

ACNE (SPOTS)

HOW LONG WILL IT LAST? Years

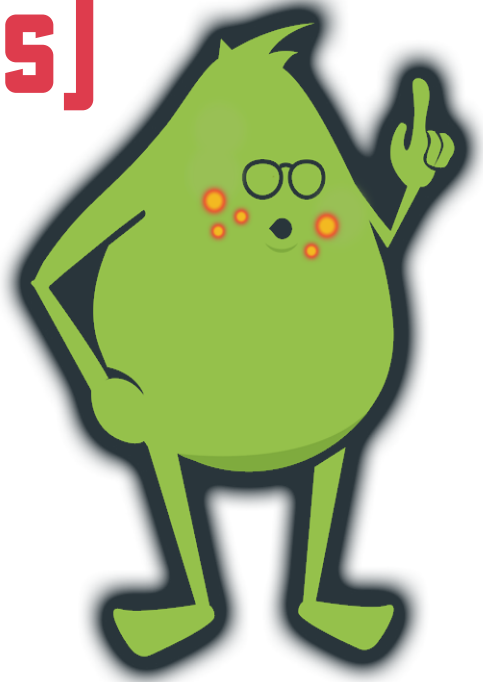
HOW SERIOUS IS IT? Mild

CAN I STILL WORK? Yes

WHAT IS IT?

Acne is caused by swollen skin glands, sometimes caused through an infection. Acne tends to start at puberty and leads to greasy skin and 'spots' and affects more than 8 out of 10 teenagers to some degree.

It's a myth that stress or certain foods (such as chocolate) cause acne – and acne is certainly not due to a lack of cleanliness!



HOW DO I TREAT IT?

- Wash your face only once or twice a day with lukewarm water.
- Avoid strong or abrasive soaps and excessive scrubbing.
- No matter how tempting, try not to squeeze spots, as this may cause scarring.

MEDICINES:

Effective treatments are available to reduce and improve spots. Ask your pharmacist for advice on available preparations. You need to continue treatment for at least six weeks before seeing any changes. If a treatment is effective, continue for at least four to six months.

WHEN DO I NEED MEDICAL ATTENTION?

See the GP if normal over the counter medicines don't work or if:

- It is really bad and you feel unwell because of it.
- It is causing you distress or affects your social life.
- It becomes painful.
- Spots begin to scar.
- If you have other symptoms such as absent periods, excessive hair growth, or hair loss.