

# Acne and treatment

## WHAT IS ACNE?

Acne is a disorder resulting from the action of hormones on the skin's oil glands (sebaceous glands), which leads to plugged pores and outbreaks of lesions commonly called pimples/acne.

## WHAT CAUSES ACNE?

Acne occurs when the pores on your skin become blocked with oil, dead skin, or bacteria. Each pore on your skin is the opening to a follicle. The follicle is made up of a hair and a sebaceous (oil) gland. Acne can be caused by one or more problems in this lubrication process.

## ACNE TYPES —

You may hear the term 'breakout' used to describe all forms of acne, but this is not

always an accurate description.

Identifying which type of acne you are experiencing is key to successful treatment. Acne may be non-inflammatory or inflammatory. Subtypes of acne within these two categories include:

blackheads  
whiteheads  
papules  
pustules  
nodules  
cysts

It is possible to have multiple types of acne at once; some cases may even be severe enough to warrant a visit to the dermatologist.

## TREATMENT OF ACNE —

Treatment for acne depends on how severe it is. It can take several months before acne symptoms improve.

### MILD ACNE (BLACK-HEADS/WHITEHEADS)

Local antibiotics or gels prescribed by dermatologist will improve the breakouts.

### MODERATE ACNE (PAPULES/PUSTULES)

You must see a dermatologist and follow the advice. Here with medication of local and systemic we also advise the basic range of cosmo-dermatogolical procedures, like micro derma abrasion, chemical peeling etc.

### SEVERE ACNE (NONFUEL, CYST)

This category is the modular acne, cystic acne; therefore long term systemic

treatment is required.

Hence these type of acne leads to leave pitted scars on the face. So cosmo-dermatological treatments are also needed (e.g. meso therapy, chemical peel, laser, or combination treatments).

## ADVICE

Although acne treatment is mandatory, skin hygiene is also important:

Cleaning with proper face wash/ soap

Toner to clean the debris

Moisture with oil free lotion

Sunscreen to protect the skin from skin sensitivity

By Dr Sharmina Huq

Consultant dermatologist, VLCC Health Care (Bangladesh) Limited.



**MEGA OFFER**  
PRICE  
৳ 999/-

Try It To Believe It

No Appetite Suppressants

No Crash Diets

No Artificial food Supplements

No Side Effects

# VLCC

**NOW LOSE 2KGS  
IN 15 DAYS ONLY\***

Offer valid till 31st August, 2017  
\*T&C apply | Results may vary from person to person.

**0% INTEREST ON EMI**


**VLCC HEALTH CARE (BANGLADESH) PVT. LTD.**

Dhanmondi Center: Nahar Green Summit | House No. 43, Road No. 27 (Old), 16 (New) | Dhanmondi | Dhaka  
Ph: 9137476-77-78, 01789 595812

Gulshan Center: RM Center | House No. 101 (4th Floor, above Agora) Gulshan Avenue | Gulshan-2 | Dhaka  
Ph: 9895580-81-82, 01789 595813

[www.vlccwellness.com](http://www.vlccwellness.com), [www.facebook.com/VLCCHealthcare](https://www.facebook.com/VLCCHealthcare)

BANGLADESH | KENYA | DUBAI | OMAN | BAHRAIN | QATAR | KUWAIT | MALAYSIA | SRILANKA | NEPAL | INDIA



**Sandalina** মানেই বিশ্বের সেরা  
Sandal Wood Extract এর সর্বোচ্চ নিশ্চয়তা...



# স্যান্ডালিনা

## সোপ

স্যান্ডালিনা স্যান্ডাল সোপ এখন স্যান্ডাল এন্ড ময়েচারাইজার সমৃদ্ধ

নতুন রূপে খাঁটি চন্দন ও গার্ডেন ফ্রেশ গোলাপের সুগন্ধে স্যান্ডাল এন্ড রোজ



রূপচর্চায় আদ্রিজাত্য...

Like us on [f /Sandalina](https://www.facebook.com/Sandalina)