

In this issue:
Lifestyle Choices that Affect Acne

This publication is brought to you by POREspective® Acne Control | www.porespective.com

Lifestyle Choices that Affect Acne

Picking and Squeezing

If you pick, squeeze and break the skin, that scab will leave a red mark that will be there for months, making your skin look much worse than if you left it alone. Instead, spot treat whiteheads and rub ice on underground pimples for a couple of minutes, twice a day. Try to catch them when they are first forming and they most likely will go away.

Laundry

Use fragrance-free detergents and avoid fabric softeners and dryer sheets, because the residue gets on your pillowcases, towels, and clothing, transfers to your skin and clogs the pores. To stop static cling in your dryer, purchase anti-static balls.

Pillowcases double as a sponge for your skin products, sweat, and hair products, so every 2 days, flip it over, turn it inside out and change it, giving the old one a much-needed wash 2-3x per week.

Cell Phones

Pressing your cheek and chin against screens exacerbates pimple-producing oils. Regularly clean your screen with rubbing alcohol or invest in a hands-free device for cheek-free conversations.

Sun Exposure

Sun exposure causes red spots from old acne lesions to darken and long-term pigmentation. You will be using a non-pore-clogging sunscreen every day--not just to protect your skin from the sun, but to keep your skin hydrated to keep your skin from getting dry from acne products.

Birth Control and Hormones

Avoid low-estrogen birth control pills, which are higher in androgen hormones and make acne-prone skin worse. Norplant, Depo-Provera shots, and the Mirena cause breakouts by increasing progesterone. Polycystic Ovarian Syndrome (PCOS) breakouts are caused by high testosterone, which can be controlled with Aldactone (spironolactone).

Swimming Pools and Hot Tubs

Swimming pool disinfectants contain Iodides and Chlorine, which can remain in the water, causing acne flare-ups for frequent swimmers. The same goes for bromides in hot tubs. Be sure to wash off the disinfectants as soon as possible so they don't remain on the skin and cause breakouts.

Water Softeners

Water softeners can inflame acne, especially those containing high amounts of potassium chloride.

Sweating and Exercise

Leaving sweat on the skin is similar to bacon fat hardening in a frying pan, which traps bacteria in the pores and causes breakouts. The rule for washing is morning and night, and a third time after sweating (within 15 minutes). In a pinch, you can use Toner Pads to remove sweat until there is time to shower.