

Achieve Clear Skin For Life

What You Need to Know About Acne Cause and Treatment Part II

Available Types of Treatment (By Prescription)

1. Antibiotic (Oral)

Several studies indicate that antibiotics, such as tetracycline, erythromycin, and clindamycin can help to reduce acne-causing bacteria when used in conjunction with topical Retin-A treatment. However, antibiotics should only be used as a last resort as they can produce some adverse long-term health problems such as chronic yeast infections and stomach problems. In addition, acne-causing bacteria can become immune to antibiotics if taken for prolonged period of time. According to an article in the *American Journal of Clinical Dermatology* (2001, volume 2, issue 3, pages 135-141) "The main cause for concern following the use of systemic antibiotics is the emergence of antibiotic-resistant strains of *P. acnes*." "At a time when there is a global concern that antibiotic resistance rates in common bacteria pathogens may threaten our future ability to control bacteria infections, practices which promote the spread of antibiotic-resistance bacteria must be fully justified." Similarly a paper presented at the General Meeting of the American Society for Microbiology in May 2001 stated that "antibiotic treatment in patients with severe acne causes development of antibiotic resistance...The prevalence of antibiotic resistance to tetracycline, erythromycin, clindamycin, and trimethoprim-sulphamethoxazole was found after two to six months. When patients with acne are treated with antibiotics, the risk of development of antibiotic resistance should be realized. The use of antibiotics to treat acne should be restricted and other regimens should be tested."

2. Hormone Therapy (Oral)

This method of treatment is available for women only. The FDA has approved low dosage birth-control pills, Ortho Tri-Cyclen and generic norgestimate/ethinyl estrodial, for use in the treatment of acne. It appears that low dosage birth control pills can decrease the presence of excess androgen which can be highest just before the onset of menstruation., thereby decreasing sebum production that causes breakouts.

However, like any drugs, low dosage birth control pills can result in estrogen-related side effects like nausea, headaches, breast tenderness and weight gain. There are also chances for health risks such as heart attack, strokes, blood clots, breast cancer, vaginal bleeding. A side effect on the skin can be increased melasma (dark brown skin patches).

Besides low dosage birth control pills, a testosterone-blocking drug, spironolactone, is also frequently prescribed for acne treatment. However, the results are controversial.

3. Tretinoin (Topical)

Tretinoin is a form of Vitamin A. Products that contain tretinoin include Retin-A, Renova, Avita and Retin-A Micro. Tretinoin changes the way the skin cells are formed in the layers of skin as well as in the pore. Tretinoin can transform cell production by improving skin shedding and unclogging pores. Tretinoin are however, not able to kill acne-causing bacteria. So it must be used together with antibacterial agents for best results. One of the major drawbacks of tretinoin is the irritation it can cause. It also makes the skin more vulnerable to sun damage.

4. Accutane (Oral)

Accutane (isotretinoin) is a drug derived from vitamin A. It works by stopping the sebum production in your sebaceous glands and literally shrinks these glands to the size of a baby's. This prevents the sebum from clogging the hair follicle. Normal resumes when treatment is completed and the sebaceous glands slowly begin to grow larger again, but rarely as large as they were before the treatment.

Dosage and treatment duration depend on the severity of the patient's acne. Generally they last 16 weeks. If a second treatment is necessary, an 8-week rest period is required between treatments.

The most serious side effect associated with Accutane is that it can cause severe birth defects in babies born to women who took Accutane while pregnant. Other side effects include dry skin and lips, dry nose (even leading to nosebleeds), dry eyes, lower back pain (30% of the patients), joint pain (16.5% of the patients), headaches, nausea, depression, severe stomach pain, blurred vision, bowel problems, increase in cholesterol levels, and skin yellowing.

Conventional Acne Treatment Cosmetics

Most acne treatment products in the market contain harsh, drying ingredients that do more harm than good to the skin. Remember, acne skin must be treated gently as it is in an imbalanced, fragile state. So-called 'deep cleansing', scrubs and 'spot-drying' products will only add more stress and aggravation to acne skin. Commonly-used acne treatment ingredients such as alcohol, peppermint, and eucalyptus are highly irritating to the skin. They are supposed to exert antibacterial properties. However, when the skin becomes weakened through irritation, it is even more prone to bacterial attacks.

Examples of commonly-used harsh ingredients:

Alcohol, menthol, camphor, eucalyptus, peppermint, myristic acid, palmitic acid, sodium laureth sulfate, sodium lauryl sulfate

. . . Vitasence Wholistic Acne Treatment Approach . . .

At Vitasence, we do not use any of the harsh, irritating ingredients listed above. We take into consideration all acne-causing factors and address them in a wholistic manner. Rather than just killing bacterial alone, our acne treatment products help the skin regains its healthy equilibrium and strengthens the skin natural defense mechanism against bacterial proliferation. In that sense, it boosts the skin's inherent capacity to 'fight its own battle". As acne skin tends to have impaired healing capacity, Vitasence products include synergistic combinations of biodynamic herbal actives that aid the skin to heal from acne scars and marks.

Vitasence Products To Recommend For Acne Condition:



1. Cleansing Mousse with Amino Acid

Rationale: Cleansing Mousse with Amino Acid is a mild and gentle cleanser that will not stripped the skin of its moisture. It cleanses thoroughly without irritating the skin.

2. Revitalising Tonic

Rationale: Revitalising Tonic contains multiple flower acids(BHAs) which can penetrate clogged pores for exfoliation and pore clarifying actions. It also helps to stimulate cell renewal and lightens acne marks and scars.



3. Cell Renewal Serum

Rationale: Acne skin is prone to oil clogs and poor cell renewal capability. Cell Renewal Serum contains microencapsulated BHAs which help to penetrate clogged pores for exfoliation and prevent build-up of excess cell debris(which contributes to clogged pores). In addition, it helps to keep the skin's cell renewal rate at a healthy level. Kojic acid and the mixed fruit and flower acids also help to lighten acne marks and scars and refine the appearance of pores.



4. Pore Clarifying Essence

Rationale: Pore Clarifying Essence contains biodynamic herbal actives that help to soften and dissolve away comedones. It helps to regulate sebum production, reduce inflammation and inhibit bacterial proliferation. It has been our bestseller for years!





5. Acne Detox Serum

Rationale: Helps to reduce inflammation and acne-related skin irritation. Promotes the skin's natural healing ability and defense mechanism. Inhibits bacterial growth.