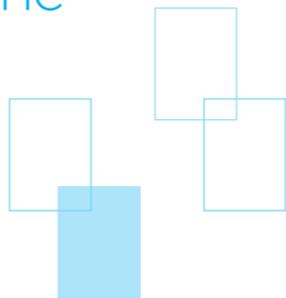
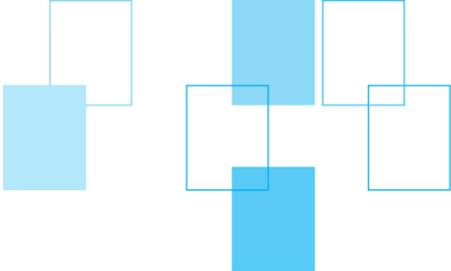




## An Everyday Guide to Acne



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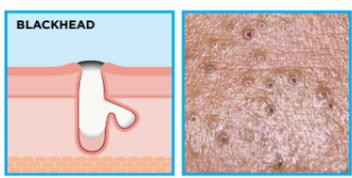
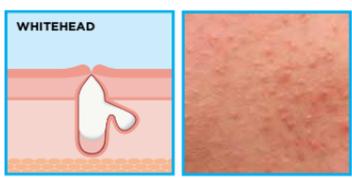
# What is acne?

# What causes acne?

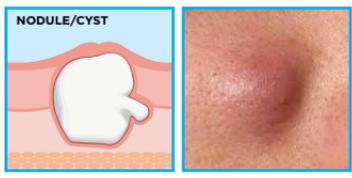
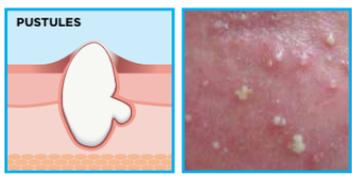
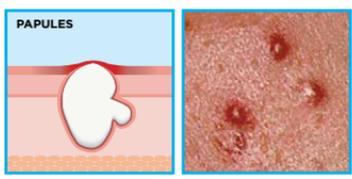
# What are the types of acne?

Acne is the most common skin disorder, affecting 40-50 million Americans and roughly 85-95% of teenage boys and girls.<sup>1</sup> Acne is an inflammatory skin condition that involves increased oil (or sebum) production, clogging of the pores (often referred to as follicular hyperkeratinization), the growth of *P. acnes* bacteria and inflammation. In fact, more recent research suggests that underlying inflammation may be the source of acne, instead of hyperkeratinization, which was originally thought to be the cause. All of these factors contribute to the acne cycle that causes blemishes. There are two types of acne, non-inflammatory acne and inflammatory acne. Non-inflammatory lesions include blackheads (open comedones) and whiteheads (closed comedones). Inflammatory acne is characterized by papules, pustules, cysts, and nodules. Often these two types exist together.

**NON  
INFLAMMATORY  
ACNE**



**INFLAMMATORY  
ACNE**



<sup>1</sup> Joint report of the American Academy of Dermatology Association and the Society for Investigative Dermatology. Journal of the American Academy of Dermatology 2006;55:490-500.

## 5

## Common Myths About Acne

### 1 Using skincare products that contain oil will cause breakouts.

This isn't necessarily true, especially with products such as facial oils, coconut oil and tea tree oil. It depends on your skin type and if you are prone to acne. In acne-prone individuals, facial oils can clog pores and lead to blackheads and whiteheads. If you have dry skin, facial oil can promote hydration and lock in moisture.

### 2 Using sunscreen will cause me to break out.

Certain sunscreens can be too thick or greasy for acne-prone skin. A lightweight, oil-free sunscreen such as La Roche-Posay's Clear Skin Dry Touch can be worn under foundation. It may take some trial and error to find the right sunscreen, but it's worth it for preventing both skin cancer and signs of aging.

### 3 Poor hygiene leads to acne.

Acne is not caused by poor hygiene or dirty skin. The use of harsh scrubs and exfoliants can lead to irritation, redness and can even worsen acne by increasing oil. Use a gentle cleanser no more than two times per day.

### 4 You will grow out of acne.

Acne can occur at any age, and the best time to start treating it is now. Waiting only increases the chances of scarring.

### 5 I can 'sweat out' my acne.

Some studies suggest that heat, humidity and steam rooms can actually worsen acne.



# Healthy Skincare Tips

**Cleanse your face daily.** Cleansing the skin removes makeup, debris and sweat from the day, which may contribute to clogged pores and breakouts.

**Treat your whole face.** When you treat the entire face, you are preventing new lesions from forming everywhere. Plus, using a retinol or retinoid on the whole face helps with texture, pores and fine lines.

**Be consistent with OTC and RX treatments.** It typically takes 6-8 weeks to notice improvement with a topical regimen – either over-the-counter (OTC) or prescription treatments. Consistency is the key.

**Apply a dose of patience.** Occasionally, when you first begin treatment, the body is starting to clear the acne and you may still experience a flare-up. Over time, this should resolve. Sticking to your regimen should keep the skin clear on a consistent basis.

## Treating Acne

- To help target blackheads and whiteheads, dermatologists often recommend topical retinoids such as adapalene. These acne treatments penetrate pores to eliminate blackheads and whiteheads and prevent new ones from forming. They work by regulating skin cell turnover to help remove and prevent dead skin from clogging pores.
- For acne blemishes and pimples, bacteria-fighting properties in benzoyl peroxide based leave on acne treatments can help reduce the number and severity of blemishes.
- For larger papules, pustules and nodules, a prescription oral antibiotic can help calm inflammation while working internally to reduce the bacteria responsible for acne. If you have acne on the face, neck, chest and back, it's often easier to take a tablet than apply topical medication to all affected areas.
- Hormones play a role in female adult acne (ages 25-45). Birth control pills have been shown to be as effective as prescription oral antibiotics for the treatment of acne in women.
- For cystic nodules and lesions that leave scars, oral isotretinoin is the gold standard to heal acne and have a lasting impact on the skin. There are multiple side effects to this drug, and it must be prescribed by a dermatologist under strict supervision.

# Top 10 Q&A



- 1 Is it my diet?** Studies indicate too much sugar and dairy in your diet can lead to break outs. Most dermatologists do not recommend limiting dairy for adolescents and young adults because they are forming bone mass during this period. Overall, eating a well-balanced, healthy diet is beneficial for both your body and your skin.
- 2 My prom/event/dance is in two weeks - what can I do to clear up my acne now?** It takes six to eight weeks to see improvements from typical prescription medications. Topical medications may even take longer, so it's best to start treatment as soon as possible. The use of non comedogenic foundation, or tinted moisturizer, can help while the treatment starts working. Clear skin takes work, maintenance and patience.
- 3 Will popping my pimples help them clear faster?** No, popping your pimples can cause abnormal pressure on the inflamed follicle and cause scarring. In the event of a painful, swollen pimple, see your dermatologist for a steroid injection that can help minimize the blemish within 24 to 48 hours.
- 4 Do I need a daily skincare regimen if I only have occasional breakouts?** Establishing good skincare habits will help you maintain healthy skin now and as you get older. As acne progresses, it can be more difficult to get under control and very expensive to repair. Be sure to visit a dermatologist if over-the-counter treatments are not effective.
- 5 I don't get enough sleep... Can that make my acne worse?** Yes, a lack of sleep can affect your acne. Your body repairs itself at night, and not getting enough sleep can increase a stress hormone called cortisol that has been linked to acne.
- 6 Is it ok if I occasionally fall asleep with makeup on?** No, it is not okay to sleep with makeup on. This can lead to clogged pores, blackheads, whiteheads and a dull complexion.
- 7 The sun seems to dry out my pimples. Is this true?** While it may seem like the sun helps your skin, it is actually very harmful and can aggravate your acne. UVA rays are responsible for aging and skin cancer. UVB rays cause sunburn and darkening of the skin which can worsen scarring and hyperpigmentation. The sun does more harm than good to your skin.
- 8 Is it ok to use my body wash as my facial cleanser?** No. If you suffer from breakouts, you should use a facial cleanser formulated with ingredients that treat acne. Facial skin is more sensitive than body skin, so your cleanser needs to have a proper pH as well.
- 9 My friend had a bad experience on Isotretinoin so I'm scared of it. Is it true it is a dangerous drug?** Isotretinoin is the most serious of all the medications prescribed for acne. When prescribed properly, and taken under the care of a physician, it remains the best option for improving severe, cystic acne.
- 10 Will tea tree oil or other essential oils improve my acne?** There is limited scientific evidence that these oils improve acne. There are no large-scale, randomized, placebo-controlled studies showing that they work.

# Acne Skincare Patient Instructions

## Step One: Cleanser

Wash face avoiding the eye area with a cleanser such as:

**CeraVe** Hydrating Cleanser (dry skin)

**CeraVe** Foaming Cleanser (oily skin)

**CeraVe** Acne Foaming Cream Cleanser 4% Benzoyl Peroxide

**La Roche-Posay** Toleriane Hydrating Gentle Cleanser (dry skin)

**La Roche-Posay** Purifying Foaming Cleanser (oily skin)

## Step Two: Treatment

Apply the treatment recommended by your doctor as directed:

**La Roche-Posay** Effaclar Duo 5.5% Benzoyl Peroxide

**La Roche-Posay** Effaclar Adapalene Gel 0.1%

**Prescription Treatment** (\_\_\_\_\_)

## Step Three: Moisturizer

### Morning:

Apply to face and neck a moisturizer with UVA/UVB protection SPF 30 or higher such as:

**CeraVe** Moisturizing Facial Lotion – AM SPF 30

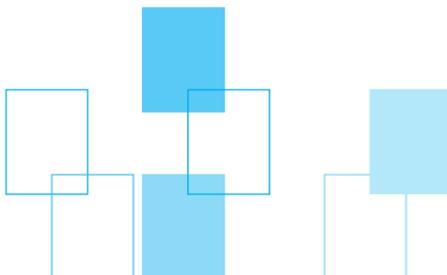
**La Roche-Posay** Toleriane Double Repair Face Moisturizer UV

### Evening:

Apply to face and neck a moisturizer at night such as:

**CeraVe** Moisturizing Facial Lotion – PM

**La Roche-Posay** Toleriane Double Repair Face Moisturizer



# Solutions for Acne-Prone Skin

**Foaming Facial Cleanser**  
Cleanses and removes oil without disrupting the protective skin barrier  
12.0 FL.OZ - **SRP \$12.99**

**Hydrating Facial Cleanser**  
Cleanses, hydrates, and helps restore the protective skin barrier  
12.0 FL.OZ - **SRP \$12.99**

**CeraVe Acne Foaming Cream Cleanser 4% Benzoyl Peroxide Cleanser**  
Clears acne pimples and blackheads, helps prevent new acne, and allows skin to heal  
5.0 FL.OZ - **SRP \$14.99**

**Facial Moisturizing Lotion: AM**  
Moisturizes throughout the day and helps protect with an SPF 30 sunscreen  
3.0 FL.OZ - **SRP \$15.99**

**Facial Moisturizing Lotion: PM**  
Moisturizes throughout the night and helps restore the protective skin barrier  
3.0 FL.OZ - **SRP \$14.99**

**Hydrating Cleansing Bar**  
Locks in moisture  
4.5 OZ - **SRP \$4.99**

Learn more at:  
[www.cerave.com/skin-concerns-101](http://www.cerave.com/skin-concerns-101)

# Solutions for Acne-Prone Skin

## EFFACLAR ADAPALENE GEL 0.1%

Topical retinoid

Size: 1.6 oz

SRP: \$29.99

## EFFACLAR DUO

5.5% Micronized benzoyl peroxide

Size: 1.35 oz

SRP: \$29.99

## TOLERIANE PURIFYING FOAMING CLEANSER

For normal to oily skin

Size: 13.5 oz

SRP: \$14.99

## TOLERIANE HYDRATING GENTLE CLEANSER

For normal to dry skin

Size: 13.5 oz

SRP: \$14.99

## TOLERIANE DOUBLE REPAIR MOISTURIZER

Lightweight cream for up to 48-hour hydration

Size: 2.5 oz – SRP: \$19.99

## TOLERIANE DOUBLE REPAIR MOISTURIZER UV

Lightweight lotion for all-day hydration and Broad Spectrum SPF 30 protection

Size: 2.5 oz – SRP: \$19.99



Acne Treatments

Gentle Cleansers and Moisturizers

Learn more at:  
[www.laroche-posay.us/acne](http://www.laroche-posay.us/acne)