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Adult Acne Can be Treatable

July 8, 2010 By [Jeffrey Eisher](#)



(HealthAndFitnessTimes.com) Maybe you have looked in a mirror and said, "I really should not get pimples on this same face!" If that's the case, you're definitely not alone. Acne breakouts: it isn't solely for young people. The truth is, quite a few individuals are affected by adult acne well into their thirties, forties, and even fifties.

According to a study carried out by dermatologists from the University of Alabama:

- In their twenties, 50.9% for women and 42.5% for men in their twenties described [suffering from adult acne](#)
- In their thirties, 35.2% for women and 20.1% for men recorded adult acne
- In their forties, 26.3% for women and 12% for men recorded enduring acne
- Even into their fifties, 15.3% for women and 7.3% for men reported suffering from acne

You might have spotted something regarding those figures: they're considerably greater in women as compared to men. This is most likely because at virtually any age, acne is usually hormonally connected, and also the variances associated with a woman's cycle can easily bring about breakouts.

Just how can adult acne be different from adolescent acne?

Adult acne deviates significantly from the particular pimples associated with your teenager years, in how it looks and also how it's cared for.

"In teenagers, you are going to primarily observe 100s or 1000's of small bumps, whiteheads, or blackheads upon the face, particularly the forehead, together with occasional cysts upon the back and chest," states Amy Derick, MD, with the American Academy of Dermatology. "This is because teens' skin is inclined to be somewhat stickier and they will be much more likely as compared to adults to have clogged pores."

With adults, acne can be much more likely to show up on the lower portion of the face, particularly close to the mouth area and jaw line. "It is typically deeper nodules or perhaps red papules around these areas," Derick states. "The fine small bumps of teenager acne could still occur in the adult years, yet it's a lot less common."

Just what can adults do?

If perhaps you're plagued by much more than the infrequent breakout, don't attempt to treat oneself from the skin-care section of the neighborhood pharmacy.

"The majority of the over-the-counter solutions include salicylic acid and also benzoyl peroxide, that are fine for whiteheads or pustules, yet not really so much for much [deeper adult acne](#)," Derick states.

Speak to your physician regarding doctor prescribed treatment options. Your physician might suggest one treatment method, or recommend combining a cream along with an oral medication.

You have got a number of choices:

- Prescription lotions made up of retinoids (made from vitamin A) to help unplug follicles.
- Gel that contains 5% dapsone, that is believed to help combat inflammation involved in acne.
- Combination lotions which blend the cleaning agent benzoyl peroxide along with antibiotics like clindamycin.
- Birth control medications, such as Yaz, which will manage the hormone fluctuations which spark acne outbreaks.
- Oral antibiotics, which work as anti-inflammatory.
- A blood pressure drug known as spironolactone, which is regularly utilized to [treat acne](#).

"We typically attempt to include some kind of retinoid in the mix," Derick states. (Retinoids, such as Retin-A, happen to be related chemically to vitamin A.) "They keep the actual pores clear and also the skin exfoliated."

Just how long will you need to take oral drugs for adult acne?

"Occasionally you are going to only require it as the various other topicals, such as creams, usually are kicking in; some other times you might require the medication a little bit longer. Quite a few people require them only if it flares, like when they have got an especially bad period."

Just what about laser or light treatments meant for adult acne?

Presently there are a number of choices, such as Isolaz, a "photo pneumatic" therapy which utilizes a suction cup device to draw deep into the pores and supply an intense pulsed light therapy to the hair follicles. As time passes, the therapies reduce the skin's sebaceous glands, resulting in reduced oil production.

"These therapies tend to be good, even though they're even now not common care," Derick states. And also they are costly, several hundred dollars for each treatment, and you require more than one. "Nevertheless, a number of patients are switching to options such as this simply because they would like to be free of using a pill, or applying creams two times per day. It can additionally help with wrinkled skin tone, texture, and also brown spots."

Can your adult acne disappear with time?

Most likely. "As all of us age and the hormones decrease, the occurrence of [adult acne](#) will dissipate," Derick states. "But you won't have to wait around for that. When adult acne is annoying you, visit a dermatologist. We have got access to the most recent treatment options, and you could get prescription medications so you really don't have to buy costly creams at the cosmetics counter. Adult acne is actually genuine, and you really don't have to merely live with it."

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