

BY KIM BELL



S.P. **ON** .T

Pimples and breakouts are not just a teen thing...

It always happens, doesn't it? That big meeting, your school reunion, running into your ex-boyfriend – and there it is, large as life and pulsating on your face. And you thought you would have grown out of breakouts by now. Surely pimples and blackheads belong back in your teenage years?

The truth of the matter is, no – breakouts and flare-ups can happen at any age or stage. In fact, adult acne is on the rise. The American Academy of Dermatology (AAD) reports that 25% of women between the ages of 40 and 49 have acne. Hormonal changes that come with aging have been cited as one of the main causes.

The good news, reports Eucerin dermatologists, is that blemished skin can look beautiful and healthy again. The bad news is that this doesn't happen overnight. The more severe the problem, the longer and more intensive treatment needs to be.

The important thing to know is that, first, pimples can happen to anybody and everybody, and second, don't get discouraged about the state of your skin. Acne occurs when your skin becomes sensitive to normal levels of male hormones, which can happen in your teenage or adult years, reports the British Skin Foundation. As your body is constantly changing, so your hormones fluctuate, which in turn affects the condition of your skin. Factors that can contribute to breakouts and flare-ups include a change in sleeping patterns, certain types of contraceptive pills, or lifestyle factors such as smoking and stress, among others.

WHY WE GET PIMPLES

According to the experts at Dermafix, several factors drive oil, or sebum, production. One of the biggest is the male hormone androgen, which is why acne seems to present more severely in males. The composition of the sebum itself may also play a role, as those with acne tend to have higher levels of squalene and wax esters, with lower levels of free fatty acids.

Therapy

There are two types of medicinal therapy, say the Eucerin dermatologists. These are prescribed according to the degree of severity of the acne.

Local therapy: This generally includes the use of vitamin A derivatives and benzoyl peroxide drugs. However, this can dry out the skin. Local antibiotics can be used, such as tetracycline (this does tend to increase UV sensitivity) or erythromycin. However, these can cause bacterial resistance.

Systemic therapy: For severe therapy-resistant acne, treatment with antibiotics or isotretinoin may be necessary. "For women, contraceptives containing oestrogen and anti-androgen-effective progestogens may be prescribed."



Your body will
be around a lot
longer than that
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84%

THE NUMBER OF WOMEN WHO FEEL THAT LARGE PORES AND SHINY SKIN CAN MAKE IT HARD TO ACHIEVE A FLAWLESS-LOOKING COMPLEXION. RESEARCH SHOWS THAT LARGE PORES ARE LINKED TO EXCESS SEBUM LEVELS, WHICH RESULT IN A SHINY COMPLEXION. – SOURCE: NEUTROGENA

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THE NUMBER OF PEOPLE 11 TO 30 YEARS OLD AFFECTED BY ACNE.
 – SOURCE: THE INTERNATIONAL DERMAL INSTITUTE

KEY FACTORS RESPONSIBLE:

- Ex cess sebum production
- Cl ogging of the pore opening
- Incr eased bacteria proliferation
- Infl ammation

DO YOU HAVE ACNE?

The American Academy of Dermatology (ADD) reveals that we tend to think of acne as just pimples. However, a person with acne can have any of the following blemishes:

- Blackheads (oil, dead skin cells and bacteria block pores; if the blocked pore stays open, it results in blackheads)
- Whiteheads (if the blocked pore closes up, it's a whitehead)
- Papules (larger pimples that are hard to the touch)
- Pustules (much like papules, but are filled with a yellowish, liquid pus that makes them look a bit like a blister)
- Cysts (deeper pimples that are very painful and inflamed, containing pus)
- Nodules (deeper pimples that are painful, inflamed and hard).

Blackheads and whiteheads are relatively easy to treat with over-the-counter skin products, as are some papules and pustules. However, if the papules and pustules are not responding to treatment, consult a dermatologist. Cysts and nodules will require medical intervention. Acne is not limited to the facial area, and can appear on the back, chest, neck, shoulders, upper arms and buttocks.

SIGNS AND SYMPTOMS

Acne can result in more than just physical blemishes, reports the ADD. Research reveals that those with acne or severe breakouts can have:

- Low self-esteem: Many teens and adults suffering from acne say the condition makes them feel self-conscious about themselves.
- Depression: Studies have found that teens who believe they have “bad” acne were more likely to have suicidal thoughts.
- Dark spots: These can appear once the blemishes have healed and can take months or years to lighten or disappear.
- Scars: Those who get severe acne with cysts and nodules may end up with scars. The ADD suggests that if your child gets acne early (between the ages of eight and 12), or if someone in your family had acne cysts and nodules, you should see a dermatologist. Treatment before the more severe acne occurs can prevent scarring.

{ ACNE GRADING }

GRADE I: MILD

Non-inflammatory

Non-scarring acne with open and closed blackheads (comedones) only

GRADE II: MODERATE

Inflammatory and non-inflammatory

Non-scarring acne with open and closed blackheads, and some papules and pustules

GRADE III: SEVERE

Inflammatory and non-inflammatory

Non-scarring acne with open and closed blackheads, and extensive papules and pustules

GRADE IV: VERY SEVERE

Scarring acne and non-inflammatory acne with open and closed blackheads, papules, pustules, nodules and cysts.

Source: Derafix

Reasons for adult acne

The ADD says acne can be particularly frustrating for adults, as what worked for you as a teen may now be useless, or make your blemishes worse. Some adults will continue to get breakouts well into their 40s and even 50s. And, it is possible to get acne for the first time as an adult – common in women undergoing menopause. Here are some of the common causes in adults:

- 1. Fluctuating hormones:** A hormonal imbalance can result in breakouts. This is most common:
 - Around the time of your period;
 - During pregnancy, peri-menopause and menopause; and
 - After discontinuing (or starting) birth-control pills.
- 2. Stress:** Researchers have discovered a relationship between stress and flare-ups. In response to stress, our body tends to produce more androgens, which stimulate the oil glands and hair follicles in the skin, leading to breakouts. This is one of the reasons why, when we are under consistent stress, the breakouts seem to be more regular.
- 3. Family history:** Dermatologists have found that some people may have a genetic predisposition to acne. If a blood relative, such as a parent, brother or sister, had acne, you are more likely to get adult acne.
- 4. The products you use:** If you are prone to breakouts and acne, make sure you read the labels on your skin and hair products, as this can be the trigger. Ideally, your product, including your moisturiser, cleanser and even your sun lotion, should contain the words non-comedogenic, non-acnegenic, oil-free or “won’t clog pores”.



Reduce your breakouts

The AAD recommends that you:

- 1. Wash twice a day and after sweating.** Perspiration (particularly when wearing a hat, cap or helmet) can increase breakouts, so try to wash your skin as soon as possible.
- 2. Use your clean fingertips to apply your cleanser.** A facecloth, sponge or anything else can cause irritation.
- 3. Be gentle.** Aim for skincare products that are alcohol-free and don’t use anything that will irritate your skin.
- 4. Avoid scrubbing.** This can make your acne worse.
- 5. Rinse, using lukewarm water.**
- 6. Shampoo regularly** – if you have oily hair, shampoo daily.
- 7. Let your skin heal naturally.** Avoid the temptation to pick, pop or squeeze your skin, as this takes longer to heal, and you increase the risk of acne scarring.
- 8. Don’t touch your face.** Touching your skin throughout the day can exacerbate flare-ups.
- 9. Avoid direct sunlight.** Tanning not only damages your skin, but some of your acne treatments and products may make you more sensitive to ultraviolet (UV) light.



- Rejuvenation Packages
- Wrinkles
- Pores
- Acne scarring
- Pigmentation
- Laser Face Lift
- Volume loss
- Eye Bags / Circles
- Double Chin
- Sagging Jowls
- Medical Consultation
- Botox
- Pearl Laser
- Chemical peels
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{ DID YOU KNOW? }

PERHAPS IT IS THE CHANGE IN WEATHER, COUPLED WITH DRY AEROPLANE AIR, THE STRESS OR SIMPLY A CHANGE IN ROUTINE, BUT TRAVEL CAN RESULT IN BREAKOUTS

BEAUTY REPORT

EXFOLIATE REGULARLY

Exfoliation will keep your skin healthy and can calm your breakouts, as this keeps the pores clean. But how do you know what is best for you?

Enzymatic exfoliation: Enzymes derived from papaya and pineapple can be used to exfoliate skin. These are ideal for sensitive or reactive skin, as they dissolve dead skin and have the least chance of irritation.

Physical/manual exfoliation: Scrubs that use beads, particles and other abrasive agents to manually remove the build-up of dead cells can be used. However, if you are in the middle of an active breakout, suffer with rosacea or have sensitive skin, avoid these types of exfoliation.

Chemical exfoliation: This uses acids to remove debris from the surface of your skin and deep within the pores themselves. Beta-hydroxy acids (such as salicylic acid) loosen the bonds that hold the dead cells together, while alpha-hydroxy acids (such as glycolic acid) not only clear the pores, but have anti-aging properties too.

{ FAST FACT }

YOUR DIET PLAYS AN IMPORTANT ROLE IN YOUR SKIN. IF YOU EAT TOO QUICKLY, IT MAY STRESS YOUR SMALL INTESTINE, RESULTING IN FOREHEAD BREAKOUTS. UPPER-FACE PIMPLES MAY BE RELATED TO TOXINS AS WELL, SO RATHER EAT CLEAN, WHOLE, FRESH FOODS. LOWER-FACE PIMPLES ARE GENERALLY LINKED TO HORMONAL CHANGES AND STRESS BREAKOUTS.

WASHES AND CLEANSERS



SKNLogic SKNcleanse Gel: This gel cleanser with grapefruit extract lifts impurities without damaging the natural balance of the skin. Grapefruit extract also assists with skin discolouration and improves the appearance of oily skin. The product contains soothing cucumber extract, is rich in vitamin C (antioxidant), and has citric acid for skin renewal and anti-aging properties.



Neutrogena Visibly Clear Pore & Shine Daily Wash: It contains tangerine and lime to visibly mattify the skin and unclog pores.



[Comfort Zone] Active Pureness Cleansing Gel: This product cleanses skin with impurities and a tendency for excessive sebum production. It contains delicate surfactants, sebustop and propolis to provide an effective astringent action, rebalance the skin, and protect from further infection and free-radical damage.



SkinCeuticals Blemish & Age Cleansing Gel: Specifically designed for aging skin prone to breakouts, the LHA cleansing gel features glycolic acid and two forms of salicylic acid to address imperfections.

EXFOLIATORS AND SCRUBS



Neutrogena Visibly Clear Pore & Shine Daily Scrub: A combination of tangerine and lime, exfoliating micro-beads and salicylic acid helps to cleanse deep-down, unclog pores and mattify skin.



Almay Blemish Clear Exfoliating Wash: The hypoallergenic, oil-free formula helps to clear blemishes and prevent future breakouts. "Blemishclear technology" with salicylic acids absorbs excess oil, to control shine, while aloe and chamomile soothe the skin, to reduce redness.



Revlon Pure Skin Gentle Exfoliating Scrub: Specially formulated with naturally derived cleansing beads to gently lift dull and dead skin cells, it contains a unique combination of vitamin E, jojoba and botanical extracts.



skinPhD Gentle AHA Exfoliator: The concentrated exfoliator serum contains a blend of blackcurrant extract and natural fruit acids to slough away dull, dead skin cells. It contains special moisturisers to boost the skin's natural moisture content.

{ DID YOU KNOW? }

ACNE IS BECOMING MORE PREVALENT IN CHILDREN SEVEN TO 12 YEARS OLD. BY MID-TEENS, MORE THAN 40% OF ADOLESCENTS HAVE ACNE OR ACNE SCARRING. – SOURCE: THE INTERNATIONAL DERMAL INSTITUTE



- Rejuvenation Packages
- Cellulite
- Ageing Skin
- Body Shaping
- Resistant Fat
- Stretch Marks
- Unwanted Hair
- Unwanted Veins
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TONERS



SkinCeuticals Blemish + Age Solution: Specially formulated for aging skin prone to imperfections, it contains three exfoliating agents to remove excess residue and surface cells. It can be used for priming skin prior to professional skincare treatments.



Eucerin Dermo Purifyer: The facial toner contains 2% lactic acid and has an antimicrobial and comedolytic effect. It opens clogged pores without drying out the skin and removes excess sebum, thereby preventing the formation of new blemishes.



Almay Clear Complexion 2-in-1 Cleanser & Toner: It contains "Blemishclear technology" and salicylic acid to eliminate blemishes. The oil-free formula helps to absorb excess oil to control shine.



Placecol Clarifying Toner for Oily/Problem Skin: The toner is specifically formulated to reduce oil production on the skin, with potent antibacterial properties to assist in clearing problem skin.

{ FAST FACT }

RECENT STUDIES HAVE FOUND THAT BETWEEN 40% AND 50% OF ADULTS EXPERIENCE ACNE AT SOME POINT, INCLUDING CELEBRITIES SUCH AS OUR COVER MODEL, KEIRA KNIGHTLEY, VICTORIA BECKHAM, CAMERON DIAZ, EMMA STONE, BRITNEY SPEARS AND KATE MOSS.

MOISTURISERS



BioNike Acteen Hydramat Cream: This is for the treatment of oily and impure skin. It helps to reduce oil production, while preventing blackhead and whitehead formation. It also contains hydroxyethyl urea, a moisturising agent, giving the skin a mattifying effect.



Placecol Light Moisture Care Oily/Problem Skin: It contains emollients, plant extracts and humectants to moisturise and condition the skin. It also contains natural polyphenols that lead to a long-lasting reduction in oiliness and shine.



Cetaphil DermaControl SPF 30: Clinically proven to manage oily and acne-prone skin, this moisturiser helps to soothe redness and dryness, and controls shine. It may soothe the drying effect of some prescription acne treatments. It is lightweight and non-greasy.



Dermologica Oil Control Lotion: The hydrating, oil-free option contains microspheres to absorb oil on the skin's surface and maintain an all-day matte finish. The active sebum-regulating complex helps to control oil production, while enantia chlorantha bark extract helps to reduce oily shine.

TREATMENTS



LaMelle Clarity Active Control: This product contains ingredients that are as effective as topical antibiotics in reducing the severity of problematic skin. A combination of growth factors have been added to this super-serum to ensure accelerated healing of the skin lesions, while a combination of hydrating ingredients supports your skin's barrier function and moisturisation.



Theravine Acnivine Mattifying Gel: This topical treatment gel consists of a combination of natural extracts to improve the overall appearance of oily and acne-prone skin, regardless of your age. It contains willowbark, hawthorn, spotted geranium and laminaria extract.



SKNLogic Clarify with Banana Extract: A skin-clarifying day or night treatment, it helps to clear skin, calm inflammation and prevent future breakouts. Banana extract soothes while treating blemishes and moisturising the skin; grapeseed oil slows the process of aging and prevents pores from clogging; witch-hazel extract locks in moisture and protects against cell damage; hydrolysed collagen balances the water content of the skin; and citric acid assists with skin renewal.



MD Prescriptives Acne Solutions Physician Strength: This treatment product from DermaFix contains niacinamide. Due to the formula, it can only be used on its own and not in combination with other products.



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SERUMS



Dermaquest Dermaclear Serum: This is a special acne treatment lotion to exfoliate dead skin cells and rejuvenate the surface of the skin.



Theravine Anti-Bac Sebuvine Serum: The quick-absorbing, light-textured treatment serum targets the removal of oil and improves the appearance of blemishes. It contains himanthalia hydroglycolic extract, tea tree, cysteine and vitamin C.



Optiphi Classic Clarity Serum: This skin-calming regulator provides sebum balance and calms irritated skin. It is best used as a treatment for affected zones, to soothe blemishes and acne-prone skin conditions.



Placecol Special Treatment Purifying Serum: This intensive clarifying serum contains a unique blend of natural ingredients, including arnica extract, cinnamon extract and tea tree oil, to address the difficulties associated with problem skin.

SPOT CORRECTORS



BioNike Defence Roll-on Focus: It is used for the prevention and reduction of dark spots, and to illuminate and even out the complexion.



Almay Clear Complexion Blemish Clear Spot Treatment: It is specially formulated to spread gently and evenly across the skin, to deliver the active ingredients that address blemishes and uneven skin tone.



Comfort Zone Active Pureness Corrector: This intensive treatment cream-gel targets blemishes and occasional imperfections. It contains sodium usnate, salicylic acid, propolis and bromelain.



Eucerin Even Brighter Spot Corrector: The product is clinically and dermatologically proven to reduce dark spots and uneven skin tone. It contains a high concentration of B-Resorcinol to decrease melanin production and fight hyperpigmentation, while being gentle enough for everyday use. ■

{ FAST FACT }

SMALL PIMPLES ALONG THE SIDE OF YOUR JAWLINE? PERHAPS YOU NEED TO CLEAN THE SCREEN OF YOUR CELLPHONE MORE REGULARLY. RESEARCH SHOWS THAT YOUR PHONE IS TO BLAME FOR THESE SMALL PIMPLES, USUALLY THE RESULT OF FRICTION PRESSURE. AND THE BACTERIA FROM YOUR PHONE GET EMBEDDED IN YOUR PORES.

YUCK!

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