



THE STUBBORN TRUTH ABOUT ACNE

Have you ever washed your face more than twice a day to clear up your skin? Do you avoid chocolate and greasy foods in the hopes that when you look in the mirror, you won't see another blemish? Have you ever drank more water, or avoided or increased your exercise to prevent acne flare-ups? If you answered yes to any of the above questions, you're not alone. Acne is one of the most common skin disorders, affecting nearly 85 percent of all people. While the variety of effective acne treatments continues to grow, so does the number of myths about how to control the condition. Below are the most common myths regarding acne.

Myth: Poor Hygiene Worsens Acne

The relationship between face washing and acne has always been greatly misunderstood, with most individuals believing that dirt and poor hygiene contribute to acne. Acne is caused by a variety of biological factors that are beyond the control of washing. Washing the face too often, too vigorously and with too harsh of cleansers can result in irritation and exacerbate acne. Washing the skin gently twice a day is all that is recommended to maintain good overall skin health.

Myth: Stress Causes Acne

Stress is commonly blamed for the development of acne. Stress can have many physiological effects on the body, including changes in hormones that may theoretically lead to acne. In some cases the stress may actually be caused by the acne lesions, not the other way around. If the acne is being treated effectively, stress is not likely to have much impact on the majority of people. However, if an individual is prone to acne, stress may exacerbate breakouts.

Myth: Food Causes Acne

Acne is not caused by food. Following a strict diet will not clear your skin. While some people feel that their acne is aggravated by certain foods, there is no scientific evidence that suggests food causes or influences acne.

Myth: Sunlight or Tanning Clears up Acne

Short term, ultraviolet light may help with superficial or minor acne pimples. Ultraviolet light does not help with deeper nodular or scarring acne and certain humid climates can lead to clogging of pores which causes acne. Frequent exposure to sunlight and tanning beds increases the risk of skin cancer and early aging of the skin therefore its not the worth the risks to clear up a breakout. Moreover, many acne treatments increase the skin's sensitivity to ultraviolet light, making the risk of ultraviolet light exposure even worse.

Truth: Acne is caused by Hormones

Adult acne can affect the body and the face and is more likely to affect females than males. There are several reasons for this. As females get older, the pattern of hormones may itself change, disposing sebaceous glands to develop acne. Ovarian cysts and pregnancy may also cause hormonal changes that lead to acne. Some women get acne when they discontinue birth control pills that have been keeping acne at bay. Sometimes women may wear cosmetics that are comedogenic which set up conditions that cause comedones to form.

Truth: A Medical Professional can provide the Best Treatment

Everyone's acne must be treated individually. A dermatologist, or physician assistant, skilled in treating acne can decide what treatments are best for your skin type and condition. Treatments can include medications, products and/or blue/red light treatments which are all conveniently available at Spa Medica.

Denice Schwind, Physician Assistant

Denice has over five years experience in family practice medicine and cosmetic dermatology. She graduated with honors from the University of Washington School of Medicine, MEDEX program. Denice works inter-dependently with Dr. Gray to provide superior patient care and more flexibility in scheduling services. Denice is available for appointments regarding all aspects of dermatology including acne and cosmetic procedures, including sclerotherapy, Botox, Restylane and Radiesse. She is an expert in the general treatment of acne as well as the artful placement of Botox for natural looking facial enhancements.

