

# Lifestyle Choices that affect Acne



Below are some lifestyle choices that can have an impact on your skin and your journey toward clear skin.

## ✓ REST & STRESS

Stress stimulates the adrenal gland which promotes oil production that can lead to clogged pores in the acne-prone individual.

## ✓ FABRIC SOFTENER & DETERGENT

Fabric softeners leave a waxy residue that can clog pores for some people. Detergent fragrance can cause skin irritation.

## ✓ PILLOWCASES

It is good practice to change your pillowcases often. Oil and other products (such as hair care) can leave build up and contribute to clogged pores.

## ✓ SUN EXPOSURE AND ACNE

Although sun exposure causes desirable scaling and drying, it also damages the follicle, exacerbates dark spots, and causes skin cancer and premature aging. Always wear sunscreen, even if it's overcast and/or raining.

## ✓ BEWARE OF HAND LOTIONS

If you are using a pore-clogging (comedogenic) hand lotion then leaning your face on your hands or sleeping on your hands, this could exacerbate your acne.

## ✓ RESIST PICKING OR SQUEEZING

Rub ice on pustules and pimples for a couple of minutes, twice a day. If you pick, squeeze, and break the skin, that scab will leave a red or dark mark that will be there for months longer than if you left it alone.

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## ✓ BIRTH CONTROL AND HORMONE REPLACEMENT

Forms of birth control that contain low doses of estrogen can be higher in androgen hormones, and that combination may aggravate acne-prone skin. Certain forms of birth control are FDA approved to treat acne. Please speak with your doctor about the birth control method that will be best for you.

Progesterone hormone replacements may exacerbate acne. If you have Polycystic Ovarian Syndrome, it can cause hormonal changes and breakouts.

## ✓ PRESCRIPTION DRUGS

Prescription drugs that may exacerbate acne include some topical and oral steroids, anticonvulsants, thyroid medications, fertility drugs, Isoniazid, Imuran, Danazol, Gonadotrophin, Cyclosporin, Disulfiram, and drugs that treat ADD/ADHD.

If you are taking oral Isotretinoin consult your Acne Expert for guidance on how long you must wait after discontinuing use prior to starting treatments and active products.

## ✓ RECREATIONAL DRUGS

Recreational drugs that may exacerbate acne include marijuana, cocaine, and amphetamines (speed).



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