

**Giving up  
Roaccutane**

**Choosing Health**

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## What is Acne and What Causes It?

### Acne: A Normal Clinical Phenomenon

Acne is a common inflammatory-infectious skin disease caused by the sebaceous glands at the base of the hair follicle. At the base of each hair, whether it is a visible one such as the hair on our heads or a very fine one such as the hair that covers the majority of our bodies, lies a sebaceous gland whose purpose is to discharge an oily material that lubricates the hair and prevents it from breaking or splitting by creating a protective layer.

Acne is characterized by the appearance of comedones, also known as blackheads or whiteheads, which are characterized by prominent, pus-filled lesions. In especially severe cases, the acne produces prominent cysts and even large subcutaneous boils.

When there is an increased production of sex hormones, androgens (the male hormone) cause the pilosebaceous glands to become hyperactive.

In addition, in the presence of hyperkeratosis, which is characterized by an abundance of scales surrounding the hair roots and on the skin itself, a sticky substance is produced that blocks the sebaceous glands and causes the production of comedones.

### Acne: the Symptoms

During the beginning stages, the head of the pustule is white. As the upper tip oxidizes, it becomes black.

The blackhead is the precursor to the acne lesion and is comprised of sebum, keratin and skin bacteria which, together, create the pronounced pimple. The bacteria (*propionibacterium acnes*) secretes an enzyme called lipase, which breaks down the oil found in the hair follicles' sebum and releases fatty acids into the wound. This oiliness causes intense stimulation of the walls of the pimple.

When the contents of the wound filter down through the layers of the skin, an infectious cyst appears that destroys the skin's tissues (the epidermis and the dermis). When these cysts are cured, a scar appears in their place. These scars cause two things: firstly, the redness may become a dark, unattractive, pigmented spot; and secondly, the scar may cause a type of depression in the skin that looks like a skin irregularity.

Acne is usually concentrated on the face but may also spread to other areas as well—the shoulders, back and chest. Acne usually worsens during the winter season and improves in the summer when the skin is exposed to sunlight.

**There are two types of acne:**

**1. Superficial Acne**

- Blackheads: open comedones whose tips have oxidized and become black
- Whiteheads: closed comedones
- Infectious pimples: (comedones that became infected) pronounced cysts that lay on the skin's surface and are usually small.

**2. Deep Acne**

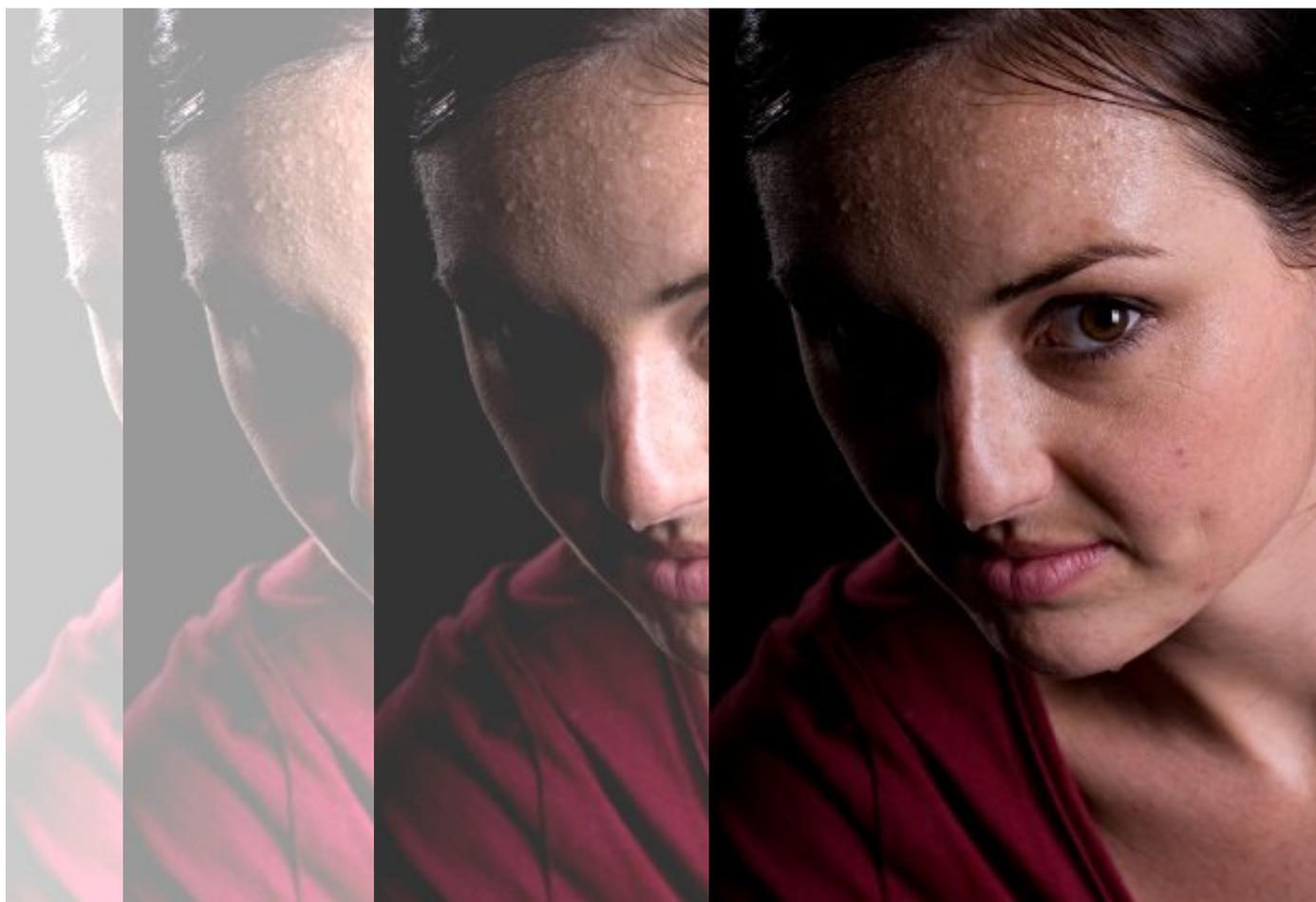
- Same symptoms as superficial acne, as well as the following characteristics:
- Deep, infected acne cysts and pustules
- Deep, open acne cysts that break the surface in the form of a pus-filled abscess.
- Scars that remain after the pus-filled cysts are healed.



**Acne: Causes**

- Accelerated hormonal activity, such as during puberty or during menstrual periods
- Emotional stress, which causes accelerated hormonal activity in the adrenal glands
- Dairy consumption, as a result of the hormones given to the dairy cows
- Over-accumulation of dead skin cells on the skin's surface
- Bacteria present in the skin's pores to which the body has developed an allergy
- Poor hygiene, stimulation and scratching of the skin

## Acne During Adolescence



### Teenage Acne

According to statistics, approximately 90% of all adolescents suffer from acne. It is an unpleasant ordeal that almost everyone goes through during his or her teen years. Right in the middle of when we begin dating and blossoming, acne comes along and “ruins” our lives. There’s a party tonight—what do you do with that zit that just popped up on your forehead and is going to ruin your date?

Acne is an issue that torments hundreds of millions of young people daily, worldwide. It is no question that acne affects adolescents’ self-esteem. Sometimes, teens suffer from such severe acne that they do not want to leave the house.

Just as we begin to blossom and explore our identities (Who are we? What are we worth?), do we really need to look in the mirror and see a sea of pimples, zits and those pus-filled masses? It's easy to see how acne can get you down.

Today, we know a lot more about fighting acne than we did in the past. An important and essential step in dealing with teen acne is to understand why it appears at this age.

### **Acne: Why Does it Affect Youth?**

Acne is caused by something internal—the hormone testosterone. This hormone, which is present in both boys and girls, increases and accelerates its activity during puberty and leads to increased skin breakouts by causing the production of sebum (skin fat) that blocks the skin's pores. As a result, all types of acne appear: whitehead acne (closed comedones), blackhead acne (open comedones) and acne pustules.

### **So Then the Problem is Sebum—Other Than Ruining My Life, What is It For?**

The entire surface of our body (including our face) is covered with tiny hairs, each one with its own follicle (the pore). In the depths of each follicle is a gland that produces sebum, which rises up the hair up until the skin. This creates a protective layer between the skin and the outside world and all of its potential damage (pollution, parasites, etc.), keeping the hair soft and silky.

### **If Sebum is Produced at Every Age, Why Does it Cause Acne in Teens?**

When androgens—hormones produced by the body in increased amounts during adolescence—are introduced into the equation, the sebaceous glands accelerate their activity. The excess oil mixed with dead cells on the skin's surface turns into a sticky "paste". When this sticky paste gets into the skin's pores, it acts as a cork, trapping oils and bacteria inside the follicle.

Unfortunately, the body does not know how to tell the sebaceous glands to "calm down" when a follicle is blocked—the gland continues producing sebum even though the follicle is blocked. As a result, the follicle begins to swell.

Here is where the body's natural immune system—white blood cells—steps in. They rush to the site in order to clean up the infection. And what does that leave us with? The result is red, painful pimples; annoying black spots; zits; pustules. In other words, we get acne.

## Acne at Later Ages

### Acne: Not Just for Teens

It is true that acne is the most common skin disease in adolescents, with a significant portion of teens suffering from it in one way or another. Its frequency is identical in both genders.

However, approximately 10% of the incidences of acne appear at later ages as well, most cases of which being in women, some of which as a continuation of acne that began during adolescence. In a smaller percentage of women, acne appears for the first time in their second and third decades of their lives without any clinical past history of acne.

### Acne in Adults: Symptoms

From a clinical standpoint, acne in teens and in adults is actually the same phenomenon: From the whitehead (closed comedone) and blackhead (open, oxidized comedone) to the infected pustules and cysts, the clinical activity of the acne on the hair follicles together with the bacteria and sebum comprises the same acne regardless if it strikes during adolescence or at a later age.

### Acne in Adults: Causes

#### Causes of Adult Acne: Myths

- Acne is not caused by lack of skin hygiene.
- Acne is not a symptom of a lack of sexual satisfaction. Adults who increase their sexual activity will not cure their acne.
- Acne is not connected to nutrition. Although certain foods (chocolate, avocado, etc.) can exacerbate acne, they do not cause acne.

The cause, even in adults, is overactive hormonal activity.

It is clear that the source of hormonal activity is not related to sexual maturity.

Accelerated hormonal activity can appear during later stages of life.

## Acne During Menstruation

Acne can be related to a woman's monthly menstrual cycle and worsen during her period.

Pregnancy affects the improvement or worsening of acne symptoms in women.

Common to these two female physiological phenomena is, as mentioned earlier, increased hormonal activity.

During these phases, the woman's body experiences changes in the hormonal equilibrium, among which is a change in the production of androgens. Although androgens are male hormones, they are also present in the female body (albeit at lower levels).

## Acne as a Result of Overactive Adrenal Glands

At the top of each kidney is a pair of endocrine glands. These glands, first and foremost, regulate the balance of the body's functions by excreting adrenaline and cortisol.

Each gland has a cortex, which is stimulated into action by the hormones of the pituitary gland.

This cortex secretes corticosteroids, which in turn produce androgens that are comprised of androsterone and testosterone. And here is our culprit (the same hormones whose overabundance causes acne in teens).

It is clear that anytime when the adrenal glands become hyperactive, acne can occur, with no relation to a person's sexual maturity.

## Causes of Adrenal Gland Hyperactivity

1. Diseases such as Addison's disease, cancer, etc.
2. Emotional stress and extremely stressful situations, which cause an increase in the body's stress hormones and demands more activity from the glands.

## Treatment Options

### Acne: There is Hope

Although there is no direct treatment for the emotional symptoms of acne, there are many options for treating the actual acne symptoms.

### First-Degree Acne Treatment

This acne is characterized by the appearance of a few blackheads (black comedones) and a few whiteheads (white comedones), with increased oiliness of the skin.

The purpose of treating the acne on this level is to reduce the amount of oil on the skin and to open the “blockages” in the pores.

- Cleansing the skin with a mild soap that does not dry out the skin.
- Reducing the amount of oil by daily cleansing.
- Retinoid creams and gels, such as Retin-A, Locacid, Asaferin, and Retavit. They cause light peeling, open pimples and reduce comedones.
- A low concentration of benzoyl peroxide, which is the most common cream for the treatment of acne.



## Second-Degree Acne Treatment

This type of acne is characterized by up to 30 reddish, flat lesions up to 5mm in diameter, in addition to black and white comedones and increased skin oiliness.

The purpose of acne treatment at this stage is to reduce the amount of bacteria in the skin and reduce the levels of inflammation in the skin in order to prevent worsening of the acne and its resulting scarring.

- Cleansing the skin with a mild soap that does not dry out the skin.
- Reducing the amount of oil by daily cleansing.
- Combined acne treatment using benzoyl peroxide and topical antibiotics (such as Zindaclin, Dalagis T, Dalacin T, Acnetrim, Aknemycin)
- In severe cases, one may consider additional antibiotics for four months or blue light phototherapy.

Phototherapy is a medical treatment in which the skin is exposed to ultraviolet rays (UVB). The wavelength that kills the acne bacteria is 415 nanometers.

Another related treatment worth mentioning at this point is soft laser therapy, a medical technique in which low-grade exposure to lasers either stimulates or suppresses the function of certain cells to the clinical benefit of the patient. Soft laser therapy activates the skin's surface at a low-intensity range of 1-1---mW.

## Third-degree Acne Treatment

This type of acne occurs when half of the face's surface is covered with flat red lesions. Most of these lesions have a yellow protruding core. The purpose of this treatment is to eliminate the acne bacteria and reduce the inflammation of the skin.

- Cleansing the skin with a mild soap that does not dry out the skin.
- Nightly use of benzoyl gel.
- Four-month dosage of antibiotics of the minocycline or doxycycline variety. Not for acne patients who are pregnant.
- If you cannot take antibiotics, you may consider phototherapy.

### **Fourth-Degree Acne treatment**

This type of acne covers the majority of the face's surface with blemishes. Some of the cysts are deep and some are pus-filled. The purpose of the treatment is to reduce the inflammation of the skin and diminish the size of the sebaceous glands and cysts in order to prevent additional blemishes and prevent scarring.

- When there is severe cystic acne, Roaccutane or Curatane may be perscribed.
- A treatment alongside this, for women, is the Diane pill at a dosage of 0.4-0.5 mg/k for a period of five months.
- Additional treatment using blue light may reduce the chances of the acne worsening.
- Steroid injections to certain individual, painful cysts may provide local improvement.

## What is Roaccutane?

### Roaccutane Isotretinoin

Roaccutane is a drug similar in its chemical structure to Vitamin A. Roaccutane is effective because it targets the sebaceous glands in the skin and shrinks them. In most cases, most of the acne disappears after a treatment period of four months, during which time the medication is used with no need for additional treatment. The results of the treatment can last for months and years after the treatment. Roaccutane is meant only for use in cases of severe cystic acne.

### Roaccutane: Usage

The medication is prescribed by dermatologists after other treatments have been tried and yielded unsuccessful results. In the past, this medication was reserved for the treatment of severe acne. Today, however, treatment with Roaccutane is prescribed for mild acne that has not responded to the patient's satisfaction after treatments using creams or antibiotics. In addition, the use of Roaccutane is prevalent among middle-aged men and women as part of an inclusive anti-aging treatment.

The strength and dosage of Roaccutane are determined by the doctor according to the age and weight of the patient, as well as the state of his liver function. The treatment usually lasts five to six months. The dosage is daily or twice a day, with food. It should be taken at set times to maintain a constant level of Roaccutane in the bloodstream.

### Roaccutane: Expected Success

The success rates of treatment with Roaccutane are very good. Usually, results last for years following treatment. In addition, in most cases, no further pimples or abscesses will remain on the face, or very few spots will appear, after treatment.

### Roaccutane: Method

The primary effect of Roaccutane is that it decreases of the size and activity of the sebaceous glands in the skin. In some patients, a decrease in the amount of sebum produced was witnessed for up to a year subsequent to treatment. In addition, after using Roaccutane, a decrease in the amount of acne bacteria inside the glands was measured.

### Step 1: Decreasing the Amount of Sebum

Roaccutane is very effective in reducing the amount of sebum. Roaccutane causes shrinking in the cells that produce the sebum in the glands, thereby reducing the amount of sebum by 90% or more.

### **Step 2: Decreasing the Blockage of the Glandular Openings**

Roaccutane decreases the reproduction of the skin's glands that block the sebaceous glandular openings. Therefore, the amount of comedones in the skin is decreased and as a result, the amount of pus-filled sores is also reduced.

### **Step 3: Reducing the Amount of Acne Bacteria**

During Roaccutane treatment, the amount of bacteria decreases significantly (up to three times). The medication, as mentioned earlier, reduces the sebum and as a result, the amount of bacteria and their reproductive capability is severely impaired.

### **Step 4: Reducing Inflammation**

It has been found that Isotretinoin – Roaccutane – reduced inflammation in laboratory conditions. The clinical explanation for this isn't exactly known.



## Roaccutane: A Good Drug with Bad Side Effects

If you suffer from mild or severe acne, you have probably already been faced with the medical option of treating acne by taking Roaccutane. Although it is one of the strongest drugs available for treating acne, Roaccutane also has an abundance of side effects. In this article, we will discuss one side effect caused by using Roaccutane—oversensitivity to the sun.

### What is Roaccutane?

Roaccutane is a medication that fights acne. The drug called Roaccutane is also known as Isotretinoin and is similar to Vitamin A in terms of its chemical structure. Roaccutane shrinks the sebaceous glands in the skin, whose increased activity results in the formation of acne. It also reduces the creation of the oils and keratin proteins of our skin. As a result, there is a significant reduction in the amount of pus-filled pimples and blackheads in the face, back, neck and chest. Roaccutane is usually used after countless attempts to treat acne in other ways have failed.

### How is Acne Treated Using Roaccutane?

Roaccutane treatment is short and focused, usually lasting about 16 weeks. The drug is taken orally or applied as a cream. During treatment, many precautions must be taken because Roaccutane is a strong, problematic chemical that has many adverse effects, some of which are life threatening and some of which are aesthetic. One of the limitations during Roaccutane treatment involves exposure to the sun.

### Taking Roaccutane and Running Away from the Sun

Sun exposure in Israel today should be limited under any circumstances, but an individual taking Roaccutane must be especially careful. Exposure to strong sunlight while taking Roaccutane can lead to severe, irreversible pigmentation problems, spots on the skin, freckles and other chemical reactions. During Roaccutane treatment, the skin becomes very sensitive and can react in unwanted ways to different situations, including exposure to the strong sun.

### Exercise Caution While Taking Roaccutane

One should be careful of the sun and act as if there is a heat wave every day: make sure to wear a hat, apply sun block with a high SPF, sit only in the shade and avoid prolonged exposure to direct sunlight. During the winter, the sun can be strong and dangerous as well, despite the fact that it does not always seem so. Carry sun block and a hat in your purse at all times in order to avoid possible injuries while taking Roaccutane (during the rest of the year, this is important as well!).

## Roaccutane is Hazardous to your Health

The use of Roaccutane to treat acne is disputed. On one hand, it is a very strong and the most effective drug that is available today to treat acne, but on the other hand, it has many side effects, some very dangerous.

### What Does Roaccutane Do to Fight Acne?

Roaccutane is a medication administered by prescription for the most severe cases of acne and is usually taken after other treatments to heal acne have failed. In its chemical structure, Roaccutane is similar to Vitamin A. Roaccutane works directly on the skin's sebaceous glands and shrinks them, reducing the production of the natural oils and the keratin proteins of the skin, which are produced on its external layers. In this way, the number of blocked pores is significantly reduced. In Israel, Roaccutane is approved only for patients with severe cystic acne that has been diagnosed by a doctor.

### Adverse Effects of Roaccutane

The effectiveness of Roaccutane for the treatment of acne is undisputed, but the treatment comes with a high price. Roaccutane has many side effects, some merely aesthetic and some more severe. One of the difficult and rare side effects of taking Roaccutane is problems involving liver function.

### Problems Involving Liver Function as a Result of Taking Roaccutane

When a doctor suggests Roaccutane for the treatment of mild or severe acne, the patient will probably be asked to check his liver function regularly. The reason for this is that Roaccutane is a synthetic derivative of Vitamin A. These types of medications can be dangerous, so dangerous that taking them during pregnancy is prohibited for fear of birth defects in the fetus. Roaccutane is broken down by the liver and therefore may affect it. The use of Roaccutane to treat acne can cause an increase in the level of fats in the blood and the amount of triglycerides, and this combination poses a challenge for the liver, which sometimes has a difficult time breaking down the fats. This is a rare but very dangerous side effect of using Roaccutane.

### What Should You Do?

Before you turn to Roaccutane, check the other treatment options available. Try Roaccutane only if you are suffering from a severe form of acne that no other treatment has been able to resolve. If you have no choice but to take Roaccutane, prepare your body so that it is in its best shape: make sure your diet includes supplementary nutrients that clean the liver – eat whole grains like rye, millet, buckwheat, oats, quinoa, amaranth, brown rice, fibers, etc. Stay

away from alcohol, which weakens the liver, and be sure to perform liver function tests and if necessary, to switch medications.

**There is Hope!**

The side effects of Roaccutane are meant to gradually diminish as the body becomes accustomed to the drug. If the side effects don't disappear, it may be necessary to lower the dosage of the medication or even to stop taking it altogether and replace it with a different medication.



## Roaccutane and Hair Loss

A person suffering from acne feels self-conscious enough. The pimples are unpleasant and often very unaesthetic, and anyone with acne has surely tried to treat it in various ways. One of the ways to treat acne is by taking a medication called Roaccutane, which is well known as a strong, especially effective drug. But Roaccutane has a number of side effects. One of them is hair loss. If you ask people with acne, they'll tell you that it's horrible.

### Roaccutane to Treat Acne

Roaccutane is a medication for the treatment of acne that is administered in Israel only by prescription and only to mild-severe cases of acne that have been diagnosed by a doctor. Roaccutane is the strongest and most effective drug for the treatment of acne and reduces the production of oils by the sebaceous glands on the face. After a period of between four and six months, the treatment is successfully completed. However, it has many side effects, some dangerous and some aesthetic, and treatment using Roaccutane should be chosen as a last resort after other treatments such as infrared, antibiotic creams, acid treatments and the like have failed to help.

### Hair Loss as a Result of Using Roaccutane

A person with acne suffers from unattractive pimples on the skin, face, and sometimes on the chest, neck and back as well. These unaesthetic marks can lower a person's self-confidence and make him feel less attractive to society and to himself. This is the reason that hair loss as a result of the Roaccutane treatment of acne is one of the most cruel side effects for someone who is already suffering from a low self-image, even if this is a minor, rare and non-dangerous side effect that usually goes away when the patient stops taking the medication.

### Anything Good Contains a Little Bad

While Roaccutane reduces acne and assists in raising self-confidence, the thinning of the hair lowers it. The chemical from which the medication is made causes the hair follicles to weaken. A person who does not naturally suffer from balding will find that at the end of the Roaccutane treatment, the hair will return to its normal condition. However, someone who already suffered from a balding problem will unfortunately discover that the process has been accelerated due to the use of the medication.

### What Can You Do?

If there is no other choice but to take Roaccutane, prepare your body for the war on all fronts and strengthen your immune system. It's a good idea to do this ahead of time by being careful to maintain proper nutrition, a balanced diet, and even talk to a doctor about taking dietary supplements and vitamins that will strengthen the roots of your hair.

## Roaccutane is No Picnic

When Roaccutane is used to treat acne, the results are usually very good, so Roaccutane is therefore considered the strongest medication in the war against acne. But as in any war, there is always a price to pay. One of the adverse effects of using Roaccutane is the constant dryness of the skin and lips.

### Adverse Effects of Roaccutane

As mentioned, using Roaccutane may cause a number of adverse effects. For example, taking Roaccutane during pregnancy is forbidden due to the high risk of birth defects. Another side effect that is the most commonly experienced is extreme dryness of the skin on the face, lips, around the nails and even on the head. Rarely, dryness is also experienced in the nose, which can cause light bleeding.

### Why Does This Happen?

Roaccutane is composed of a substance called Isotretinoin, which is similar in its chemical structure to Vitamin A. When Roaccutane is taken for a period of four months, the production of the skin's natural oils is reduced, as well as the production of the keratin proteins that are created on the external layers of our skin. Because Roaccutane actively dries the oils on the skin, the skin becomes dry, scaly and itchy.

### Just Dryness?

Roaccutane can create an unpleasant feeling of constant dryness that can cause dandruff and scratching, peeling skin and an overall horrible sensation. While dryness isn't life-threatening, this is definitely a bothersome side effect of taking Roaccutane to treat acne.

### How to Treat Dryness Caused by Roaccutane

First of all, don't worry. This is a reversible situation that improves as the patient continues to take Roaccutane, and it returns to its natural state with the completion of the treatment. The peeling stops after the person stops taking the medication, and the skin stops feeling dry. In cases of extreme dryness, it's possible to see the doctor who prescribed the medication and he will probably give the patient moisturizing creams that won't interfere with the healing process of the acne but will slightly lessen the itchiness, scales and the severe dryness that are characteristic to Roaccutane users.

## The Connection Between Roaccutane and Depression

There were those who speculated whether Roaccutane, the medication administered to treat acne, could cause depression. A study conducted in recent years in the United States points to a circumstantial connection between the use of the drug and depression.

### Essentials of the Study

The study was conducted by researchers from the University of Bath and the University of Texas, who examined whether or not Roaccutane, the strong, effective drug used to treat acne, could cause depression. The findings of the study were published in the journal, Neuropsychopharmacology, and they join the familiar warnings and side effects caused by Roaccutane.

### The Study and the Connection Between Acne and Roaccutane

The researchers conducting the study took laboratory mice and for six months, gave them Roaccutane at the same dosage that is prescribed to teenagers suffering from acne. They ran the mice through a series of tests, leaving them to swim while their tails were tied to a post. The researchers saw that those mice who had received the medication did not put in effort to help themselves or to escape, and thus, the researchers concluded that the mice behaved in a passive manner suggestive of depression. One of the researchers, Dr. Bailey of the University of Bath, commented, “We succeeded in proving that a connection exists between the chemical makeup of Roaccutane and the changed behavior of the mice. An additional study should be conducted to verify the influence of Roaccutane on mood in humans taking the drug, and to check if the medication influences cognitive function as well.”

### Response From the Makers of Roaccutane

The Roche Company of Switzerland, which manufactures the medication, claims that the warnings regarding changes in behavior and mood appear on the package. The company responded, “Despite the fact that a correlation was never proven between depression and Roaccutane, the company follows the influence of the drug throughout the world on users, in order to verify that the public isn’t exposed to something dangerous. Unfortunately, severe acne can cause reactions such as depression and therefore, we are careful to warn about this on the package.”

## **An End to Acne without Roaccutane**

While acne is most common among teenagers, the problem also exists in adults who are in need of an effective treatment without side effects and without pain. In total contrast to the widespread belief, treating acne is a relatively simple issue and all that is needed to get rid of acne is diligence. Using a unique method that utilizes the most innovative technologies at the forefront of acne treatment, combined with daily, uncompromising treatment, it's possible to get rid of acne within a short time and permanently. What is this magic method? Acne treatment using infrared.

### **What is Acne Treatment Using Infrared Rays?**

In infrared acne treatment, a laser sends infrared rays into the epidermis layer of the skin and opens blockages. Those blockages significantly hinder the skin's ability to cleanse the skin as well as interfere with proper oxygen flow. In these conditions, the bacteria cannot grow and develop. After the acne has been treated by infrared laser rays, the skin is prepared for the various acids meant for treating acne, which will essentially complete the process. The blocked skin cells, which could not be cleaned properly before this type of acne treatment, are now ready and able to be cleansed by the acids quickly and effectively.

### **Not Just the Laser!**

Treatment of acne using acids designed for this purpose can be done during any patient's free time, in the privacy of his own home, without requiring a visit to the cosmetician. It's highly recommended that these cleansing acids be purchased from reputable manufacturers and via a professional, licensed cosmetician. At the same time, it is important to remember that their success is conditional – treating acne using acids, without previously treating the acne with infrared laser rays, will defeat the purpose. All of the cells that were blocked until now and could not be cleaned when the face was washed will continue to remain blocked, and massive, obvious change won't be noted, as would if a combined course of treatment was taken.

### **The Right Way: Fight Simultaneously on all Fronts**

To achieve results with anything connected to acne, it's important to remember that cosmetic treatment is not always enough, and that slightly changing one's lifestyle is also worthwhile: stop smoking, drinking alcohol or eating sweets. A small tip: a good cosmetics clinic does not believe in shortcuts. To ensure that the acne treatment will really be for good, one must be diligent and make sure the face is kept clean. At Mor Clinic, it's possible to obtain all of the acids required for the treatment of acne in the best way possible. Proper treatment of acne causes all of the factors to join forces to eliminate the problem.

## **In the War against Acne, Use Infrared Light!**

### **Infrared Light**

This is a type of radiation that is found in the electromagnetic spectrum. The spectrum includes types of radiation that have long and short waves. The short waves contain a high amount of energy and can cause damage, while the long waves, found at the other end of the spectrum, include less energy and don't damage our bodies. Infrared light can be used to remove hair, to treat acne and so forth. The infrared light contributes to rejuvenation of the hair, renewal of the cells and the disappearance of pigmentation marks.

### **Infrared Light to Treat Acne**

Treatment of acne using infrared light is both innovative and effective. The heat given off by the infrared beam releases photons. The photons are electromagnetic radiation particles that stimulate the deep layers of the skin and cause them to contract, thickening the collagen fibers and renewing the skin cells. In this way, it's possible to heal acne and even to remove scars caused by old acne.

### **How Infrared Light Affects Acne**

We mentioned earlier that acne is essentially a blockage of the sebaceous glands in the skin. When the glands are blocked, the oxygen that is so crucial to them cannot reach them, and thus the bacteria reproduce and the acne spreads and increases. The bacteria called acne excrete a substance called porphyrin, which causes inflammation. In order to eradicate acne and prevent the production of porphyrin, oxygen is needed. The infrared light affects the porphyrin and creates oxygen inside the source of the inflammation and thus, the bacteria are destroyed and the inflammatory process is halted. This is how acne can be treated using infrared light.

### **What are the Advantages of Treating Acne with Infrared Light?**

These treatments are innovative and incorporate especially complex technology. They have proven to be effective and safe for use, and have become popular because the heat waves of the infrared light don't damage the skin, don't leave burns and scars on the skin, and are safe to use, and as opposed to anti-acne treatments based on medication, treatment using the infrared light does not have any side effects.

### **What to be Careful About**

It's important to choose a licensed cosmetician with professional knowledge and experience to perform the acne treatment with the infrared light; be careful of charlatans.

It's important to ask the cosmetician or to gather on your own all of the information before beginning the treatment, to know where you are headed and what you are about to undergo.

## Acne Treatment using Acids – It Only Sounds Scary

### Acid Treatment of Acne

In situations of light to mild acne, acidic solutions can be used to kill bacteria, in the form of a cream or gel that is rubbed onto the skin. The acids cause drying and peeling of the skin, thereby removing a few layers and causing the acne sores to open and drain.

### Types of Acids Regularly Used to Treat Acne

Today, the recommendation is to use solutions based on the alpha and beta hydroxy acids. Of course, it is best to receive a professional diagnosis and to choose an acid combination that fits the particular skin type and severity of the acne. These are a few types:

**Salicylic Acid** – Works by breaking the protein that creates the external layers of the skin and opening blocked pores, thus assisting in the treatment of acne and other skin diseases.

**Benzoyl Peroxide** – Has an antibacterial effect and can be purchased in various solutions without a prescription in low concentrations.

**Tretinoin** – A retinoic acid that can be applied locally in cases when the acne is non-inflammatory. It is a form of Vitamin A and it works to block the pores of the hair follicles.

**Azelaic acid** – Recommended primarily for cases of acne combined with pigmentation problems.

### Many Advantages of Using Acids to Treat Acne

The use of acids returns the natural shine to the face which was lost because of the acne, as helps to clear up the skin and remove pigmentation marks. By using solutions based on acids, the excretion of oils is balanced and this helps eradicate the nightmare known as acne and make people healthier and more satisfied with their skin.

## **Eat Right, Reduce the Chances of Acne Appearing**

Acne is a difficult problem, but thankfully, there are many ways to treat it and to assist those suffering from it. One of the ways to reduce the severity of existing acne, to reduce the chances of acne appearing, and even to treat it is by balancing your diet.

### **The Connection between Acne and Diet**

Each person's reaction to food is different, but there are certain types of food that commonly contribute to the production of oils on the skin, and those oils that block the pores can develop into acne and cause pus-filled lesions that are unpleasant. Those oil-producing foods will cause the skin to produce oil even in individuals who do not have acne, and even more so in those suffering from acne.

### **Which Foods should be Avoided when Acne is Present**

It is recommended to avoid, or at least to limit the consumption, of foods like chocolate, junk food, roasted seeds and nuts, yellow cheese and high-fat cheeses in general and fried foods. A well balanced diet is also important. It is believed that simple carbohydrates and processed food also contribute to the production of acne and to its severity. These are assumptions and not exact studies, because it's difficult to prove whether acne appeared because of nutrition alone or not. However, managing a proper diet gives the immune system and the entire body an additional advantage.

In some cases, eating food rich in iodine should be avoided. Iodine is found in seafood and can cause unwanted acne to appear.

White flour and white sugar should be avoided, as they have high glycemic value and raise the insulin and testosterone levels in the blood, and thus encourage the development of acne.

Animal fats and trans-fatty acids should be avoided. When this rule is abided by, a significant change will be noticed in the condition of the skin when the individual is already suffering dramatically from acne.

In addition, it is good to avoid yeast, spicy foods and sweets.

### **What Foods To Eat with Acne**

It is very important to maintain a balanced diet. When the diet is balanced, this is apparent and the face radiates with health (and not with oil). It's good to eat raw vegetables, or vegetables that were lightly cooked or steamed and did not lose their vitamins. Green leafy

vegetables contain minerals and are rich in fibers that can lessen the severity of the acne or prevent its appearance by cleansing the digestive system and reducing the oils.



**Complex carbohydrates like rice, whole wheat bread, beans and the like should be consumed, as well as proteins such as lean meat.**

**Six to eight cups of water should be drunk per day to assist in washing out the toxins from the body, and white sugar, white flour and diet drinks and foods should be avoided. Eating orange fruits and vegetables, which are rich in beta carotene, also helps.**

## Roaccutane – Not Necessarily

Acne lesions appear at a critical stage, when personality and self-confidence are being formed, and therefore the issue is so important. In most cases, a problem that could have been solved by a professional, experienced cosmetician in a few simple treatments and at a fair price turns into a critical, major crisis that leaves a deep scar on the teenager. Acne lesions are caused by a few factors: oily skin, hormonal changes, general feelings of tension and stress, allergic reaction, and a long list of other factors. Despite the many reasons for the appearance of acne, innovative technology in the field of cosmetics can successfully solve this problem as well.

### So How Do You Get Rid of Acne?

Many modern clinics have chosen to treat acne with an innovative, unique method that uses infrared laser beams. Using the infrared laser beams, the blocked sebaceous glands are opened and oxygen can flow into the space. The oxygen stops the reproduction of the porphyrin bacteria and thus prevents the appearance of additional acne lesions. The treatment of acne using these laser beams is a continual treatment. Usually, for moderate acne lesions, a five session treatment is enough. Depending on the severity of the acne, the number of sessions required increases. In addition, during the process of the acne prevention treatment with infrared, the face will need to be cleaned by a licensed cosmetician, who uses the appropriate cleansing products. The comedones, commonly known as “blackheads,” are removed professionally and sterily in order to completely get rid of the acne for good.

### Why Laser?

Teenagers and adults who have tried acne treatment using infrared laser rays, here at Mor Clinic and at other clinics, know that in over 95% of the cases, the success was complete and the acne lesions disappeared in a short period of time. In addition, the acne treatments have been performed worldwide for years, and many teenagers have used this type of treatment with success. It should be noted here that the creams and pills have a less prominent position in light of their problematic medical implications.

### This is the Way to Fight the Lesions

Although in our small country, we merited seeing the wonder a bit later, this method of preventing acne using infrared laser beams is becoming the next hottest thing in the field of cosmetics.

At this point, when the skills and professional experience does not exist in every beauty clinic or possessed by every cosmetician, we recommend coming for a treatment at Mor Clinic and watching your jaw drop.

## Acne – Diabetes of the Skin

Acne is a chronic inflammation of the sebaceous glands and the hair follicle. In healthy skin, the sebaceous glands open into the hair follicles and secrete sebum through the pores on the skin. The sebum serves as a lubricating substance for the skin and hair and gives them flexibility and protection. During adolescence, especially in reaction to androgens (male hormones), excess sebum is produced in the oil glands. The beginning of the process of pimple formation is the entrapment of sebum inside the canals of the hair follicles. In this oily atmosphere, the acne bacteria are formed: they cause the sebum to be broken down into free fatty acids and cause an inflammation around the hair follicle, with the creation of surface or deep pustules.

There is no main cause for the inflammation and acne disease. There are approaches that claim that oversensitivity of the sebaceous glands, meaning a hereditary factor, is a strong influence on the appearance of acne. A naturopathic approach suggests that acne is the diabetes of the skin. High levels of the male hormone amongst women are caused primarily by a high level of insulin, which occurs as a result of eating simple carbohydrates or sugars.

### Anti-Acne Treatment

There are many causes for acne and so usually, the right combination of products provides the best response. Some of the treatments include adverse effects and one should talk to a dermatologist about them and exercise precaution when using them. Many products are sold with the aim of responding to the problem, but many of them have not been scientifically proven. If you do not want to begin a treatment involving medication, there is also the possibility of taking a more holistic approach to acne treatment.

### Naturopathic Treatment of Acne

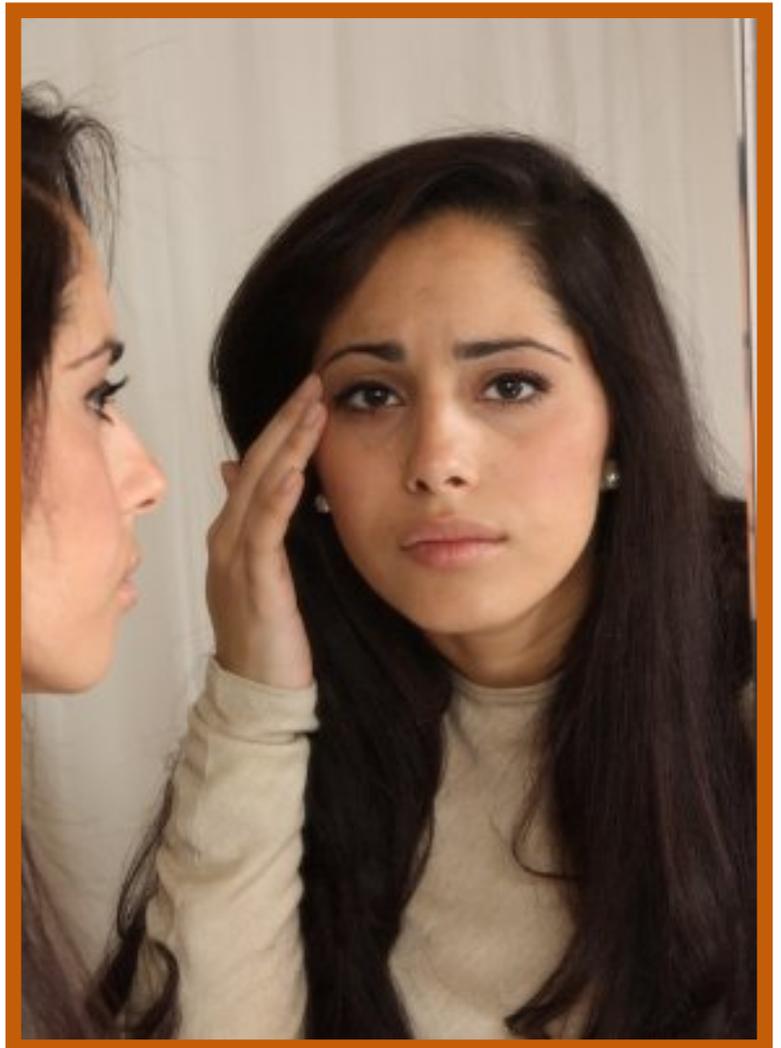
Naturopathy is a holistic, natural approach that utilizes the elements of natural healing to encourage the body to heal itself. Naturopaths believe that natural nutrition, dietary supplements, medicinal herbs, body-soul treatments and more are the factors that will save the person from his illnesses, or at least lessen them to a minimum. The naturopathic approach to acne is also based on diet, medicinal herbs, dietary supplements and relaxation techniques. The diet is based on whole foods that are not simple carbohydrates or processed, and are rich in dietary fiber.

### Main Principles of the Naturopathic Treatment of Acne

1. Medicinal herbs in the form of soaps and creams, whose purpose is to prevent an excess of sebum and hinder the growth of bacteria on the skin.
2. Medicinal herbs that hormonally balance the body, such as Vitex and Chinese Angelica, as well as supplements that influence the body's testosterone level.

3. Proper nutrition and supplements that balance the skin's sugar level.
4. Because acne is also caused by stress, relaxation techniques will help prevent the appearance of acne.
5. Reducing the intake of certain dairy products.
6. General strengthening of the body: adopting an anti-inflammatory diet that reduces the inflammation levels in the body, and nutrition that helps cleanse the body, especially the blood and liver.

**To summarize, if you are suffering from acne, it may be worthwhile to meet with a naturopath and try to begin a holistic, natural course of treatment that does not have side effects and may even help heal the body in other areas, before trying the cosmetic products and the medications, which each come with their own adverse effects.**



## Treatment with Roaccutane Pills

Treatment using Roaccutane pills is, as mentioned above, a very strong method of treatment which slows down the activity of the body's sebaceous glands and thus prevents the excess production of oily sebum which is expressed as lesions and acne on the surface of the skin.

Roaccutane is a very strong drug and doctors today try not to prescribe it for acne treatment, besides for in very extreme cases that could not be healed in any other way, in which the patient had to ask the dermatologist for Roaccutane as a last resort.

It is important to understand that Roaccutane is a very strong treatment that can affect the body in many ways and the treatment is accompanied by many side effects such as dryness, headaches, red and cracked lips and more.

Roaccutane pills affect the body on various levels and can also influence our physical activity and our daily functioning, and therefore, it is important to try other treatments first before turning to this method.

### Can Roaccutane Affect Our Physical Capabilities?

Because Roaccutane pills are so strong, they can impair various functions of the body, especially in someone who is involved in sports, because the side effects of the pills are many and prevent the patient from doing various activities.

Some of the side effects influence our physical capability and therefore, playing sports is ruled out during the period when Roaccutane is being taken. Some examples are:

- Damage to muscles and joints.
- Appearance of tendon inflammation due to use of the pill.
- Strong feeling of physical fatigue.
- Drowsiness and impaired alertness.
- Insomnia.
- Moodiness.
- Possibility of light to severe depression.

In more rare cases of Roaccutane use, liver or pancreas infections can occur, or even jaundice and urinary tract infections.

Due to these and other problems, it is important to talk to a doctor, and more importantly, to firstly try other, safer methods that do not include these difficult side effects.

### Which Treatments Should Be Tried Prior to Treatment with Roaccutane?

The treatments available today are many and have proven to be very effective – both in terms of treating the problem and in providing long term results.

Most of these treatments are short and give optimal results within a few treatments, as opposed to Roaccutane, whose treatment cycle can last up to half a year until the problem is solved.

Some of the various treatments available today, which should be tried before Roaccutane are:

- Special creams to treat skin problems.
- Special cosmetic peelings.
- Use of special, natural products.
- Treatment using an infrared device that treats the problem in depth.

All of these treatments and more target the skin externally, and therefore, they pose no danger of severe adverse effects that influence the body internally. Talk to a licensed cosmetician who performs these types of treatments before making your decision.



## **Roaccutane and Pregnancy – Is it Possible?**

Among the possible acne treatments, the designated capsules and pills stand out. The most common ones are contraceptive pills and Roaccutane pills.

Roaccutane is a chemical treatment for the acne problem which is based on the active ingredient, Isotretinoin, an imitation derivative of Vitamin A. Using the Isotretinoin, which causes a decrease in the activity of oils on the skin which can lead to acne (such as the sebaceous glands and the keratin), Roaccutane essentially “dries out” or “empties” the cells and thus reduces the production of acne.

Roaccutane is a prescription medication administered by a dermatologist, but as a last resort and in very severe cases.

### **Roaccutane: Is it Relevant?**

Roaccutane seems to be the ultimate treatment for severe acne problems, but despite the improvement in the skin’s condition, Roaccutane can damage the body. It harms and “empties” different cells in the body, and not only cells that are necessarily connected to the acne problems, and thus causes serious issues.

Many warnings and disagreements have arisen regarding the side effects of Roaccutane, some apparent to the eye like hair loss, dryness and dandruff, and some internal and dangerous such as an impairment of liver function, headaches, hormonal changes, a tendency to depression, joint pain, elevated levels of fat in the blood and more.

Studies have even pointed to the fact that more than half of the users of Roaccutane suffer from dangerous adverse effects that affect their bodies even after they have ceased to use the pill.

### **Roaccutane and Pregnancy: A Disaster**

Despite all of the red lights and despite the fact that Roaccutane prevents users from being able to be exposed to the sun, to take part in physical activity, to drive at night, to drink alcohol and in general, may cause various sensitivities and damages, many choose to use Roaccutane and to undergo the frequent blood tests to track its damage to their body.

But this is not the case regarding pregnancy.

It is important to note that taking Roaccutane is common primarily amongst young, teenage women of child-bearing age, and women who take Roaccutane must be aware of the fact that the small, innocent looking pill may cause damage during pregnancy because of the possible harm it may cause to the body systems, especially to the hormonal system.

### **Roaccutane, Pregnancy, Danger**

During pregnancy, taking Roaccutane is forbidden! Unfortunately, there is a direct link between Roaccutane use and damage to the fetus.

Roaccutane can influence the nervous system, the heart and the facial structure, and cause miscarriages and intrauterine death, even during the first weeks. Therefore, Roaccutane should not be used at least a month before pregnancy begins. In the case of an unplanned pregnancy while Roaccutane is being taken, extensive tests should be performed and even to consider an abortion. Women who have taken Roaccutane during the period immediately before the pregnancy must keep close track of the fetus' development and perform tests to identify possible defects.

\*Nursing is also forbidden while taking Roaccutane because the substance may pass to the breast milk.

## Are there Home Remedies for Acne?

Acne is a well-known problem for many people who treat it daily.

The need to treat acne stems from the appearance of inflamed lesions on the skin, not only on the face but on other parts of the body as well. These sores may become infected pustules over time and should be removed, from a health standpoint as well as an aesthetic one. There are myriad ways to treat acne and a person suffering from acne should consult with an expert in the field, such as a cosmetician who can recommend the appropriate treatment for him and get rid of these lesions and infections.

Acne can occur at various degrees of severity, so it is very important to determine the acne's stage in order to properly treat it.

It is important that, in addition to consulting with an expert, one consistently treats his skin at home in order to ensure that the problematic skin areas heal and stay acne-free over time.

### Is it Possible to Treat Acne On My Own?

Acne can range from light to severe, so it is important to discern what type of acne a person has in order to determine the appropriate treatment for him (a special cream, infrared treatment, etc.).

Beyond that, there are a number of home remedies that may help relieve acne and, more importantly, complement cosmetic treatment in order to ensure the best possible results:

- Eat a balanced diet that includes fresh fruits and vegetables and give up starchy, fried foods that activate the sebaceous glands to produce oily sebum, causing problematic acne
- Drink plenty of water, which cleanses the blood and purifies it of fats
- It is recommended to only wash one's face no more frequently than once a day so as not to irritate the wounds
- Avoid using hair products such as gels or creams that may cause the acne to worsen
- Use a non-comedogenic sunscreen before exposure to sunlight
- Cover the head with a towel that has been soaked in boiling water with rosemary and allow the steam to penetrate your pores

Whatever you choose to do, it is important to understand that it is always preferable to consult with an expert such as a trained cosmetician who can recommend an appropriate treatment for your specific type of acne and skin type.

In adolescents, acne may be a severe health problem and should be treated immediately. Do not wait for the acne to "go away on its own" because there are severe cases that require treatment at an early age.

### **Are there Special Products for Treating Acne?**

Acne can be treated in many ways and one may supplement this treatment with products made especially for the treatment of acne and for cleansing pores and blackheads, thereby helping eliminate the pustules from the skin and keeping the area free of bacteria that may cause scars or pock marks.



It is important to be familiar with the acne products available on the market in order to treat the acne at home but to supplement this with professional and cosmetic treatment that will cure the acne long term.

## Acne Scars: Lifelong Souvenirs?

Acne is a particularly disturbing and distressing phenomenon. Its unaesthetic appearance, discomfort and sometimes itchiness, especially in prominent, sensitive places like the face, back, and chest, often cause the acne sufferer to seek out immediate solutions to eliminate the painful sores. Real, lasting treatment, however, requires patience, and the patience pays off. Touching the sores, popping the “zits”, scratching, using damaging products, excessive use of products or touching the affected areas is a bad idea. These things may seem like a good idea at the time but causes a small wound, which would have dried out and healed within a few days, but instead becomes a scab that turns into an acne scar, leaving a mark that may last for years.

### Acne Scars: We are All Human Tapestries

Acne scars are an uncomfortable subject. Due to unnecessary touching, the skin is left with marks that indicate “a wound was here” and sometimes even physical pain. In fact, acne scars mark the spot where damage was done to tissue of the dermis layer of the skin.

When an inflamed sore emerges, a pimple is created on the skin, which naturally dries out (when the inflammation passes), and then the skin heals. When we interfere in this process by touching the wound or by using the wrong preparations, we disrupt the natural process and the skin tissue does not heal properly (new tissue is formed with the aid of collagen, but its texture, color, and quality is different from the surrounding skin), which ultimately causes acne scars and spots on the skin.

### Acne Scars: Like a Sign on the Skin

The best way to prevent scabs, scars and other signs of acne is simple: Let the body take care of itself. Yes, our bodies are pretty smart and when there is an infection, wound or any other damage, all of the body’s systems are enlisted to help it heal. In addition, one may use the appropriate materials and maintain good hygiene.

It is helpful to know that there is no way to completely cure acne scars since the damage is done to the internal tissue underneath the skin’s surface. In cases where the damage has already been done, however, there are many ways to diminish or even completely hide the appearance of acne marks from the visible surface of the skin.

### Acne Scars: Help!

As we said earlier, there are many treatments that can diminish the appearance of acne marks if the treatment is adjusted to the specific needs of the affected person’s skin, the severity of the scars, the type of scars and their color and size.

It is always important to make sure that the person treating the acne is professionally trained and has experience treating your type of acne.

Common treatments for diminishing the appearance of acne scars include:

- Infrared devices: Using a special device that emits pointed waves of electricity, it is possible to lighten and renew the skin, encouraging the growth of new cells.
- Medium to mild peeling: Skin peeling is a fairly common cosmetic treatment, mainly due to its ease and affectivity. Peeling treatments encourage the renewal of the face's skin, which helps diminish the differences in pigmentation between the scars and surrounding skin.
- Preparations and products: Today's market is flooded with products that contain collagen, acids and other materials that aim to create a uniform appearance of the skin.
- Plastic treatments: Commonly used and accepted treatments such as acupuncture and injections are meant to encourage the body to produce new cells, which heal the scars.

## Acne and Cosmetics: The Perfect Pair

Anyone who has ever suffered from acne at some point in their life (which includes almost everyone) knows that a large portion—if not *the* largest portion—of diminishing the appearance of acne and providing relief for inflamed skin involves various cosmetic products.

The biggest factors that contribute to acne development are pores that are blocked (by dirt, free radicals, oily substances, etc.) and oily discharge (due to faulty activity of glands, hormones, etc.). Therefore, we use various products that clean and disinfect the face and apply creams and ointments to spot-treat the already existing blemishes. These products prevent bacterial infections as well as encourage the creation of new skin cells.

### The Road to Acne-Free Skin: Skincare

The first thing to do in order to minimize acne damage is to adopt a skincare regimen: washing your face in the morning and evening, applying appropriate products to the affected areas, visiting a professional cosmetologist every few months (according to the skin's condition\*) and maintaining good general hygiene.

Cosmetics are definitely the right way to attain a clean face and eradicate acne, but it is especially important to match the appropriate products and treatments to the specific conditions of your face.

Irritated, inflamed skin, such as in the case of acne, requires special products and skincare materials and should not be treated like normal skin. There are cases of “cosmetic acne” that are caused by the use of inappropriate facial products.

Many people use products that are ill suited for their age or skin type, such as intense anti-aging products that are intended for mature skin, without even knowing it. Some do not follow the products' recommended instructions and use an excessive amount of product, such as frequent washing with soap, which may be effective but dries out the skin and can lead to the emergence of new pimples.

### Acne: What is Appropriate

When you buy food, you stop and read the ingredients and nutritional information to assess if the product may hurt us or cause any sort of sensitivity.

When buying cosmetic products, however, we don't really pay attention to the ingredients or the fine print, mainly due to ignorance about harmful substances and about the essential suitability of the desired product to special skin conditions like acne. A water-based skin cleanser with botanical extracts is preferable to a soap that is oily or perfumed or that contains mica, baby oil or lanolin.

The most common skin cleansers, for example, are said to aid in cleansing the skin and thereby prevent infections, an especially important issue when dealing with acne. It is important, however, to choose an effective skin cleanser—one that is free of alcohol and comedogenic substances, since these can dry out and irritate the skin, exacerbating the inflamed acne and damaging the skin. Even when considering creams or masks, it is important to choose the right products.

When treating acne, the main goal is to renew and rejuvenate the skin, as well as cleaning off excess oils. Using masks that contain acids (hydroxy, benzoyl salicylic) encourage renewal of the skin, while clay-based masks absorb excess oils from the skin's surface, aiding in cleaning and disinfecting the skin.

## **Acne and Makeup: The Do's and Don'ts**

Using makeup when suffering from acne is no simple matter, especially when one's outer appearance is more important than ever.

Those suffering from acne (primarily teenage girls) are ashamed of the appearance of pimples on their face and try to conceal them. The widespread tendency among girls suffering from acne is to conceal the blemishes on the surface of the skin using makeup or blurring cosmetics. Sometimes, though, these products that are intended for helping the skin look better actually encourage the development of acne in the long run simply because they are not especially intended for use on irritated or inflamed skin.

### **Makeup for Acne**

We use various cosmetic products and mostly makeup to improve the appearance of our skin, but these items contain harmful substances that may block the pores of the skin. When you apply a product and the pores become blocked, bacteria trapped in the blocked layer of tissue proliferate and cause inflammation, causing a breakout of acne.

Makeup containing mica, Vaseline or other comedogenic substances (oils that penetrate the pores and cause comedones), waterproof makeup, oil-based makeup (like coconut oil), lanolin and isopropyl (fatty acids that penetrate and damage the skin) encourage the development of acne with each application.

Despite this fact, those substances are often found in cosmetic products and makeup and are especially dangerous for people with oily, young or sensitive faces that are acne prone. It is imperative to check a product's ingredients very carefully before use.

### **So What Makeup is Safe for Acne?**

Today, many people are aware of substances that promote acne and the leading companies have developed unique alternatives for skin suffering from blemishes, inflammation and irritation.

The makeup that is recommended most for use with acne is liquid makeup that is free of oils—water-based or sometimes silicon-based makeup (more suitable for combination skin), or makeup with aloe vera (soothing), as well as powder makeup can be suitable for skin with acne because they are “breathable”—not only do they not block pores, they also sometimes aid in drying out the pimples.

You can find specially marked cosmetic products and makeup that indicate that they are made specifically for certain skin types: problematic/oily/combination/young/acne-prone.

In general, it is always preferable to choose lighter textured products with a matte finish and to choose a hypoallergenic product if you have sensitive skin.

Awareness regarding acne-friendly makeup has even brought about the development of special products that dry out acne in the form of makeup that unifies the skin's pigmentation, which is especially suitable for acne.



It is important to remember that makeup is not healthy when left on the skin for extended periods of time, so makeup should be removed before bed so that none of the product remains on the face. Additionally, it is also recommended to remove makeup before physical exertion or any other activity that will cause the skin to sweat because the combination of sweat and makeup will clog the pores. Try to use a minimal amount of makeup—spot treating when necessary or applying only one layer, since using a large quantity of product will clog your pores as well.

## Acne Myths

Are you suffering from acne but don't know how to treat it? Do you dream of having clear, smooth skin but don't know how to get rid of the acne that has taken over your face? Don't worry! With all the treatments available today, you can eliminate any type of acne.

Acne is a type of inflammation that develops inside your body's sebaceous glands, which contain oils and react to the body's hormonal activity (this is very common during adolescence but can occur at any age). Acne occurs when the oily sebum inside the sebaceous glands becomes overactive and bursts out of the skin's pores. If the area is dirty and the sebum cannot escape, the familiar acne pimple is created.

The pimple may become worse and blacken when it oxidizes after being exposed to the air, or if the pore is sealed, a white lesion may form on the resulting wound.

Acne that worsens and becomes infected may become a pustule when the flow of sebum becomes blocked and bacteria proliferate inside the pore.

Some effective ways to treat acne include cleansing the area with soap, softening with peeling, deep cleansing, applying salicylic acid or infrared treatment.

A licensed cosmetician who specializes in acne treatments can perform all of these methods.

### **Does Sweating Make Acne Worse? How Can I Avoid This?**

Many people believe that acne can be caused by sweat—a fact that is not true and misleads people, causing them to avoid partaking in sports or exposing themselves to the sun in order to prevent sweating.

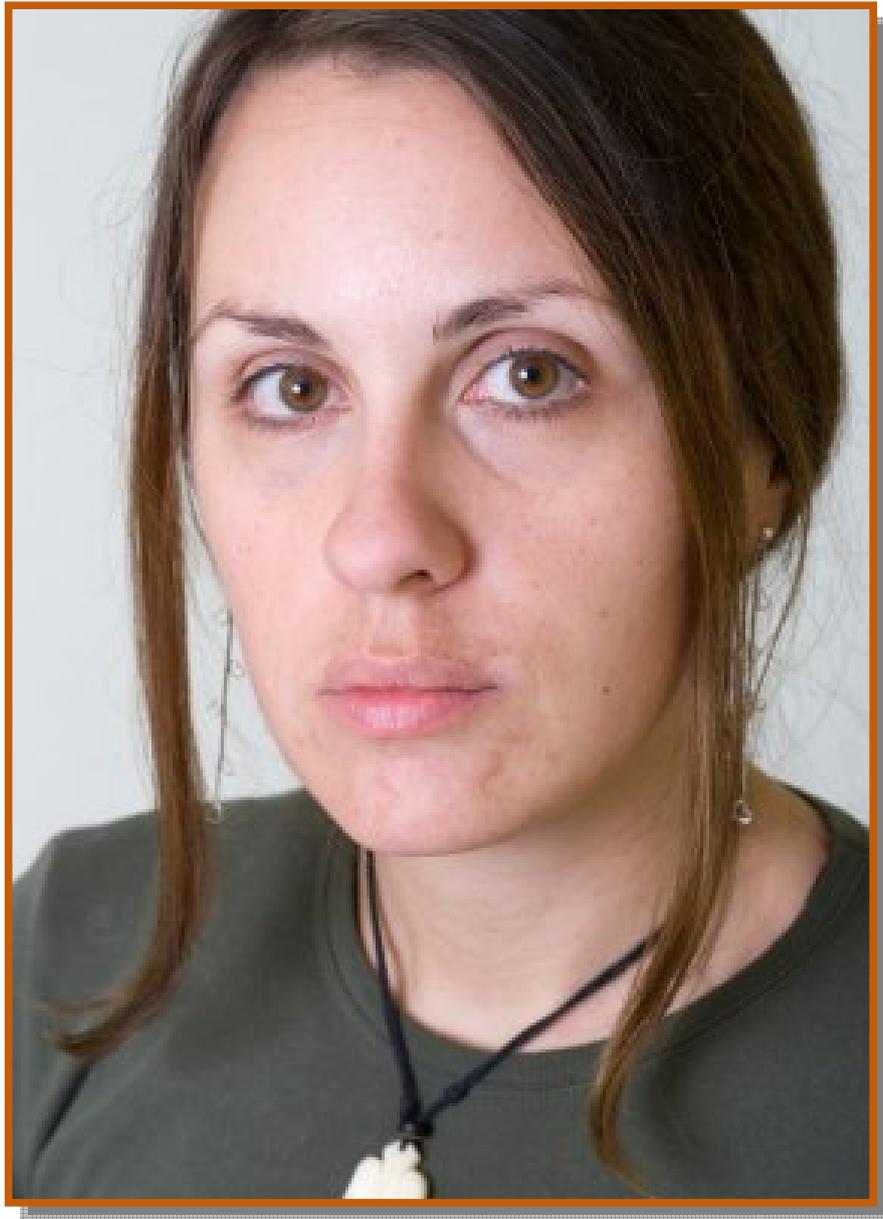
The main causes of acne are:

- Poor nutrition
- An unhealthy lifestyle
- Not taking care of your skin
- Ill-suited synthetic clothing
- Genetics

It is essential to know what is causing the acne and correct the situation in order to stop it from forming.

### **How Can I Maintain a Healthy Lifestyle that Will Prevent Acne Long-Term?**

There are a number of ways to attain the type of lifestyle in which sweating will not affect the appearance of acne on your skin or the other factors that may affect its occurrence:



- Don't wear makeup when working out—the sweat combined with the makeup blocks the skin's pores, exacerbating the acne on the face and other parts of the body.
- Apply sunscreen before exposure to sunlight (dry skin can eventually cause skin problems and blemishes).
- Wear suitable clothing—if you suffer from acne on parts of your body, such as the shoulders or back, it is recommended that you avoid wearing clothes made of lycra (primarily synthetic clothing), especially during exercise, since these fabrics cause moisture and sweating problems that block your skin's pores.

## Do You Suffer From Acne? You May Have Found a Solution!

As we have mentioned, we do not know the exact reason for why certain people suffer from acne and others do not. It is well known that acne tends to be genetic. There are a few factors that have been found to be related to the emergence of acne:

- Hormonal activity, such as during menstruation
- Emotional stress
- Dairy consumption, due to the hormones in the cow's body at the time of milking
- Accumulation of dead cells on the skin's surface
- Irritating or scratching the skin, which may lead to inflammation

### Acne: The Treatment

When treating acne, it is essential to take into account all of the potential factors contributing to the emergence of the acne and attempt to neutralize them: hormonal instability, excessive excretion of oil by the sebaceous glands and dead skin cells than lead to inflammation and bacteria in the pores. There are many acne products available on the market but many of them have not been clinically proven to be effective. Usually, the right combination of products yields the best results. Some of these treatments cause side effects, so it is wise to consult with a dermatologist and exercise caution when using them.

### A Recognized, Successful Method for Women: Anti-Acne Pills

Oftentimes in women, the skin's appearance improves when taking birth control pills. Sometimes women begin taking these pills for other reasons, such as preventing unwanted pregnancies, but birth control pills are often used to treat acne.

Before a woman begins her period, the amount of male hormones in the body rises. These hormones are responsible for the production of excess oil on the skin. Certain birth control pills may reduce the amount of male hormones that are produced, thereby reducing the acne breakouts. They work especially well when used in combination with other treatments such as antibacterial preparations or tretinoin (Retin-A) that are applied to the skin.

Although an effective method for controlling acne, using birth control pills can have side effects such as nausea, headaches and swelling of the breasts and slight weight gain in some women.

Is taking anti-acne pills right for you? There are risks involved in taking pills, and these risks must be considered before making any decision. These include: increased risk of heart attacks, strokes, blood clots and breast cancer. In addition, melasma (dark skin spots) and depression may occur. These may all be too high a price to pay in exchange for acne-free skin. Of course, if you are already considering taking birth control pills for the purpose of preventing unwanted pregnancies, it may be worthwhile to view it as an acne treatment option, alone or combined with other treatments.

## **Treating Acne with Roaccutane Pills and the Resulting Problems**

### **Roaccutane Pills and their Connection to Acne Treatment**

Acne is a well-known problem from which many people suffer at some point in their lives.

Acne is an inflammation of the skin caused by blocked pores when the body goes through hormonal changes. The sebaceous glands produce an excess of oil, which cannot emerge through the blocked pores and then cause a pimple to form.

There are many treatments for acne and it is recommended to examine the options before using Roaccutane pills, which act very strongly against the inflammation and infections that are caused by the acne.

Roaccutane pills contain a vitamin-A based substance that reduces the activity of the sebaceous glands, thereby preventing the appearance of pimples.

### **Are there Side Effects When Taking Roaccutane?**

Roaccutane is an effective and safe way of treating acne and has been clinically proven to be 90% effective, but along with the desired treatment, there are a number of problems that occur when taking these extremely strong pills:

- Extremely dry skin on the face and body
- Bloody noses
- Muscle cramps
- Bodily weakness
- Weak and damaged hair
- Weak, brittle fingernails
- Digestive problems
- Vomiting
- Intense headaches
- Impaired vision (in rare cases)

Because of the various problems that may occur while taking Roaccutane, it is important to consult with a physician before you start taking the pills, perform the necessary blood tests and follow-up with a dermatologist throughout the entire treatment.

### **Should One Begin Treatment with Roaccutane?**

Roaccutane is a very strong medication that, although effective, is accompanied by intense side effects and risks.

Doctors today tend to avoid prescribing medication except for in extreme cases when it is absolutely necessary. Today, there are many natural remedies that can be offered by a licensed cosmetician which offer the same results as Roaccutane but in a natural, safer way without any side effects.

Some of the treatments available include peeling, infrared treatment, using acne creams or other preparations and more.

Oftentimes these treatments offered by a cosmetician yield faster and better lasting results than Roaccutane, which carry many risks and have harmful, lasting side effects.

Many people, especially teenagers, want to eliminate their bothersome and unflattering acne as quickly as possible and therefore seek out the simplest, quickest solution. It is important, however, to weigh the risks and not rush into taking medication like Roaccutane that can harm your body and its daily functioning. It is worthwhile to investigate other options and try them out under the supervision of a doctor or licensed cosmetician.

## Facial Cleaning: Don't Neglect Your Face-It Too Requires Thorough Cleaning

Most women visit a cosmetician for hair removal, manicure and pedicure or eyebrow shaping. Most women do not go for the purpose of cleaning their face.

The skin on your face is determined by hereditary genetic factors, but the way we take care of our face is a different issue that is entirely up to us. It is preferable to thoroughly clean your face twice a day. Enriching your skin with moisture and protection from the sun is a recipe for healthy, youthful skin.

Whether you wear makeup during the day or not, it is important to wash your face for a number of reasons:

- To remove dirt found all around you, such as dust, sand, soot, etc.
- To remove residues of cosmetic products (especially makeup)
- To remove skin secretions, such as sweat, oil and bacteria

At home, be sure to wash your face at least twice a day. Each person has his own skin type: oily skin, dry skin or combination skin. It is recommended to avoid using regular soap for washing your face. The pH of regular soap can cause dryness and irritation of the skin. Moreover, it is recommended to consult with a cosmetician regarding which products are suitable for you, and to visit your cosmetician at least once every six months.

### Facial Cleaning By a Cosmetician: Pro or Con?

There is an opinion that believes that having your face cleaned by a cosmetician causes long-term damage and short-term blemishes. There are girls, especially those with pimples, who had their faces cleaned and suffered from even worse blemishes, but the reason for this is not because of the treatment but rather because of incompetent cosmeticians.

The most important thing when beginning facial treatment is to make sure to visit a medical cosmetologist who is able to check for sensitivities before the treatment and before cleaning your face.

### What Happens During the Treatment?

The cosmetician will examine your skin type, what products are suitable for you and, most importantly, the cosmetician will check for any allergies or sensitivities you may have before beginning any treatment.

Having your face cleaned by a cosmetician combines all the skin treatments that you need—cleansing, disinfecting, restoring and renewing, along with a special treatment that relaxes the body and improves the functioning of its various systems.



During the treatment itself: First, the cosmetician will wash the dirt off the face. After that, she will perform a peeling treatment and use soap. After that, she will remove open and closed pimples after prepping the skin by covering it with little relaxing sachets. Of course, the utmost care is taken to avoid any pain and to perform the treatment sterilely. Near the end of the treatment, a relaxing product is applied and the face is washed off with water.

#### **Products used During Facial Cleaning**

The products that the medical cosmetologist uses are all based on natural oils and medicinal herbs that ensure a healthy, rich treatment for the skin without unnecessary chemicals. It is important to note that certain treatments, such as deep peeling, should only be performed by a highly experienced medical cosmetologist who can offer the best treatment for your skin without the risk of medical negligence.

## **Choosing Health: Conclusion**

In severe cases of highly acute acne, conventional medicine will suggest treatment with Roaccutane. Many people are not aware of the great risks involved in taking Roaccutane. In this book, we have attempted to shed some light on the phenomenon of acne and about the various methods to eliminate the blemishes. We hope that after reading the material in this book, the reader will understand the inherent dangers of taking Roaccutane. Acne is an undoubtedly uncomfortable issue, but there are healthy ways of treating it.

**At the Mor Clinic Institute, we say “No to Roaccutane” and choose health!**

Anti-acne treatments at the Mor Clinic Institute: Feel free to contact us to set up a consultation for an effective, professional and healthy acne treatment.

