

## Acne – How can we treat it?

Acne is a significant, troubling skin condition representing the single most common reason behind office visits to the dermatologist. Acne affects 80% of the human population with almost no person passing through adolescence without experiencing some form of a blemish or pimple. While some physicians see the disease as merely a cosmetic condition, acne is a disease that can alter a person's physical and psychological life. Most individuals develop acne during their adolescent years, a critical time when self-image and confidence are being formulated. Acne can devastate one's self-confidence, leading to isolation and even depression. Unfortunately, acne often goes untreated, without even a referral to the local dermatologist. Left untreated, acne can be quite painful and ultimately cause extensive skin damage, resulting in debilitating scar formations.

### What is Acne?

Acne is an inflammatory skin condition affecting the sebaceous follicles – follicles containing oil-producing sebaceous glands. Each follicle contains a small, vellus hair and a sebaceous gland. Acne is most common on the face, neck, shoulders, upper back, and chest where there is a high concentration of sebaceous follicles. Symptoms of acne include blackheads, whiteheads, red spots, nodules, and cysts.

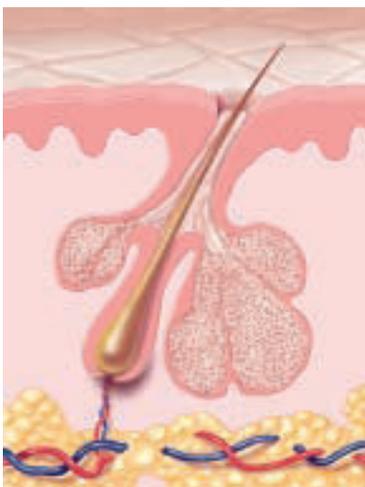


Figure 1- Normal Sebaceous Follicle  
(note larger glandular lobes and small hair)



Figure 2- Acne in Sebaceous Follicle

## **Causes of Acne**

Acne is clearly linked to natural hormonal increases during puberty. These hormonal increases are believed to cause an increase in the size and sebum output of the sebaceous glands in the follicles. As the skin sheds dead cells, a process called keratinization occurs, blocking the opening of the follicle. As oil production increases, the pore becomes plugged. Bacteria (*Propionibacterium acnes* – P.acnes) thrive on the sebum in the plugged follicle and multiply (See Figure 2). This condition makes itself manifest in the formation of a small pimple. If the pore stays open, it leads to the formation of a blackhead, because the exposure to air oxidizes the sebum. If the pore closes, a whitehead forms. As the P.acnes multiply, the follicle can rupture, leading to severe inflammation and the formation of deep cysts.

## **Treatment Options**

BioVital MedSpa is offering a combination of Cleansing Facials and Laser therapy. Depending on each individual's condition, our therapists will recommend either the Cleansing Facials, the Laser therapy or a combination of both.

## **Acne Facials**

BioVital MedSpa has developed a specially designed facial for active acne. It involves the use of our Phyto 5 product line specifically made for blemished and acne skin. These are all natural skin products made in Switzerland, which contain avocado oil, jojoba oil, grape seed oil, eucalyptus oil, and a variety of essential minerals. Part of the facial involves massage that will help flush out your lymph system which will clear out congestion under the skin and can help with hormonal breakouts by circulating the blood better. It is recommended to come in for a facial once a month but our therapists may recommend more frequent treatments for a more severe acne condition.

## **Laser Treatment - A New Approach to Acne**

As discussed earlier, three factors are required for the formation of acne: an increase in sebum production, a blocking of the follicle, caused by keratinization and the subsequent proliferation of bacteria.

The laser is designed to target acne's root cause, the overactive

function of the sebaceous gland. In order to have the most significant impact on acne, the sebaceous gland and follicle are being targeted using laser. The thermal effect on both the upper dermis and the sebaceous gland generate a lower production of sebum as well as an antibacterial effect. Depending on each patient's condition, BioVital's Medical team will recommend an appropriate number of laser sessions.