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Acne

Acne is an inflammatory condition caused by increased oil (sebum) in the oil /hair glands of the skin and bacteria. Acne is common in teens due to hormonal changes. Acne treatment takes time- 1 month to see results.

Natural way Ways to combat/prevent acne:

- 1) Healthy diet: eat less processed carbohydrates/sweets (cakes, desserts, chips). Eat more whole grains (25% of plate) , vegetables, lean meats. Fried foods contain oil and highly processed grains (crunchy part) which may cause increased inflammation. Eat low glycemic index foods.
- 2) Vitamin E may help
- 3) Use an astringent: witch hazel to clear out pores of oil/close pores to bacteria
- 4) Tea tree oil (diluted) for spot treatment only
- 5) Control weight, if needed
- 6) Decrease stress.
- 7) Drink less milk : 3 servings/week. If you need to drink milk, whole milk may be better.

General skin care tips: Moisturize with a noncomedogenic moisturizer after washing face. Use Dove Soap daily. Avoid scrubs as they irritate skin/ cause redness. Clay masks can help reduce oil. General sun protection is always advised for healthy skin.

For those who wish to use prescription techniques:

Retin A to prevent plugging pores

Benzoyl peroxide to kill bacteria

If not enough, can add topical antibiotics: clindamycin lotion/erythromycin

You may need oral medication if you have painful nodules/back acne: doxycycline: but need sun protection.

Be patient, it will take at least one month to see results, either naturally or with medication.