

Published based on [Causes And Common Treatment For Acne](#)

Causes And Common Treatment For Acne

Acne is a condition that is manifested in the skin. This condition is not actually deadly or fatal but can lead to disfigurement of the face due to scars and blemishes if the case is extreme. There are several types of acne and the causes may be the same or different for each type. The most common type of acne is the one called acne vulgaris. This type of skin condition is usually found in adolescents on the verge of puberty although there are cases of individuals who carry it well into adulthood.

What Causes Acne?

This skin condition manifests itself when the sebaceous glands are blocked, resulting to inflammation of the skin. One contributing factor to the onslaught of acne is the genetic structure of the individual. Some people are genetically structured to be more prone to this skin condition compared to others. Individuals prone to the dreaded skin condition may also suffer from over productive glands or excessive shedding of skin which can block pores resulting to inflammation.

Skin sensitivity can also contribute to outbreaks and blemishes which are associated with acne as well as the hormonal changes that may occur to individuals. These hormonal changes may be evident during puberty and before or during a woman's menstrual cycle. Acne can also manifest when the individual is stressed or eating too much fatty or greasy food. Stress can result to lack of sleep which can contribute to skin conditions resulting to blemishes. The food that we eat can also be a big factor to acne because the oils from them will be added to the sebum that our skin produces. Bacteria are also part of the reason why the skin may be inflamed.

The [best acne treatment](#) can be hormonal pills or topical applications that will control the inflammation of the skin. The presence of the bacteria that is often the cause of recurring acne can also be eliminated by using topical antibiotics and other substances that can kill them. Practicing good hygiene is also another acne treatment that may work for those with not so severe cases of acne.

Hygiene also plays a big role in [acne treatment](#). Keeping the skin, especially the facial skin as well as the chest, neck and back parts is essential. This can reduce the occurrence of clogged pores and dirt in the skin which can contribute to the condition.

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