

## **Acne**

### **What is Acne?**

Acne is an inflammatory skin condition affecting the sebaceous follicles - follicles containing oil-producing sebaceous glands. Each follicle contains a small, vellus hair and a sebaceous gland. Acne is most common on the face, neck, shoulders, upper back, and chest where there is a high concentration of sebaceous follicles. Symptoms of acne include blackheads, whiteheads, red spots, nodules, and cysts. Acne affects 80% of the human population with almost no person passing through adolescence without experiencing some form of a blemish or pimple.

### **What causes Acne?**

Acne is clearly linked to natural hormonal increases, especially during puberty. These hormonal increases are believed to cause an increase in the size and sebum output of the sebaceous glands in the follicles. As the skin sheds dead cells, a process called keratinization occurs, blocking the opening of the follicle. As oil production increases, the pore becomes plugged. Bacteria (*Propionibacterium acnes* - *P.acnes*) thrive on the sebum in the plugged follicle and multiply. This condition makes itself manifest in the formation of a small pimple. If the pore stays open, it leads to the formation of a blackhead. If the pore closes, a whitehead forms. As the *p.acnes* multiply, the follicle can rupture, leading to severe inflammation and the formation of deep cysts.

### **Does washing face help treat acne?**

Many people still believe that acne is caused by dirty skin. The truth is, washing alone will not clear up or prevent acne. Washing does, however, help remove excess surface oils and dead skin cells. Many people use all kinds of products, including alcohol-based cleansers, and scrub vigorously, only to irritate the skin further and worsen their acne. Washing the skin twice a day gently with water and a mild soap is usually all that is required. However, acne is actually caused by a variety of biologic factors that are beyond the control of washing. For that reason, you should use appropriate acne treatments for the acne.

### **What role does diet play in 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, particularly chocolate, colas, peanuts, shellfish and some fatty foods, there is no scientific evidence that suggests food causes or influences acne. Avoid any foods which seem to worsen your acne and, for your overall health, eat a balanced diet--but diet shouldn't really matter if the acne is being appropriately treated.

### **How does AFT pulsed light technology work to treat acne?**

High-intensity AFT pulsed light permeates the tissue and targets the acne causing bacteria. As the pulse light penetrates the tissue setting off a chemical reaction found in all living organisms, which attacks and destroys the bacteria – stopping acne at the source. AFT pulsed light counters acne better than any conventional method. With no side effects or downtime.