

Acne Causes

Contributed by Sam Goodpastur
Wednesday, 13 September 2006

It would be safe to say that all of us, at one point or the other in our lives, have experienced the pain and embarrassment of acne. While it is a very common occurrence, especially in the teenage years, acne causes a great deal of fear, embarrassment and even depression among people. Most people are not sure what causes acne in the first place. Even medical professionals have only a handful of reasons to attribute to acne causes. But all of us suffer from it and the pharmaceutical industry profits a great deal from the numerous lotions and potions that consumers hungrily consume to deal with acne.

While there could be several acne causes, the most commonly attributed one is that of poor hygiene. This is however, not an acne cause and should be treated as the myth that it is in reality. Actual acne causes could range from hormonal imbalances in the teenage body to the blocking up of a hair duct. Other common acne causes include the infection of the sebaceous gland, excessive oil secretion and even combination of the above. In some rare cases, acne causes could be attributed to poor or ineffectual diet. But whatever the acne causes, it is better to visit a dermatologist to find out the exact source of the acne and to find out the best way to eradicate it.

Most people, myself included, choose to ponder over the acne causes in the comfort and safety of their homes before they do the obvious thing. They go down to the nearest pharmacy to procure one of the several acne treatment products available. And to be honest, the shelves are full of them! American and global pharmaceuticals are well aware of the nearly obsessive compulsion of all human beings to get rid of acne. And they have left no stone unturned to provide us with as many remedies and near remedies as possible. But turning to these products without determining the acne causes could result in more harm than good. After all, what is the benefit in spending a fortune in acne treatments if you don't know what causes acne in the first place. As discussed, the acne causes are many. And are different from one individual to another. So what works for a friend or an acquaintance need not work for you. Unless one is able to consult a dermatologist to ascertain the acne causes, there is no sure way of finding the solution. And the best thing is that when the dermatologist is able to identify what the acne causes are, there might just be a miracle prescription drug that will cure you of all acne just like that. Imagine the money and the heartache saved in the process!