

## what is acne?

ACNE is a genetic disease that typically begins with the onset of puberty and is a dominant characteristic that most people have at some time in their life. Acne is not simply a teenage bane. Many adults, especially women, will manifest symptoms of acne throughout adulthood.

Aggravating factors such as stress, cosmetics and hormones often stimulate occurrences of acne. Acne is a condition in the hair follicle called RETEN-

TION HYPERKERATOSIS. This condition causes overproduction of the skin cells that line the hair follicle. As a result the body cannot remove cells fast enough to prevent impaction. These resulting cell impactions, coupled with hormonal changes, stimulate increased production of SEBUM or oil from nearby glands.

These naturally occurring oils cause cells to “gum-up” forming a hard seed-like impaction in the follicle called a COMEDO.

## what happens?

### acne phases

These Illustrations depict the two pathways of acne: non-inflammatory and inflammatory. Once in the inflammatory stage, the bodies natural healing process often results in permanent scarring.

### normal skin

#### healthy

#### normal follicle

Shown here is a healthy, functioning skin follicle.



#### phase 1

#### micro comedo

In this phase, dead skin cells build up and eventually close off the follicle to form the tiny impaction which will become a COMEDO.



### non-inflammatory acne

#### phase 2

#### closed comedo

#### open comedo

In this phase, the COMEDO begins to move toward the surface of the skin, eventually being expelled from the follicle.



### inflammatory acne

#### phase 3

#### papule

If the COMEDO is not expelled, the resulting irritation causes the pore to breakdown and rupture below the skin.



#### phase 4

#### pustule

In this phase, white blood cells rush to the ruptured follicle causing inflammation. This natural healing process often results in scarring.



“the rach clinical skin care regimen is specifically designed to get acne under control.”

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