

the Acne Education Sheet

In this issue:
Birth Control for Acne

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Birth control pills are widely used today as a means to control acne, but most pills have the potential to worsen it.

As a general rule of thumb, women who are acne-prone should avoid any birth control that contains a type of progesterone with moderate-to-high androgenic activity and/or contains less than 0.035 mg of estrogen.

Birth control that will not exacerbate your acne:

- Any pill containing the following types of progesterone (when paired with at least 0.035 mg of estrogen): norethindrone, norethindrone acetate, ethynodiol diacetate, desogestrel, norgestimate: **Ortho Tricyclen, Estrostep**
- Any pill containing the progesterone drospirenone: **Yasmin/Yaz/BeYaz**
- Nuva Ring** (hormone "neutral")
- ParaGuard** (hormone "neutral")

Birth control that will exacerbate your acne:

- Any pill containing the following types of progesterone (when paired with less than 0.035 mg of estrogen): norethindrone, norethindrone acetate, ethynodiol diacetate, desogestrel, norgestimate: **Loestrin/LoMedia/Ortho Tricyclen Lo**
- Any pill containing the progesterone norgestrel: **Ovral/Lo Ovral**
- Any pill containing the progesterone levonorgestrel: **Seasonale/Seasonique/Lybrel/Alesse**
- Mirena or Skyla ring** (IUD coated with progesterone; levonorgestrel)
- Depoprovera shot** (progesterone injection)

The above is just a basic guideline that should be used to initiate a conversation between you and your physician, but only your doctor can determine which form of birth control is right for you.

If you are considering starting birth control pills solely as a way to control your acne, please speak with us at POREspective Acne Control about how we can get you clear without the use of oral products.