. The cystic acne is characterized by inflammation and contain pus inside however, blackheads accumulate fat, waste elements of the skin, and commonly known as blackheads. These injuries together are signs of acne, whose appearance is not related to the consumption of chocolates and fats. Acne in different part of the body sometimes are due to internal issues, such as hormones, digestive or problems with the pancreas or liver.

**Prevention**

\* It is very important to clean, as it prevents the clogged pores. Therefore, any product that has been applied during the day, such as creams, cosmetics, sunscreens and lotions should be removed with antiseptic products.

\* The use of exfoliating creams can prevent the appearance of pimples and blackheads, because they clean skin deeply removing dead cells, blackheads and fat.

\* The exfoliating cream should not be too abrasive as it may cause oil skin due too over active sebum glands. Also, it destroys the hydrolipid barrier, which protect the epidermis layer, causing spots and skin dehydration.

**Causes**

\* During puberty the influence of male hormones called androgens (also present in women) increases, which determines that there is increased secretion of sebum and the amount of grease that lubricates the epidermis rises. A portion of this substance cannot be released and clog pores.

\* Presence of Propionibacterium acnes bacteria, which infects the clogged pores with pus.

\* The amount of fat produced by the body is sometimes determined by heredity.

\* Due to hormone production during the ovulation cycle or pregnancy the sebum glands become more active.

**Treatment**

\* You should not squeeze pimples and blackheads, as this increases inflammation and the risk of injuries can become infected and cause scarring.

\* Schedule regular visits with **Perfect Skin and Body Care** to get your personalized skin analysis and treatment procedure for your skin condition. Call to make your appointment today.

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