



Beaut-E-Letter

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HORMONAL ACNE

Many women today are experiencing acne conditions late in life with some even going about a second round of this frustrating and disappointing condition. Most of these women find themselves asking "Why is this happening to me? I thought my days of fighting acne were over. Now I have acne and wrinkles to worry about".

If this is happening to you, rest assured you are not alone. This condition is occurring in the lives of thousands of women all across the United States as well as other countries. The majority of these cases have been linked to a hormonal imbalance which seems to be much more common these days. Some researchers say these hormonal imbalances are due to the unnatural preservatives, chemicals, and hormones that are found in most of our foods today, although no real scientific proof has substantiated this theory.

Acne vulgaris, a term that is used to describe a condition that is centered around the hair follicle which results in many types of skin lesions such as blackheads, whiteheads, pustules, and inflamed cyst. Acne can present itself in many phases of life from a teenager to the post menopausal female.

Hormonal acne effects women primarily in their 20's, 30's, and 40's and is characterized by a predilection for the jawline and is associated with a monthly cyclical outbreak. Many factors can influence this condition so it is important to take a broad approach when determining the best treatment plan for these patients. Irregularities and abnormal menstrual cycles can be indicative of an underlying hormonal imbalance which may lead to bouts of acne. It is important to give your doctor a complete history of your menstrual cycle as well as your preventative gynecological exams in order to determine the possibility of an underlying ovarian cystic disease which can also directly influence oil production and other untoward effects. A female can still experience hormonal acne based on its distribution as well as her age even if none of these conditions are present in the history.

Conventional therapies such as topical antibiotics, drying agents, and retinoic acid containing products can be employed to kill bacteria, keep pores open, and dry up oil to some degree. In more severe cases, an oral agent might be helpful which may include an oral antibiotic or sometimes more appropriately a medication called Spironolactone which is used in general medicine as a potassium sparing diuretic "water pill". Its affect on hormonal acne is such that it amplifies the effect of estrogen on the skin which offsets progesterone, a hormone that causes excessive oil production which leads to the acne lesion. Spironolactone can be quite effective in preventing hormonal acne as well as scarring and other psychosocial affects associated with acne vulgaris in this population.

It is important to discuss your history and your particular issues about acne with your Board Certified Dermatologist to determine if a hormonal approach is appropriate. Furthermore, a cosmetic approach to treating acne vulgaris can be beneficial in the overall outcome as well.

At the Center for Skin and Cosmetic Dermatology our patients can be assured that they are receiving the most cutting-edge technology and advanced techniques available in the medical and aesthetic industry today. We take pride in knowing that our patients are offered only the most effective treatment options available.

To learn more about how you can get the most beneficial treatment plan for your acne condition, please visit us at www.mytotalskincare.com or call our office today at 817-921-2838 to schedule your appointment.

For more information about acne, go to AcneNet.com, a comprehensive online acne information resource.



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