

FACT OR FICTION

There are lots of myths surrounding acne. Read the following statements and mark whether you think they are fact or fiction.

STATEMENT	FACT	FICTION
ACNE IS CAUSED BY POOR HYGIENE <small>FICTION: Washing the skin won't wash acne away. In fact, washing the skin too much can worsen acne.</small>	X	✓
YOU CAN WASH ACNE AWAY AS BLACKHEADS ARE JUST DIRT <small>FICTION: The black colour is not dirt, but the plug that has darkened due to the exposure to oxygen. Washing the skin won't wash acne away.</small>	X	✓
ACNE CAN RUN IN THE FAMILY <small>FACT: Oily skin runs in families and plays a part in the formation of acne.</small>	✓	X
IT IS OK TO PICK AND SQUEEZE PIMPLES <small>FICTION: This can cause acne to worsen and, in some cases, increase the risk of scarring.</small>	X	✓
FOR SOME GIRLS, ACNE CAN GET WORSE JUST BEFORE A PERIOD <small>FACT: Certain hormones can contribute to worsening acne.</small>	✓	X
ACNE IS CONTAGIOUS <small>FICTION: You cannot 'catch' acne by touching them.</small>	X	✓
STRESS CONTRIBUTES TO ACNE <small>FACT: Periods of increased stress can lead to worsening acne, or acne breakouts.</small>	✓	X
MAKE-UP WON'T MAKE ACNE WORSE <small>FICTION: Some make-up, such as oil based foundation, may worsen acne.</small>	X	✓
ACNE CAN BE CONTROLLED WITH MEDICATION INCLUDING TABLETS, CREAMS, GELS AND FACE WASHES <small>FACT: There are several options for treating acne.</small>	✓	X



#PROJECTACNE

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