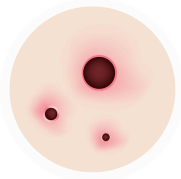


WHAT IS ACNE & THE STAGES OF ACNE

TYPES OF ACNE AND HOW THEY PRESENT

Acne isn't just one thing—it appears in different forms, affects different areas, and can have multiple underlying causes. Understanding these differences is key to treating it effectively.

TYPES OF ACNE



Blackheads

Blackheads (Comedones)

- First sign of changing skin, common in oily areas (T-zone).
- Form when oil and dead skin clog a pore.
- Dark color is due to oxidation, not dirt.

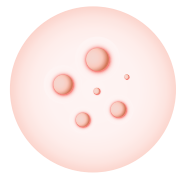
Can turn into other acne types if not managed.



Papules

Papules

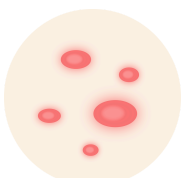
- Small, red, inflamed bumps without a whitehead.
- Develop when clogged pores become irritated.
- Often caused by bacteria (*C. acnes*).



Pustules

Pustules

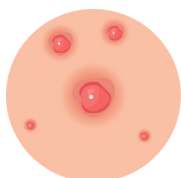
- Similar to papules but have a white or yellow pus-filled centre.
- Form due to inflammation and bacterial growth.



Nodular

Blind Pimples (Nodules) & Deep Acne

- Hard, painful lumps deep under the skin that never surface.
- Linked to hormones, stress, and conditions like Poly Cystic Ovary Syndrome.
- Common on the jawline, chin, and cheeks.
- Higher risk of scarring if picked or irritated.
- Requires internal treatment, not just skincare.



Cystic

Cystic Acne

- The most severe form of acne, often needing medical attention.
- Large, painful cysts deep under the skin.
- Can merge into larger inflamed areas.
- Often genetic and appears on the face, neck, chest, and back.
- Requires a mix of medical treatment, skincare, and lifestyle changes.

THE DEEPER CONNECTION: HORMONES, STRESS, AND INTERNAL HEALTH

All these types of acne can be linked to internal factors such as:

- Hormonal cycles & fluctuations (e.g., puberty, menstrual cycle, pregnancy, PCOS)
- Adrenal function & stress levels (stress hormones like cortisol can trigger breakouts)
- Liver function & detoxification (the liver helps process excess hormones that can contribute to acne)

Because these breakouts are often tied to deeper health issues, they take longer to correct and may require a holistic approach that includes skincare, medical treatments, and internal support like diet, stress management, and hormonal balance.

The good news? Acne is treatable, and with the right approach, your skin can heal.

STAGES OF ACNE



STAGE 1: MILD

- Minor pimples
- Blackhead / Whiteheads
- No Inflammation



STAGE 2: MODERATE

- Greater number of pimples
- Papules / Pustules
- Slight Inflammation



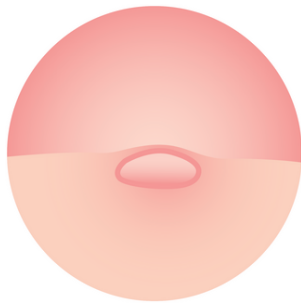
STAGE 3: SEVERE

- Severe number of pimples
- Severe Papules / Pustules
- Cystic Nodules present
- Inflammation

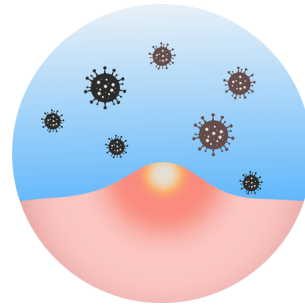
WHAT CAN CAUSE ACNE?



Hormones can cause oil glands to become overactive



Build up of dead skin cells block pores and prevent oil from escaping



Pores can become congested with bacteria and oil

WHAT CAN TRIGGER ACNE?



Diet



Bacteria



Hair Products



Physical Irritation



Cosmetics & Skincare



Friction & Pressure



Medication



Environment

Remember: scrubbing the skin too hard or cleansing with harsh soaps or chemicals irritates the skin and can make acne worse.

