

Female Adult Acne



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For a large number of females it takes place like alarm clock each month: cramps, swift changes in moods, and acne breakouts. Specialists realize that acne breakouts can be affected by hormonal fluctuations; however study on this topic has been rather minimal - until recently. It is confirmed that practically half of the women suffer from sudden **female adult acne** flare-ups nearly for a week before their period.

Hormonal Female Adult Acne

Traditionally accepted treatment, which involves topical retinoids and different antibiotics, very often seems to be useless with this very type of acne (hormonal female adult acne). Your doctor will be able to identify if your acne is hormonally-influenced by the following clues:

- You develop acne for the first time being an adult
- Acne breakouts during the last week before the period;
- A record of unbalanced menstrual cycles
- Your skin oiliness exceeds the norms;
- The growth of hair is too big and extraordinary spots are involved at that.
- Abnormal levels of some androgens in the blood stream

Acne provoked by hormonal influence starts at the age of 20-25, sometimes it is topical for teens and at times mature women may have it. These individuals typically feel skin lesions, particularly in the jaw line and chin area. Although some people may experience acne episodes on the back or chest area, the majority of acne prone individuals have spots particularly on the facial area. Female adult acne pimples are of three types: inflammatory papules, inflammatory nodules and comedones. But where is the reason for it?

Firstly occurring some time before age of puberty (close to the age of 9 or 10) the adrenals start to release specific androgenic hormone - dihydroepiandrosterone sulfate (DHEAS). Also at the breakout of puberty two more androgens, so called "male" hormones, dehydrotestosterone (DHT) and testosterone, begin to work in women's bodies. They all stimulate the sebaceous glands to produce more of the skin's natural oil, or sebum.

That is the reason for teenager's acne and oily skin. Boys suffer from "male" hormones more because they naturally have more of them. As we know the hormones in teenagers are in a permanent state of flux that is why it is very challenging to treat teen acne. However, first-line [acne treatment](#) options can provide the result. For example topical retinoids, benzoyl peroxide supported by an oral antibiotic can lead to a good result. During maturity period they can experience intense hormonal fluctuations - and become not responding to employing treatments. Programs of acne breakouts therapy may have to be modified more frequently with young adults to correspond to their hormonal shifts.

While some women may start developing their **female adult acne** starting only from their 20s or 30s, certain amount of them seem to never outgrow it, passing into adulthood with the same breakouts appearing the week before their period. You can ask why this happen. If a woman isn't taking any kind of hormonal pills to prevent pregnancy, the estrogen levels will be at the middle during a normal menstrual cycle, then it will be lower while nearing the period. The fact that the ovaries produce progesterone means that women sebaceous glands are stimulated after ovulation and the skin becomes oilier, which leads to female adult acne.

Some pregnant women are affected by hormonally caused female adult acne. During the third trimester, their sebaceous glands elevate oil production, causing frequent breakouts. Although after menopause the level of estrogen declines and testosterone turns out to be the main hormone, women can also experience female adult acne.

But do not expect that this kind of acne will disappear occasionally. Dermatologist will recommend you good [acne products](#) for all cases of female adult acne.

Featured Female Adult Acne Product

ClearPores

Featured in: [Acne Treatment](#)

ClearPores is designed to treat acne and clear your body skin so that you can feel good about yourself again. The perfect combination of three effective acne treatment products = results you want. This effective system is endorsed by doctors and recommended by customers. The herbal supplement treats acne at its roots, supported by the wash and the cream. It is in our view the best skin care solution.

Money Back Guarantee: To give clients ultimate confidence in the ClearPores, they have guaranteed its effectiveness for a full 6 months or your money back.

The ClearPores Acne System includes:

ClearPores Deep Facial Wash. The effective acne treatment ingredients unclog the pores and help your skin get rid of acne bacteria. Once the pores are free the wash goes deep inside the pores and fights the bacteria there.

ClearPores Herbal Supplement. The 100% natural ingredients work from the inside and fight the acne bacteria where it grows.

ClearPores Facial Protection Cream. After your pores are unclogged and you have clear skin the most important task is to keep it clean.

The ClearPores Skin Care System includes:

ClearPores Deep Body Wash. The unique combination of effective acne ingredients unclogs the pores on your body. Apply the Deep Wash to the affected skin and remove all debris and wash out the bacteria from your pores. The ClearPores Deep Body Wash is recommended for use in the morning and at night.

ClearPores Herbal Supplement. The 100% natural ingredients work from the inside and fight the acne bacteria where it grows. Active Ingredients: Dandelion Root, **Aloe Vera**, Yellow Dock, Echinacea purpurea, Burdock Root, Red Clover, Sarsaparilla Root, Licorice Root, Kelp, Cayenne, Tea Tree Oil.

ClearPores Body Protection Cream. The Protection Cream keeps your pores clear from the sweat and bacteria produced by your body and moisturizes it.

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