

Comprehensive Guide to Acne Treatments

Severe acne torments a great number of men and women. If you are one of them, there are many available treatment options, some of which might surprise you. If you have been thinking about researching various treatment choices but just have not made the time to educate yourself, the following list of treatments will help guide you in your search for what might be successful for your acne problem.

- * Birth control pills are used by many women to treat their acne. Some women have acne problems from excess androgens in their system. In order to lessen their effects, certain available birth control pills either reduce the androgen level in the bloodstream, block androgens from reaching cellular receptors, or completely prevent androgen formation.
- * Topical therapies have been very popular and are an easy way to combat a bothersome acne problem. As you simply rub them on, they are easy to use, and are readily available in stores, online, or from television advertisements.
- * Antibiotic treatments are warranted for people who have severe blemishes resulting from closely clustered pimples. This method is a long term treatment option. Types of antibiotics include, but are not limited to: Minocycline, Tetracycline, Doxycycline, Bactrim, and Erythromycin.
- * Topical antibiotic treatments are also successful and are a rung above standard topicals. Two examples would be Sodium sulfacetamide or Clindamycin.
- * Sulfur helps inhibit Propionibacterium acne growth and unclogs pores. It can be found as a solo-ingredient in both a prescription and an over-the-counter product.
- * Prescription medications containing Azelaic Acid work well for treatment of acne. The naturally-occurring dicarboxylic acid, Azelaic Acid, is found in grains like rye and wheat.
- * Injectable steroids may be successful for the treatment of stray acne cysts. Triamcinolone, or Kenalog is the best steroid solution used for this type of application. This can be a great quick fix for small acne problems but it cannot be used to treat a widespread acne problem.
- * Finally, Benzoyl Peroxide is a tried and true way of treating acne. It has acute bacteria-killing properties.