

Acne 101

Acne can occur at any age, and some people get it for the first time in adulthood.

Acne forms below the skin surface, before you can see it, deep within pores. When your body produces too much oil, it can cause dead skin cells to stick together and clog the pore. This creates an environment where certain bacteria can grow easily. The redness, swelling, and raised bump associated with acne is caused by your body fighting these bacteria.

Acne comes in many shapes and sizes



Blackheads and whiteheads

Blackheads form when a blocked pore stays open. Whiteheads form when a blocked pore closes up.



Inflamed pimples

These form when the walls of clogged pores break and become irritated or inflamed.



Cysts

Clogged pores that push deeper into the skin. These can be painful.

Causes of acne



Genetics

Acne can be more serious if one or both parents had severe acne when they were younger.



Hormonal

Testosterone and estrogen can cause excess sebum.



Diet

Diets high in sugar have been associated with acne.



Environmental

Heat, humidity, sunlight, work environment, and certain hairstyles may cause acne.



Medication side effects

Certain medications can make breakouts worse.

INSIDER TIPS

- Follow a regimen to treat acne. Stick with it and give it time to work
- Cleanse thoroughly twice daily—once during the day and once at night
- **Treat:** Look for products with salicylic acid or benzoyl peroxide, the #1 dermatologist recommended acne ingredient
- Just because you can't see it, doesn't mean it's not there. Treat your whole face!
- Moisturizers are still critical. Find one that's oil-free and noncomedogenic
- Never sleep in makeup and keep your hands off your face
- Eat a healthy diet
- Severe acne must be treated by a dermatologist