

What Exactly Causes Acne



# “What Exactly Cause Acne? ”

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# What Exactly Causes Acne



## What Exactly Causes Acne

Acne isn't fully understood, but we do acknowledge some of the biological science behind it. The chief culprit is the overabundance production of an oily substance called sebum whose purpose is to keep skin and hair lubricated and supple.

During adolescence, the body frequently produces excess amounts of sebum. The sebum blends with naturally occurring dead skin cells to block off hair follicles which prevent the sebum from breaking away.

The resulting block up of oil below the surface of the skin offers an ideal environment for bacteria. The bacteria reproduce and the skin area becomes red and inflamed resulting in what is generally called a pimple.

The excess production of sebum is caused by the male hormone testosterone. Testosterone is present in both males and females, but during puberty, the body alters the way it responds to the presence of testosterone.

It is this abnormal response, characteristically coming along during adolescence, that causes the skin (particularly on the face and upper torso) to become excessively oily. By the early 20s, the body generally normalizes its response to testosterone and acne clears up.

Acne appears to be partly inherited, but we do not acknowledge exactly why some people are affected by it and others are not. A few of the factors which seem to exacerbate acne conditions include stress, diet, skin irritation, certain medications, and hormonal activities such as menstrual cycles.

Medicines that are connected with acne include anabolic steroids used for bodybuilding, lithium, barbiturates, halogens, and androgens. Dietary links appear to be by and large related skimmed milk products. A lot of people associate food like chocolate and fast food with pimples, but there's no statistical evidence that this type of food causes or aggravates acne.

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Recently, scientific attention has been centering the hypothesis that narrowing hair follicles could be at least partly to blame for acne. The hair follicles may become restricted due to several conceivable causes including excessive casting of cells within the follicle, abnormal cell binding, or water retention which causes the skin to swell. The narrower hair follicles preclude dead cells from being released from the body, causing an excessive build-up underneath the skin, which combined with sebum produces the conditions for acne.

A lot of people are enticed to pop or squeeze their pimples, but this may only assist to spread the bacteria to the surrounding skin area making the condition even worse than before. Popping pimples may as well lead to scarring which in severe cases can be permanent.

Merely touching the face can in addition to make acne become worse. It is a hard habit to defeat -- the majority of us touch our faces repeatedly throughout the day. The trouble for acne sufferers is that the hands also contain oils and bacteria which will worsen acne symptoms. In fact, all objects that come into contact with the face must be clean. This includes eyeglasses and telephone handsets.

Hair (particularly long hair) also comes into contact with our faces so it is all important to keep hair clean and oil free. Clothing accessories like headbands or hats should be avoided or used as brief as possible.

For more information on Acne treatments and products go now to the site below at:

<http://www.acnereliefguide.com>

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