

Acne

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American Board of Dermatology | American Board of Cosmetic Surgery | Physician of the Year 2008

Acne is a common skin problem for most adolescents - and for some adults. In addition to being a health issue, acne can be an embarrassing social issue as well. Those who experience severe acne may even become emotionally scarred by social rejection – especially teens. Quick and thorough treatment will help alleviate these issues.

Q. What is acne?

A. Acne is an inflammatory disease of the skin causing severe changes in the skin's structure. Acne is thought to be the body's unusual response to a relatively normal production of testosterone, a male hormone.

Q. Does acne have anything to do with my skin not being clean enough?

A. No, acne is not a sign that your skin isn't clean, it's more closely associated with the hormonal and bacterial activity beneath the skin, which eventually leads to the irritation of the skin. That being said, it's always best to rid your skin of toxins and dirt that accumulate during your normal daily routine.

Q. What is the most common type of acne?

A. Not all acne is the same and there are several different forms. Some are considered more serious and more difficult to eliminate than others. The most common type is acne vulgaris, which simply put means "common acne". It's usually indicated by a red swelling of the skin followed by white or yellow pus. This is the type of acne that most teenagers get.

Q. What causes teenage acne?

A. Large amounts of oil from the sebaceous gland combine with dead skin cells, clogging the pores. Because the skin's pores are blocked, oil continues to build up, allowing bacteria and yeast to spread. This excess of bacteria and yeast causes damage to the skin.

Q: Is there a cure for acne?

A: There is no miracle cure for acne, but trying different combinations of solutions will help ease the problem. You should consult your dermatologist to find out the best course of treatment needed for your condition.

**Call Dermatology Associates of the Lowcountry and schedule a consult today
(843) 689-5259**