



# TREATING ADULT ACNE: CUSTOM MEDS SAVE FACE AND MONEY! REPORT #2842

**BACKGROUND:** Adult acne, also known as post-adolescent acne, is acne that occurs after age 25. The same factors that cause acne in adolescents cause acne in adults. Excess oil production, pores becoming clogged, bacteria, and inflammation are four factors that contribute to the cause of acne. Other indirect factors that influence acne are hormones, stress, and menstrual cycles in women; hair products, skin care products, and makeup; and diet which can cause inflammation throughout the body. Many skin disorders, including acne, can be a window into a systemic condition. For example, hair loss, excess hair growth, irregular menstrual cycles, or rapid weight gain or loss in addition to acne, or rapid onset of acne with no prior history of acne, can all be red flags of an underlying disease.

(Source: <https://www.health.harvard.edu/blog/adult-acne-understanding-underlying-causes-and-banishing-breakouts-2019092117816#:~:text=Adult%20acne%2C%20or%20post%2Dadolescent,cells%2C%20bacteria%2C%20and%20inflammation.>)

**CURRENT TREATMENTS:** Some adult acne treatments include home remedies, over the counter (OTC) products, and prescriptions. Some people like to try one or two at a time to figure out what works best. There are several home remedies including oral supplements and substances that can be applied directly to the skin. Items like apple cider vinegar, aloe vera, green tea extract, tea tree oil, zinc, vitamin A, and probiotics. A doctor may prescribe oral hormonal treatment, while others you would apply directly to your skin. These treatments include hydroxy and other beneficial acids, oral birth control pills, spironolactone, antibiotics, retinol, or its prescription form, retin-A, salicylic acid or benzoyl peroxide, sulfur, or blue light therapy. Although there are numerous treatments to try, a nutritious diet, exercise, and a dedicated skin care routine may help.

(Source: <https://www.healthline.com/health/adult-acne#treatment>)

**NEW STUDY ON DIET AND ADULT ACNE:** A study published in *JAMA Dermatology* suggests that consuming certain foods has a higher likelihood of resulting in adult acne. The participants, consisting of 24,542 French adults, were given a questionnaire at the beginning of the study and categorized them into 3 groups of people who had never had acne, those who had past acne, and those who currently had acne. A 24-hour dietary record of the participants was taken once every six months on a random basis. The groups reported everything they ate from midnight to the following midnight and were even asked to share portion by taking measurements of what they ate. The results of this study clearly indicate that adults with an unhealthy dietary pattern, like those who eat more carbs and saturated fats in the form of milk, sugary foods and drinks, and fatty foods, are at a much higher risk of suffering from adult acne.

(Source: <https://www.firstpost.com/health/diet-and-adult-acne-new-study-shows-how-theyre-connected-and-which-food-to-avoid-8476011.html>)

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