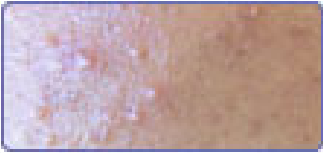





LET'S TALK ABOUT ACNE

All acne begins with one basic lesion: the comedo, an enlarged hair follicle plugged with oil, dead skin cells and bacteria. Invisible to the naked eye, the comedo lurks beneath the surface of your skin waiting for the right conditions to grow into an inflamed lesion. As the skin continues to produce more oil, bacteria flourish within the swollen follicle. The surrounding skin becomes increasingly inflamed as your white blood cells fight against the intruders.

Though all pimples start the same way, they can take many forms and may react differently for different people. Please note that the following guide is not intended to be used for conclusive self-diagnosis. These definitions may be used to help you decide whether or not you should consider seeking medical attention.

	<h3>Non-inflammatory</h3>
	<p>Closed comedo, or whitehead. If the plugged follicle stays below the surface of the skin, the lesion is called a closed comedo, or whitehead. They usually appear on the skin as small, whitish bumps. Open comedo, or blackhead. If the plug enlarges and pushes through the surface of the skin, it's called an open comedo, or blackhead. The plug's dark appearance is not due to dirt, but rather to a buildup of melanin, the skin's dark pigment.</p>
	<h3>Inflammatory</h3>
	<p>Papule. The mildest form of inflammatory acne is the papule, which appears on the skin as a small, firm pink bump. These can be tender to the touch, and are often considered an intermediary step between non-inflammatory and clearly inflammatory lesions Pustule. Like papules, pustules are small round lesions; unlike papules, they are clearly inflamed and contain visible pus. They may appear red at the base, with a yellowish or whitish center. Pustules do not commonly contain a great deal of bacteria; the inflammation is generally caused by chemical irritation from sebum components such as fatty free acids. Nodule or Cyst. Large and usually very painful, nodules are inflamed, pus-filled lesions lodged deep within the skin. Nodules develop when the contents of a comedo have spilled into the surrounding skin and the local immune system responds, producing pus. The most severe form of acne lesion, nodules may persist for weeks or months, their contents hardening into a deep cyst. Both nodules and cysts often leave deep scars. Acne conglobata. This rare but serious form of inflammatory acne develops primarily on the back, buttocks and chest. In addition to the presence of pustules and nodules, there may be severe bacterial infection.</p>
<p><i>Closed Comedo or Whitehead</i></p>	
<p><i>Open Comedo or Blackhead</i></p>	
<p><i>Papule</i></p>	
<p><i>Nodule or Cyst</i></p>	

The most important thing to remember about acne is: It's not your fault. Contrary to popular belief, acne is not caused by anything you're doing - what you eat, how often you wash your face or work out - but by a combination of factors at work far beneath the surface of your skin. The regularity with which you shed skin cells can change throughout your life. Your hormone balance affects the rate at which you produce oil. Research has also shown that genetics play a big part in the development and persistence of acne, so your family history is a valuable prediction tool as well.

Who gets acne?

You're not alone: About 90% of all teenagers develop acne. Acne is starting at even younger ages today as puberty begins earlier. Acne may also start as late as the 20's or 30's, especially in women whose hormones are constantly fluctuating. It's estimated that 1 in 4 adults between the ages of 25 and 44 experiences acne, and nearly half of all adult women experience mild to moderate acne.

What can I do?

There's still no cure for acne, with or without a prescription. The secret to controlling acne is PREVENTION - stopping the formation of acne before it becomes a visible pimple. To avoid the risk of permanent scars, it's important to treat acne as soon as the first signs appear. Even after blemishes disappear, you usually must continue to use an effective acne treatment to keep new blemishes from forming. Obagi Clenziderm M.D. skin care system, sold in our office is safe and effective for everyone, and it can help prevent blemishes from becoming a larger problem.

What about prescription medications?

For most forms of acne, Kamala Aesthetics prefer a program of using Clenziderm skin care, with 3 microdermabrasions and 3 IPL treatments. If necessary, antibiotics will be prescribed for inflammatory nodular and cystic type acne. Topical medications and antibiotics do not cure acne, but gain control of the problem.

Please keep in mind that Accutane is the strongest oral medication available for acne and often can make a dramatic difference. But it may have severe side effects, including depression, liver damage and birth defects if taken during pregnancy. Patients must be under a dermatologist's supervision for the 5-month course of treatment.

Clenziderm can heal your existing acne, and help stop new blemishes from forming. Its Benzoyl Peroxide molecules are smaller than in any other acne program, allowing it to penetrate deep into your pores for rapid results, in as little as 2 weeks.

When most of us think of acne, we think of adolescence; pimples go hand-in-hand with puberty and all its bother some bodily changes right? Wrong. While teenagers do make up the largest percentage of the acne-afflicted population, they're not alone in their suffering. Acne strikes adults, too - more than half of all adult women and about a quarter of adult men. And these figures appear to be climbing. As the world begins to wake up to adult acne, it's becoming clear that the psychological, social and physical effects of this condition don't diminish with age.

Why the sudden interest?

It's difficult to know for sure exactly why adult acne seems to be on the rise. One study found that the mean age of patients treated for acne had increased significantly over the course of a decade, from 20.5 years to 26.5 years. This could mean one of two things: Either more adults are getting acne, or more adults are seeking treatment for their acne. One can make a compelling case for either statement — but most likely both are true. While some recent studies have suggested that incidences of adult acne are increasing, others suggest that adults (particularly women) are simply more concerned about their skin than they used to be.

Lingering Problems, Lasting Effects?

Whether one's acne persists through adolescence into adulthood or strikes suddenly after 30, the condition can have lasting physical and psychological ramifications. Dermatologists have known for many years that adult acne is more likely to leave permanent physical scars; as the skin ages and loses collagen, it's much harder for it to bounce back after tissue damage. Psychological scarring is much harder to trace. For many years, the prevailing perception was that older acne patients were less affected by their condition than younger patients, having accepted its symptoms as part of life. Without a visible peer group, many of these people felt too ashamed to step forward to get treatment. Adults with acne found themselves suffering silently — and most importantly, privately.

We're not going to take it anymore!

Two recent developments suggest that public perceptions are changing. Dermatologists have reported an increase in the number of adult patients coming to them for help. As the world's awareness shifts to include adults in the group of acne-afflicted people, more adults are coming forward with their skin problems. Bolstered by this fact, today's adult acne sufferer is learning to be proactive. Not surprisingly, these new attitudes are reflected in the product market. Both prescription treatments (including oral contraceptives) and over-the-counter acne products have experienced an increase in sales. Also on the rise: Hope.

Greater Awareness, New Hopes

As we begin to recognize acne as a condition for all ages, we can find better ways to fight it. Doctors, like everyone else, are beginning to see acne as an adult problem. With reported cases of adult acne on the rise, doctors will be considering the special causes and unique effects of this condition on older patients. And as public awareness increases, more people are likely to consider seeking treatment — and take the first steps toward an acne-free existence.

Acne is the most widespread skin condition in the world - yet there are still many misconceptions clouding public awareness about it. These “myths” are passed down from a friend or family member... reinforced by advertising... even published in magazines. For those who suffer from persistent breakouts, these little seeds of misinformation can blossom into a bigger skin problem. Following are some of the most common myths... use this list to test your knowledge. Because the more you know about acne, the more you can do to fight it.

COMMON MISCONCEPTIONS:

Is acne caused by dirt?

Acne is caused by a number of factors - but dirt isn't one of them. Blemishes form when dead skin cells mix with your body's natural oil, forming a plug in your pores. This has nothing to do with dirt, so frequent washing of your face or body (more than twice a day) will not make your acne better. Overwashing or stripping with alcohol in an effort to "clean" your skin can actually make blemishes worse.

Do certain foods cause acne?

No, those french fries you had yesterday didn't give you new zits today. In fact, scientists have been unable to find ANY substantial connection between diet and acne. So all the foods you've been afraid of - pizza, french fries, chocolate - are fine. So use your common sense, but don't be afraid to indulge every now and then.

Are teenagers only affected by acne?

Unfortunately, acne can strike at any age. Over 85% of all people 12-24 have acne. Acne can also start as late as ages 20s or 30s...especially in women, whose hormones are constantly fluctuating. It's estimated that one in four adults between the ages of 25 and 44 experiences acne, and nearly half of all adult women experience mild to moderate acne.

If I leave acne alone will I grow out of it?

Untreated acne can leave permanent physical and emotional scars. No matter how old you are, it's important to start treating breakouts early. And the best way to treat breakouts and blemishes is to prevent them from appearing in the first place.

Are teenagers only affected by acne?

Since blemishes take 2-3 weeks to develop, you're treating an old symptom of the problem rather than the problem itself. The best way to treat acne is to help stop the blemishes from developing in the first place - which means treating the whole face or area every day, even when you aren't breaking out.

Acne is just a cosmetic condition – it's no big deal.

Yes, acne does affect the way people look - it's not a serious threat to a person's physical health. But it can also affect the way you feel about yourself and the world around you, causing low self-esteem and even depression. Don't let anyone discourage you from seeking treatment because your acne is just "a little problem."

Sun exposure helps acne.

Wrong...the "Bronze Age" is over! While small amounts of sun exposure may initially improve acne, continuous sunbathing often increases plugging of the pores - producing comedones (blackheads and whiteheads) and small pimples. Ultimately, the risks of sun exposure outweigh its minimal benefits.

Acne is curable.

Not yet...but don't lose hope. Acne can be prevented and controlled with continued daily use of products, such as Clenziderm, M.D., which contain powerful acne-fighting ingredients. And remember this: Even if your blemishes go away, your acne is not cured. It's important to be diligent about your treatment plan, even after your skin is clear.