

FACTS ABOUT YOUR SKIN AND ACNE

FACTS

- The skin is composed of three layers; the epidermis, the dermis and the subcutaneous layer which assist in protection, temperature regulation and sensation
- Acne is known by the scientific name acne vulgaris
- Acne affects approximately 85% of adolescents
- Acne occurs when the oil (sebum) that is naturally produced by the oil glands (sebaceous glands) in the skin combine with skin cells creating a plug in the hair follicle. The pores in the skin become blocked and the oil builds up. Acne bacteria feed on the oil which triggers a response from the immune system. This results in the redness, swelling, lumps, bumps and pus known as pimples
- Acne includes whiteheads, blackheads, pimples, cysts and nodules. These may appear on the face, neck, back and chest
- The effects of acne are not just physical. For some people, acne can affect their emotional and social wellbeing. There are a number of people who can help: parents, teachers, pharmacists and doctors
- A good skin care routine involves daily use of a cleanser, moisturiser and sunscreen
- There are many acne treatments available from the pharmacy and supermarket, including benzoyl peroxide, azelaic acid and salicylic acid. It may take around 6–8 weeks before noticeable improvement occurs
- A doctor may prescribe topical or oral medicines if non-prescription treatments have been ineffective. Individuals may be referred to a dermatologist (specialist skin doctor) when acne is severe and/or not adequately responding to topical or oral medicines