Our body constantly makes and sheds skin. Normally, dead skin cells rise to the surface of the pore and just flake off our body. At puberty, hormones trigger the production of sebum - an oily substance that helps moisturize our skin.

Sebum sticks dead skin cells together, increasing their chances of becoming trapped inside a pore. Clogged pores become blackheads, whiteheads or pimples. If bacteria are also present, redness and swelling can occur resulting in the progression of the pimple into a cyst or nodule.

**Other names:** Acne Vulgaris; Blackheads; Breakouts; Cystic acne; Pimples; Whiteheads; Zits

Acne is a skin condition caused by dead skin cells sticking together and clogging up pores. Bacteria can play a role, too. A big trigger for the onset of acne is puberty.

Better nutrition and living standards have seen the age of puberty, especially in girls, decrease significantly over the past 40 years. It is now not uncommon for girls as young as 7 to develop acne. Acne is also affecting more adults later in life and doctors are not sure why. A growing number of women have acne in their 30s, 40s, 50s, and beyond

Medicines to use for acne are doxycycline

the case of a high fever or a fever that causes discomfort, your care provider may recommend nonprescription medication, such as acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin IB, others). Use these medications according to the label instructions or as recommended by your health care provider.

Paracetamol is good medicine for fever and body pain that helps relieve pain and fever. However, it is necessary to be cautious when taking paracetamol. Overdosing can cause kidney or liver damage. If you encounter any side effects after taking paracetamol, contact a doctor.