

**Mayo Clinic Medical Edge**

**O01 Take Action Against Acne**

Intro: Remember this? You're all excited about a high school dance and the day of the event you wake up with a giant zit. Acne happens to everyone at some point or another, and it can be a huge source of embarrassment and stress for many teens.

Doctors at Mayo Clinic have tips on how to best prevent and treat teenage acne.

**Video**

**Audio**

<b>TRT 2:15</b>	
<b>Vivien Williams</b>	No matter how much you wash your face or apply anti-acne ointment, breakouts still happen.
<b>Dawn Davis, M.D. Mayo Clinic Dermatologist</b>	"Some people argue that acne is not a medical disease but, rather, a developmental condition because everyone gets acne."
<b>Voice of Vivien Williams</b>	That's the tough truth of youth. The medical term is acne vulgaris, and Mayo Clinic Dr. Dawn Davis says there are four main factors that cause it. Over growth of skin, clogged pores, oil production and bacteria, called propionibacterium, or p-acnes.
<b>Dawn Davis, M.D. Mayo Clinic Dermatologist</b>	"The bacteria grow on our skin all the time, but then once we get one of the other components of acne, which is oil production, the p. acnes has a food source and then it can grow and multiply easier."
<b>Voice of Vivien Williams</b>	Your immune system fights back causing redness. Plus you can get whiteheads and blackheads, which many think are plugs of dirt stuck in pores.
<b>Dawn Davis, M.D. Mayo Clinic Dermatologist</b>	"People assume it's due to chocolate or to pizza or to dirt, and a lot of parents encourage their teenagers to scrub their face harder or the teenager thinks they should scrub their face harder to get out the dirt. But actually, what happens is an oxidization reaction between the oil and the bacteria and their byproducts. The

	<p>pore is simply congested with bacteria, oil and bacterial waste. And when this oil gets exposed to the oxygen in the air, it turns brown.</p> <p>So I always tell my patients this is not dirt. It is not chocolate. It's not from pizza. It's simply biology of your skin.”</p>
<b>Voice of Vivien Williams</b>	<p>So how do you prevent and get rid of acne? Dr. Davis says start with using your hands to gently wash your face with a mild soap and water. For milder cases, try over the counter products that contain salicylic acid or benzyl peroxide. If that doesn't work, Dr. Davis recommends seeing your primary care doctor who can prescribe stronger medication such as antibiotics and acid products. If acne persists or is severe, dermatologists are there to help.</p>
<b>Dawn Davis, M.D. Mayo Clinic Dermatologist</b>	<p>Dermatologists use isotretinoin for very severe acne.</p>
<b>Voice of Vivien Williams</b>	<p>As you can see here, treatment can work. It does take time; your skin has many layers and it takes about three months to turn over. But with diligence and the right products, most teens can end up with clearer skin. For Mayo Clinic News Network, I'm Vivien Williams.</p>

Anchor tag:

Dr. Davis says it takes time to treat acne. That's because our skin is made up of many layers that shed, and it takes about three months for skin to completely turn over. She also says some people with severe acne may experience pitting or scarring of the skin. She says in that case talk to a dermatologist to find out options for treating those issues.

For more information, visit our website at ... [STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.MayoClinic.org> or voice tag "MayoClinic.org" for more information.]