



## **What is Acne?**

Acne is a skin disorder resulting from the action of hormones and other substances on the skin's oil glands (sebaceous glands) and hair follicles. Skin pores become blocked resulting in outbreaks of lesions known as zits or pimples. Acne usually occurs on the face, neck, back, shoulders and chest. Normally acne not a serious health problem, severe acne can result in permanent scarring.

## **How does Acne develop?**

Doctors describe acne as a disease of the pilosebaceous units (PSUs). Found over most of the body, PSUs consist of a sebaceous gland connected to the canal (a follicle) that contains a fine hair. Sebaceous glands produce an oily sebum that normally empties onto the skins surface and blocks the pores.

## **What causes Acne?**

The exact causes of acne are unknown however doctors believe it results from several factors. Which are as follows:

- Increase in hormones called androgens (male sex hormones)
- Hormonal changes related to pregnancy.
- Genetics or heredity
- Greasy cosmetics (clog the pores)
- Sweaty sports equipment such as a sports helmet
- Pollution and humidity
- Stress
- Hard scrubbing of the skin

## **Acne Myths?**

Greasy foods are often blamed for acne but there is little evidence to link this to acne in most people. Another common myth is that dirty skin causes acne however acne lesions and blackheads are not caused by dirt. Stress does not cause acne, however research suggests that for people who have acne stress makes it worse.

## **Who can get Acne?**

People of all ages and races get acne though it is most common in young adults. An estimated 80% of all people between the ages of 11 and 30 have acne outbreaks at some point. For most, acne will stop by the time they reach their thirties.

### **What treatment is available for Acne?**

Acne is often treated by dermatologists (skin doctors specialists) Many prescription or over the counter medicines are available for Acne however we believe at the Joshua Skin Care Center that our Doctor's Anti Acne Solution is "second to none" and encourage you to give it a try.

### **Why is the Anti Acne solution available in a "more concentrated" bottle and also in a roll on tube?**

In order for the roll on tube to work correctly a gelling agent has been added therefore diluting the Anti Acne solution slightly. We recommend that for convenience you use the roll on tube "out and about" and in your home or work place use the larger bottle of the Joshua Solution.

### **What can I do to reduce the frequency of an Acne outbreak?**

Avoid handling the skin unnecessarily. Clean your skin with a mild cleanser once in the morning and evening and after exercise. (Using strong soaps and scrubbing the skin hard can increase the severity of the acne.) Use oil free cosmetics. After washing using Doctor's Anti Acne Solution can help significantly. It contains vitamins A and C which unplug existing comedones and dries out the area to prevent acne from forming.

### **How do I know that the Doctors Cold Sore Solution will work to reduce my outbreaks?**

You do not, however we have had extremely good results with our Anti Acne solutions over the past 25 years. Please see our testimonials pages for further information. If your symptoms are not significantly reduced you can return the product for a complete refund within 60 days.

**Our products are not tested on animals.**

*Joshua Skin Care Center: Phone (800) 992 0125 / Fax (602) 956 1561  
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