

About acne

The cause(s) of acne is(are) not yet known. Several factors have been associated to acne to include:

- diet
- genetic history
- hormones
- bacteria
- steroids
- skin irritation
- hygiene
- puberty

Acne can leave scars (pitting) and cause skin pigmentation, it is wise to consult a dermatologist about possible impacts or long term effects on skin appearance as a result of acne.



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Pimples may be caused by stress. Pores can become blocked by sebum (sebaceous glands within the pore produce sebum). This sebum can darken and result in a blackhead (acne vulgaris). This blockage often harbors bacteria resulting in an accumulation of pus in the tissue (abscess). A collection of pus beneath the epidermis may appear as a white or yellowish substance and may be referred to as a whitehead.

Numerous over the counter medicines or products are available for acne but effective results vary. Typically, a combination of solutions provides more desirable results. Severe acne may require prescription medication. All those seeking treatment for acne (regardless of degree) should consult their physician.

See also [eczema](#), psoriasis, dermatitis, dry skin.

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www.skinrashes.net

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