

Who Gets Acne?

From a medical standpoint, one who gets acne has a combination of factors working in concert. Two or more factors can cause a condition based on the anatomy and physiology of the skin itself to promote an inflammatory response that we call acne.

The factors of getting acne include:

Increased oil - either production by the sebaceous glands or added (in makeup etc.)

Retention Keratosis - skin cells that are not shed properly and plug sebaceous ducts

Trapped bacteria under the skin's surface - normally present and harmless as they are on the surface.

Genetics can play a part in getting acne because our genetic blueprint does influence thickness of skin, oily tendencies of the skin and basic hormone responses. However, just because your parents or other family members have acne, it does not necessarily mean that you will too.

Getting acne usually occurs in the teenage years may even appear a few days after birth. But, this is more often related to increased activity in the hormone processes within the skin and generally disappears relatively quickly. People can also develop adult acne, which in most cases is caused by hormonal changes. Although there are many different causes of acne, the same basic factors of plugging an oil gland occur in the development of the inflammatory process that causes breakouts.