The Essential Truth About Acne

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THE ESSENTIAL TRUTH ABOUT ACNE

By Kristina Valiani

ONE OF THE MOST worrisome and prevalent skin care problems many people suffer through at some point in their lives is some degree of acne—whether it's blackheads, whiteheads, papules, pustules or blemishes. According to the American Academy of Dermatology, approximately 85% of all people have acne at some point in their lives. This common disorder can range from mild to severe, can sometimes cause extensive scarring and usually occurs between the ages of 12–50.