

it's who you are

iDIVA



A PRESENTATION FROM
THE TIMES OF INDIA

COMPLIMENTARY WITH TOI,
EVERY FORTNIGHT IN MUMBAI CITY

SATURDAY, 26 FEBRUARY, 2011



PHOTO: Vikram Bhatt

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your pores. Lastly, hormonal activity is also directly connected to acne. Oily skin and large pores are hotbeds for eruptions and subsequent bacterial activity. Hormones are a huge cause for acne problems, but it doesn't mean that every boy or girl hitting puberty will definitely suffer from acne. For girls, there are certain diseases like PCOD that cause hormonal imbalances and lead to acne. Teenagers being fussy appreciate quick solutions.

Are there any recommended preventive measures and solutions for people suffering from acne problems?

Firstly, you must wash your face with an appropriate facewash and not soap. This reduces oil as well as

acne-causing bacteria. If you have oily skin, use an astringent to clean the face. Be sure to check that the facewash also has a pH balance. You must always remember to clean makeup off your face to prevent clogging of the pores. Keep your face as dry as possible to prevent oil build-up. Also, it is helpful to keep in mind that gel-based products have a higher cohesive property than

cream based products and will protect your skin more. Choose products with ingredients like salicylic acid as they fight acne. Roll-on products provide easy application and they prevent you from touching acne-infected areas. Also, an exfoliating scrub helps take out dirt from the pores that would otherwise cause blackheads.

—Expert inputs by
Dr. Mohan Thomas,
cosmetologist

ACNE, BEGONE!

For generations, acne has been a constant troubling factor in the formative years of people everywhere; irrespective of gender, race and the like. iDiva helps you understand the problem and find ways to treat it better

What is acne?

In simple terms, acne is an eruption caused on the skin because of dirt and bacteria that come in the form of pimples, blackheads and whiteheads. Blackheads are formed when one has big pores and oily skin, and the sebum secreted by the sebaceous glands oxidises and becomes black, blocking the pores. The problem can vary in its degree of seriousness, but worsens if people burst or squeeze the pimples as it creates crater-like scar tissue and ages the skin prematurely. It also creates hyper-pigmented areas called post inflammatory pigmentation that are seen as dark spots, and are very common in darker-skinned individuals. Post inflammatory pigmentation is the protective reflex of the body that creates a dark area around a wound or any area of friction.

Why is it a common occurrence in the youth? What are the major causes of acne?

Some people have a natural predisposition to acne than others. It may be genetic; so if a parent has suffered from acne, it is likely that the child will too. The type of skin also matters, as does the size of

