

# ACNE

- What is it?
- Who gets it?
- Can you prevent it?
- How do you treat it?
- Basic Skin Care
- Acne Myths



# WHAT IS ACNE?

- Acne is a disorder that occurs when oil and dead skin plug hair follicles.
- In Teens, acne is often caused by hormonal changes that come with puberty.
- Pores clog and bulge from the skin leaving “Whiteheads”.
- Pores that clog and stay open, the top surface darkens causing “Blackheads”



# WHO GETS IT?

- Anyone can get acne.
- Acne is most likely to disappear by the time you are out of your teens.



# CAN YOU PREVENT IT?

- Wash your face twice a day.
- Keep unclean hands away from your face.
- Use products that are noncomedogenic or nonacnegenic for your face.
  - Good nutrition.
  - Avoid tight clothing



# HOW DO YOU TREAT ACNE?

- Hygiene
- Over The Counter Products
- Do's and Don'ts
- When to see a Doctor



# BASIC SKIN CARE

- Wash Twice a day to remove excess oil.
  - Use Oil Free face products.
- Exfoliate two or three times per week.
  - Wash your hands often.
  - Don't Squeeze or pick!
- Over The Counter products can help – most have the same active ingredient.
  - Good Nutrition.





# ACNE MYTHS

- Acne is caused by eating greasy food.
- Acne is caused by eating too much chocolate.
- Sun helps Acne go away.

