



enhanced aesthetics

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Acne

Signs & Symptoms of Acne

Acne (acne vulgaris) is a skin disorder characterized by whiteheads (open comedones), blackheads (closed comedones) and pimples (papules). It most often affects the face, but may appear on the neck, back, shoulders and/or chest. Acne begins with hair follicles, which contain oil-secreting (sebaceous) glands. In normal skin, oil (sebum) from these glands is released on the surface of the skin through the pores. When the sebaceous glands enlarge, due to an increase in sebum, the glands become clogged producing blackheads, whiteheads and even inflamed pimples.

Who Gets Acne?

While it's widely thought that acne is a problem mostly affecting teenagers, adult acne is just as common, affecting 95% of the population at some time in adulthood.

What Causes Acne?

Overactive oil-producing glands, which contribute to clogged pores, as well as genetic and hormonal factors play a role in the development of acne.

Types of Acne:

1. Mild Acne - Closed comedones (whiteheads) or open comedones (blackheads) are non-inflamed. They do not scar and are considered a mild form of acne.
2. Moderate Acne - Pustules and papules are inflamed. They are deep red and less than 5mm in diameter and often tender. They cause minimal scarring.
3. Severe Acne - Severe lesions (cysts or nodules) are often more than 5mm in diameter that often interconnect. They often cause scars.

Treatment of Acne

Treating Acne is a daily, long term process that includes a good skin-care regimen, topical and sometimes oral treatments and the advice of a healthcare professional, such as a dermatologist. **Dr. Kerry** will suggest products or prescribe medications based upon four factors that contribute to your acne: sebum production, irregular or ineffective sloughing of dead skin cells, the presence of bacteria in pustules or papules, and the presence of inflammation. One or more of these factors may be present. Genetic or hormonal factors may also impact your condition.

A patient's response also depends on their consistent effort in adhering to the complete program recommended by **Dr. Kerry** and realizing that adjustments may have to be made. You may actually get worse before you get better and you must allow time for the body's response.

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