Acne is a common skin condition that occurs most often in teenagers and young adults, but can be present into adulthood.

**CAUSES:**
Acne blemishes occur when oil ducts below the skin get clogged due to:
- Hormonal changes during adolescence
- Changes in hormone levels before the menstrual cycle
- Use of certain heavy lotions or oily makeup
- Stress
- Nutritional supplements that contain iodine
- Some anticonvulsant medications and lithium

**SELF-CARE FOR ACNE:**
Keep your skin clean. Wash your skin twice a day with a mild soap. Use a clean cloth every time, and gently work the soap into your skin. Rinse well. Do not scrub. Wash after you exercise or sweat. An over-the-counter cream, liquid, or gel that contains benzoyl peroxide may help, although overuse may cause irritation. Don’t spend too much time in the sun. Use only oil-free and water-based makeup, creams, or lotions. Don’t squeeze, scratch, or pop pimples, as this can lead to infection and scarring.

**Interesting Note:** Eating oily foods does NOT cause acne!