

Underlying Causes Of Acne Breakouts And How To Deal With It

Description

A compliment on appearance pleases anybody, and when we say appearance, the role of our skin is indispensable. The “beauty attributes”™ including radiance, glow, softness, suppleness, and youthfulness are achievable if our skin is healthy and well-nourished. An overt sign seen on the face like acne or comedones relates to poor skin health. Acne is amongst the commonest of skin problems. But that doesn’t™ mean you can accept it or you can never get rid of it. Clearing off acne is very much possible with skin-nourishing nutrient supplements. However, it is necessary to understand what it is and what causes it to know how to deal with it.

What is Acne?

Normally skin cells are replenished once in 30 days. If they aren’t™ replenished at the right time, old and worn-out cells dominate causing skin health disturbances. Acne is a [skin problem](#) that pops up when skin pores or hair follicles are clogged with unshed dead skin cells and excess sebum. Sebum, an oily secretion, is a natural moisturizer for our skin. It is also responsible for making our skin pliable and protecting it from harmful microbes. A deficit of sebum can make the skin flaky, dry and red, while its excess can trigger acne. Sebum secretion is influenced by:

- Androgenic hormones like testosterone. Higher the testosterone levels, the more will be the sebum production.
- Endocrinal disorders affecting glands like pituitary, adrenal, ovaries or testicles. This causes an imbalance in testosterone production.
- Intake of oral contraceptives or other substances like vitamin A derivatives (especially isotretinoin) can fluctuate sex hormone levels.

What causes Acne?

Skin health is influenced by environmental and lifestyle-related factors like nutrition, exercise, personal habits, stress, and pollution. Our hormones, especially the sex hormones like testosterone throw a major impact on our skin health. The onset and severity of acne are decided by the cell’s™ in-built capacity to cope up with the damage provoked by a clogged pore or follicle. The cell’s™ ability to repair itself relies on its nourishment.

What type of Acne is yours?

Our skin has several pores which aid in its perspiration. It is normal for these pores to hold dead skin cells until they are shed. But when excess sebum mixes with these dead skin cells, it can invite bacteria named propionibacterium acnes. Pores clogged with debris, excess sebum and this bacteria show up

as acne. A [bump or blemish](#) appears on the soft and smooth skin. Our skin considers this clogged pore as an injury, and to tackle this, it gets swollen and inflamed. Inflammation is a natural process to promote healing. Acne can be inflammatory or non-inflammatory in nature.

Non-inflammatory Acne

Non-inflammatory acne lesions are called comedones. These can take the form of either blackheads or whiteheads, depending upon whether the pore they clog is open or closed. These are touch-sensitive, non-scarring, and relatively less painful compared to inflammatory acne. Blackhead is a small comedo, almost like a flat dot with a dark-pigmented center. The pore remains open, that's why the color darkens. On the other hand, if a pore becomes completely blocked, it will bulge from within without an opening. This creates a closed comedo or whitehead. Whiteheads are flesh-colored, small bumps with an outer circle and an inner white center.

Inflammatory Acne

Inflammatory acne can take up the form of pustules, papules, cysts, and nodules.

A Papule is a bump that is felt beneath the skin. It shows up when comedones irritate the surrounding skin. Papules have an inflamed or pinkish-red appearance.

Pustule: If the clogged follicle gets infected with the acne bacteria, it is likely to be inflamed. Our skin's natural defense or the immunity-rendering cells fight the bacteria, and in this process, there can be secretions like pus. Hence the pustule or the actual pimple appears as a small red bump with a white center. Pustules are larger than whiteheads. Based on the level of inflammation, pustules can be mild or moderate with varying degrees of swelling and redness.

Nodules: These are painful bumps sited deep under the skin surface. These are papules that are hard, and relatively bigger devoid of a defined center. Nodules arise when the irritation caused by the clogged pore damages the nearby skin cells. Hence an attempt to extract these painful nodules, without proper professional guidance, can leave a permanent scar. These are a kind of acne that is medium to high in severity.

Cyst: These represent the most severe form of acne. Their location beneath the skin is even deeper compared to a nodule. These are huge, painful bumps that are filled with pus. Their appearance may vary from white to red.

Coping with acne isn't a big deal anymore as proper vitamin and mineral supplementation can help in balancing sebum production. A balanced sebum secretion helps to maintain healthy skin. Discussed below are some of those skin-friendly nutrients that help.

Still, nutrition and supplements are only one part of the solution; persistent or inflammatory acne often requires a tailored medical approach. A dermatologist can evaluate skin type, recommend appropriate topical or oral therapies, and suggest in-office procedures such as light- or laser-based treatments, chemical peels, or microneedling to reduce lesions and minimize scarring. Many patients find value in clinics that combine medical dermatology with aesthetic procedures, for example [Best Med Spa in Spokane Valley](#), where individualized plans are created to address both underlying causes and visible symptoms. Combining professional care with targeted nutrients gives the best chance for durable

improvement.

Skin-friendly Nutrients or Skin-nourishments that Help

Food and its components influence our skin health. Our skin cells are constructed with the nutrition derived from the foods that we consume. The list of skin-friendly nutrients is pretty long with inclusions like vitamin A, B-complex, C, D, E, K, and minerals like iron, selenium, and zinc. Experts have mentioned in <https://www.patchmd.com/supplements-for-acne.html> that when we eat a balanced diet it helps to get healthy skin. A balanced diet comprises a lot of fruits, veggies, and plenty of fluids. But in case of challenges like acne, we will have to make sure that there is a perennial supply of healing nutrients. In such special needs, supplements can help us in coping with the extra demand.

Apart from diet, there are other ways to keep our skin acne-free. Our skin cells are alive, so every day they should get their share of nutrients. Insufficiency in the amount of skin-rejuvenating and healing nutrients can worsen acne. But thanks to the advancements in skincare which offers easy means of replenishing our skin with its essential nutrients. Different innovative ways of nourishing the acne-prone skin with all its essential nutrients are introduced.

Acne is an undesirable bump on the skin which has its origin from within. A well-nourished skin can heal itself better. Supply your skin the desirable nourishment so that the undesirable bumps fade away. The desire to look beautiful and youthful is complete only with a healthy you from within!

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