

ACNE

Acne is the most common skin condition in the United States. Though common, accurate information about acne can be scarce. This can make it difficult to get clearer skin. The information on this site can help you understand acne and how to successfully treat it.

Why treat acne?

Myths about acne are as common as the skin problem.

One common myth is that you have to let acne run its course.

Dermatologists know that letting acne runs its course is not always the best advice.

Here's why:

- Without treatment, dark spots and permanent scars can appear on the skin as acne clears.
- Treating acne often boosts a person's self-esteem.
- Many effective treatments are available.

More women getting acne

Not just teens have acne. A growing number of women have acne in their 30s, 40s, 50s, and beyond. Dermatologists are not sure why this is happening. But dermatologists understand that adult acne can be particularly frustrating.

Source: [American Academy of Dermatology](#)