zap those zits

8 ways to treat Adult Acne
As an adult, you may have thought your breakout days were behind you; but those pesky pimples are back!

- Acne can occur at any stage of your life.
- According to the American Academy of Dermatology, acne is the most common skin condition in the US, impacting up to 50 million people annually.
- Acne is caused by many factors such as overactive oil glands, heredity, hormones, menstruation, emotional stress & more.
If you are in need of emergency “spot” help, a few at-home remedies can provide quick relief.

- Visine Maximum Redness Relief Eye Drops can decrease redness of a pimple.
- Spot treatments that contain benzoyl peroxide or sulfur can also help.
As much as you may love bread, rice, pasta & sweets, foods with a high glycemic makeup have been linked to acne.

- Limit dairy or switch to low-fat or non-fat versions.
- Try to eat these foods in moderation & balance your diet.
- While stress does not cause acne, it can make it worse.
3 Birth Control Pills

A lot of female acne is connected to the hormonal changes women experience around their period.

- Birth control pills rebalance hormones, which leads to a clearer complexion all month long.
- Results are normally seen within 3-4 months.
Retinoids (like Retin-A) work by penetrating the skin & unclogging pores where acne starts. They also have anti-aging properties.

- This topical ointment also has antibacterial & anti-inflammatory benefits that help with acne.
- Retinoids should only be used at night & generally take 2–3 months to take effect.
Consistent Cleansing & Skin Care

- The most important aspect in fighting acne is consistency in your skin care routine.
- Wash your face twice a day with a gentle cleanser & be sure to add a daily sunscreen & moisturizer to your routine.
- Cleansing helps to routinely remove oil & dead skin cells.
Chemical Peels

- Chemical peels break down surface skin cells & help to exfoliate & unclog plugged pores.
- Salicylic & glycolic acids are the most effective chemical peel agents.
Oral Medication

- Oral acne treatment (like Spironolactone) is still a gold standard in acne treatment, especially in extreme or recurrent cases.
- Oral acne medication helps fight acne by suppressing oil production, blocking hormones, unclogging pores & has anti-inflammatory aspects.
- Treatment is generally 5-6 months with routine physician check-ups.
It is best to visit your dermatologist for a proper diagnosis, as there are a few conditions that mimic acne (rosacea, perioral dermatitis, etc.).

If you suffer from acne, make an appointment to find the right treatment option for you.