

How Common Is Adult Acne?

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For a long time, acne was considered a problem for teenagers to deal with. It seems that acne and teens go hand in hand. It is almost a cliché of the teenage years. In fact, adult acne is also a very common problem. Many adults suffer from a variety of skin problems. Pimples are not just a problem of the young.

Content:

For a long time, acne was considered a problem for teenagers to deal with. It seems that acne and teens go hand in hand. It is almost a cliché of the teenage years. In fact, adult acne is also a very common problem. Many adults suffer from a variety of skin problems. Pimples are not just a problem of the young. People over the age of 25 have issues with acne, too. While adult acne occurs in both men and women, it tends to be more prevalent in women. The statistics suggest that 50% of all adult women have acne, as

compared to only about 25% of adult men. Adult acne affects people from every ethnicity and background.

There are many causes of adult acne. Since the main cause of pimples is hormones, which is probably why women tend to have more zits and skin problems than men. Other things also cause acne. These can be things like overactive sebaceous glands that allow an excess of oil to be secreted onto the face, clogged pores, etc. For many people, genetics plays a role in whether or not they have acne. Other things that can trigger breakouts are stress and environmental issues like weather and allergies.

While there are many acne products available to treat breakouts and blemishes, some of the ones that work for teens can be too harsh for adults. It is important to have a good daily cleansing regimen. This alone can help many adults clear up their acne prone skin. Others find that topical treatments can help with their blemishes. For moderate to severe acne problems, some adults may find that a trip to their dermatologist is necessary. A dermatologist can prescribe antibiotics or other ant-acne medications.

As we age, our skin becomes less able to repair itself due to a loss of collagen. The skin of adults is not as resilient as that of younger people. So adult acne can be a much more serious problem because it can cause easily cause scarring in adult skin. It is a good idea to treat breakouts and not give in to the temptation to squeeze or pop whiteheads or blackheads that appear on the skin. Doing this type of thing can lead to permanent scarring of the skin.

For both adult men and women, adult acne can have the same effects on them that it does on teenagers. Emotional distress, embarrassment, and low self-esteem due to acne breakouts can be just as big of a problem for an adult as for a teen. Everyone wants his or her skin to look good. How we look contributes greatly to how we feel about ourselves, so having skin issues can be just as serious a problem as other things.

Bob Hett offers great tips and advice regarding all aspects of the causes and treatment of acne. Get the information you are seeking now by visiting <http://www.acnereview.info>

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About the Author:

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