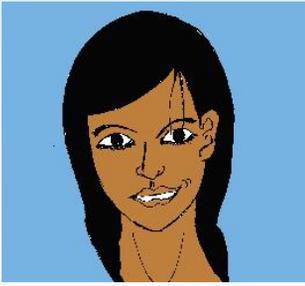


GOOD IN MY SKIN

1- What is Acne?



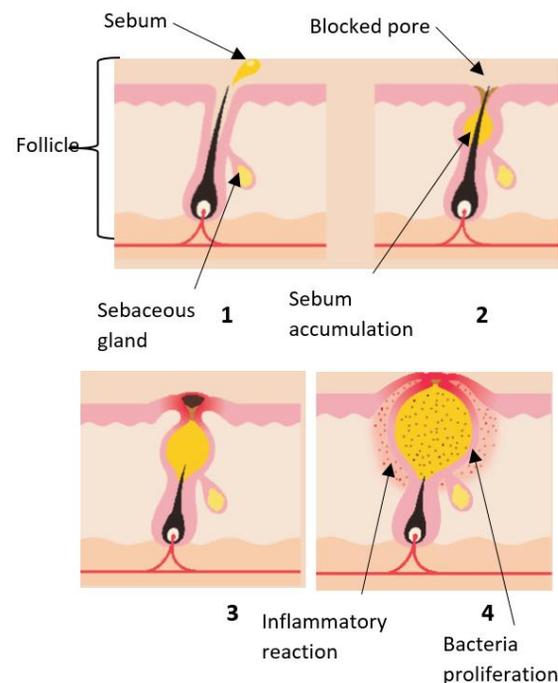
Acne affects everyone on the planet; in very similar proportions regardless their skin, colour, diet, lifestyle or hygiene. It is the consequence of a well known biological process.

2- Who and When?

Acne appears at puberty. It affect mostly everyone to various degrees : between 12 to 16 years old and more frequently boys than girls. We can classify it in three categories: “mild”, “moderate «or “severe”. For 15-20% of teenagers, acne is moderate or severe. In general, it disappears or decrease when we reach the adulthood. However, in around 5 % people with the disease acne persists until 40 or 50 years, especially in women.

Some families are more likely to have acne than others, and especially severe acne. It is what we call “hereditary susceptibility”. Children whose parents have had severe acne are therefore more likely to have it too.

3-Why?



1. Acne has internal biological causes lead by hormones.
2. Acne is link to sebum, a fatty liquid that protect the skin. Sebum is produced by the sebaceous glands located in the follicle (a hair is found in each follicle). The sebum production increases during adolescence that's why sometimes the skin looks shiny. Normally sebum flows out the follicle, but sometimes the follicle aperture (the pore) is blocked by dead cells of the skin. Doing so they create a black spot (black head). Then the sebum accumulate inside the follicle.
3. An Inflammatory reaction create a pustule around the black head, causing swelling, redness, pain, soreness and heat reactions.
4. A bacteria naturally present in the follicle multiplies, increasing inflammatory reaction.



Stress and tobacco enhance acne.

What consequences for my skin?



What you do when you have acne determine the evolution of the spots. If the acne is not or not well treated, it will leave scars or dark stains, it's not a fatality.

You can find all the advices in “How to limit my acne”

Stains left by acne spots not well treated



Fun facts:

Around 20% of the newborn have rashes that looks like acne. They disappear around 3 months.

The people of Kitava Island in Papua New Guinea (near Australia) and those from the Aché tribes in Paraguay (south of America) do not have acne.

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