



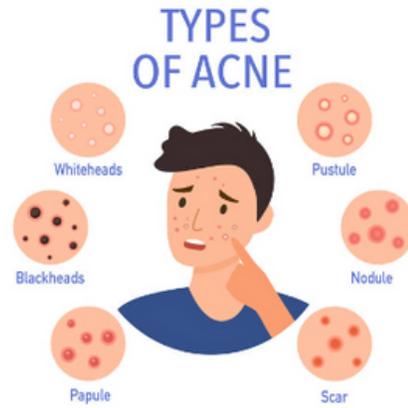
# ASPIRE<sup>®</sup>

## DERMATOLOGY



## Understanding Acne:

Acne is one of the most common skin conditions, affecting people of all ages, from teenagers to adults. While it's often associated with adolescence, acne can persist or even develop later in life, causing frustration and impacting self-confidence.



## Types of Acne

Acne can vary in severity and appearance, ranging from mild to severe forms. Non-inflammatory acne, such as blackheads and whiteheads, results from clogged pores without significant redness or swelling. Inflammatory acne, including papules and pustules, involves red, inflamed bumps that may be tender to the touch. Severe acne, such as nodules and cysts, forms deep beneath the skin and can cause pain and scarring if left untreated. Identifying the type of acne is crucial for determining the most effective treatment approach.

## What Causes Acne?

Acne occurs when hair follicles become clogged with oil (sebum) and dead skin cells. This blockage creates an environment where bacteria can thrive, leading to inflammation and the development of pimples, blackheads, whiteheads, or cysts. Hormonal changes are a significant factor, as fluctuations during puberty, pregnancy, or menstrual cycles can increase oil production. Genetics also play a role, as some individuals are more prone to acne due to inherited skin characteristics. Stress and certain medications can exacerbate acne, while lifestyle factors like diet and skincare habits may contribute to breakouts. Understanding these triggers is essential for managing acne effectively and preventing future flare-ups.

## Treatment

Treatment options may include topical medications, such as retinoids or benzoyl peroxide, to reduce oil production and unclog pores. For more severe cases, oral medications like antibiotics or hormonal treatments may be recommended to address inflammation and bacterial growth. Aspire Dermatology also offers advanced therapies, including chemical peels, laser treatments, and light therapy, to target acne and improve skin texture. In addition to treating active breakouts, we focus on preventing future acne and minimizing the risk of scarring.



At Aspire Dermatology,

our team provides expert care to help patients manage acne and achieve healthier, clearer skin.

If you're struggling with acne, understanding its causes and treatment options is the first step toward finding relief.