

# The Truth About Acne Care

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## **Sample of Content:**

Many adolescents suffer from acne. However, adults also suffer from acne. People begin to suffer from acne from as early as 11 years old and many do not get rid of the problem even as they enter adulthood. With so many people suffering from acne, it is hard to know how to treat it. Acne care has come a long way in recent years.

## **Content:**

Many adolescents suffer from acne. However, adults also suffer from acne. People begin to suffer from acne from as early as 11 years old and many do not get rid of the problem even as they enter adulthood. With so many people suffering from acne, it is hard to know how to treat it. Acne care has come a long way in recent years. There are

many different ways to go about acne care, so let us discuss them to see which form of acne care is best for you.

The truth about acne care is that everyone is different and not all acne care methods are right for everyone. Many people have acne caused by various reasons. Some is hormonal, others by stress. Other people have acne because of hereditary reasons. Some people just have poor eating and cleaning habits. Each of these reasons can cause acne, so now that you know you can start trying to treat it.

The first part of your acne care regimen should involve your lifestyle. You should always wash your hands and avoid touching your face where the acne is. Cosmetics should be avoided as many can cause breakouts. You should also eat properly by avoiding eating greasy and salty food. You should also wash your bed linens frequently and wash your hair each day as well.

Many people with acne often think they should wash their face several times a day. However, most doctors recommend that you only wash your face once in the morning and once at night. Washing your face too often can irritate it further. You should also be sure to use a mild soap to wash your face so that you don't irritate your face.

Several types of over the counter acne care treatments can be used. There are some in the forms of astringents, soaps, face washes, and creams that you leave on your face. These acne care products are usually made of salicylic acid, sulphur, or benzoyl peroxide. Some of these acne care products can make your face worse if you are sensitive, so be careful.

For those of you with a severe acne problem, you should see a dermatologist. The dermatologist can then prescribe you an oral or topical acne medication. Most doctors prefer for you to use a topical acne care treatment. Side effects are common so be careful when going this route. Be sure to report anything to the dermatologist.

This is all of the important things you should know about acne care. If you suffer from acne, it is best to get the advice of a dermatologist to see which treatment is best for you. Be sure to adjust your lifestyle as a part of your acne care regimen. With a little patience, you may be able to get your acne under control.

Bob Hett offers expert advice and great tips regarding all aspects concerning the cause and treatment of Acne. Get the information you are seeking now by visiting [Acne Care](#)

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## **About the Author:**

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