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"headline":"Things you can try if you have acne",

"description":"You can often treat acne with creams and gels bought from a pharmacy. If your
acne is severe, a GP may prescribe stronger medicines or antibiotics.",

"hasPart":[

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"headline": "",

"text": "<p>These self-help techniques may be useful:</p><ul><li>Do not wash affected areas
of skin more than twice a day. Frequent washing can irritate the skin and make symptoms
worse.</li><li>Wash the affected area with\\xa0a mild soap or cleanser and lukewarm water. Very
hot or cold water can make acne worse.</li><li>Do not try to \\\"clean out\\\" blackheads or squeeze
spots.\\xa0This can make them worse and cause permanent <a
href=\\\"https://api.nhs.uk/conditions/scars/\\\">scarring</a>.</li><li>Avoid using too much make-up
and cosmetics.</li><li>Avoid make-up, skincare and suncare products that are oil-based (sometimes
labelled \\\"comedogenic\\\" ). Use water-based non-comedogenic products, as they're less likely to block
the pores in your skin.</li><li>Completely remove make-up before going to bed.</li><li>If dry skin is
a problem, use a fragrance-free water-based <a
href=\\\"https://api.nhs.uk/conditions/emollients/\\\">emollient</a>.</li><li>Regular exercise cannot
improve your acne, but it can boost your mood and improve your self-esteem.\\xa0Shower as soon
as possible once you finish exercising as sweat can irritate your acne.</li><li>Wash your hair
regularly\\xa0and try to avoid letting\\xa0your hair fall across your face.</li></ul><p>Although acne
cannot be cured, it can be controlled with treatment.</p><p>If you develop <a
href=\\\"https://api.nhs.uk/conditions/acne/diagnosis/\\\">mild acne</a>, it\\'s a good idea to speak to
a pharmacist for advice.</p><p>Several creams, lotions and gels\\xa0for treating spots are available
to buy from pharmacies.</p><p>Products containing a low concentration of benzoyl peroxide may
be recommended, but be careful as this can bleach clothing.</p><p>If your acne is severe or appears
on your chest and back,\\xa0it may need to be treated with\\xa0<a
href=\\\"https://api.nhs.uk/conditions/antibiotics/\\\">antibiotics</a> or stronger creams that are
only\\xa0available on prescription.</p>"

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                "text": "<p>You can often treat acne with creams and gels bought from a pharmacy. If your acne is severe, a GP may prescribe stronger medicines or antibiotics.</p> ",

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months before they start to work.</p><p>It's important to be patient and persist with a recommended treatment, even if there's no immediate effect.</p>

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\\xa0small black or yellowish bumps that develop on the skin;</li><li>whiteheads\\xa0– have
a similar appearance to blackheads, but\\xa0may be firmer and will not empty when

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squeezed

- papules – small red bumps that may feel tender or sore
- pustules – similar to papules, but have a white tip in the centre, caused by a build-up of pus
- nodules – large hard lumps that build up beneath the surface of the skin and can be painful
- cysts – the most severe type of spot caused by acne; they're large pus-filled lumps that look similar to [boils](https://api.nhs.uk/conditions/boils/) and carry the greatest risk of causing permanent [scarring](https://api.nhs.uk/conditions/scars/)

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a similar appearance to blackheads, but\\xa0may be firmer and will not empty when
squeezed</li><li>papules –\\xa0small red bumps that may feel tender or sore</li><li>pustules –
\\xa0similar to papules, but have a white tip in the centre, caused by a build-up of
pus</li><li>nodules –\\xa0large hard lumps that build up beneath the surface of the skin and can
be\\xa0painful</li><li>cysts –\\xa0the most severe type of spot caused by acne; they\\'re large pus-
filled lumps that look similar to <a href=\\'https://api.nhs.uk/conditions/boils/\\'>boils</a>\\xa0and
carry the greatest risk of causing permanent <a
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of skin more than twice a day. Frequent washing can irritate the skin and make symptoms
worse.</li><li>Wash the affected area with\\xa0a mild soap or cleanser and lukewarm water. Very
hot or cold water can make acne worse.</li><li>Do not try to \\"clean out\\" blackheads or squeeze
spots.\\xa0This can make them worse and cause permanent <a
href=\\"https://api.nhs.uk/conditions/scars/\\">scarring</a>.</li><li>Avoid using too much make-up
and cosmetics.</li><li>Avoid make-up, skincare and suncare products that are oil-based (sometimes
labelled \\"comedogenic\\"). Use water-based non-comedogenic products, as they're less likely to block
the pores in your skin.</li><li>Completely remove make-up before going to bed.</li><li>If dry skin is
a problem, use a fragrance-free water-based <a
href=\\"https://api.nhs.uk/conditions/emollients/\\">emollient</a>.</li><li>Regular exercise cannot
improve your acne, but it can boost your mood and improve your self-esteem.\\xa0Shower as soon
as possible once you finish exercising as sweat can irritate your acne.</li><li>Wash your hair
regularly\\xa0and try to avoid letting\\xa0your hair fall across your face.</li></ul><p>Although acne
cannot be cured, it can be controlled with treatment.</p><p>If you develop <a
href=\\"https://api.nhs.uk/conditions/acne/diagnosis/\\">mild acne</a>, it\\'s a good idea to speak to
a pharmacist for advice.</p><p>Several creams, lotions and gels\\xa0for treating spots are available
to buy from pharmacies.</p><p>Products containing a low concentration of benzoyl peroxide may
be recommended, but be careful as this can bleach clothing.</p><p>If your acne is severe or appears
on your chest and back,\\xa0it may need to be treated with\\xa0<a
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only\\xa0available on prescription.</p>,
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acne</a>, speak to a pharmacist about medicines to treat it.</p><p>If these do not control your
acne, or it\\'s making you feel very unhappy, see a GP.</p><p>You should see a GP if you have <a
href=\"https://api.nhs.uk/conditions/acne/diagnosis/\">moderate or severe acne</a> or you
develop nodules or cysts, as they need to be treated properly to avoid scarring.\\xa0</p><p>Try to
resist the temptation to pick or squeeze the spots, as this can lead to permanent
scarring.</p><p>Treatments can take up to 3 months to work, so do not expect results overnight.
Once they do start to work, the results are usually good.</p>",
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acne, or it\\'s making you feel very unhappy, see a GP.</p><p>You should see a GP if you have <a
href=\"https://api.nhs.uk/conditions/acne/diagnosis/\">moderate or severe acne</a> or you
develop nodules or cysts, as they need to be treated properly to avoid scarring.\\xa0</p><p>Try to
resist the temptation to pick or squeeze the spots, as this can lead to permanent
scarring.</p><p>Treatments can take up to 3 months to work, so do not expect results overnight.
Once they do start to work, the results are usually good.</p>",
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puberty, but can start at any age.</p><p>Certain hormones cause\\xa0the grease-producing glands
next to hair follicles in the skin to produce larger amounts of oil (abnormal sebum).</p><p>This
abnormal sebum changes the activity of a usually harmless skin bacterium called P. acnes, which
becomes more aggressive and causes inflammation and pus.</p><p>The hormones also thicken the
inner lining of the hair follicle, causing blockage of the pores. Cleaning the skin does not help to
remove this blockage.</p><p>Acne is known to run in families. If both your mother and father had
acne, it's likely that you'll also have acne.</p><p>Hormonal changes, such as those that occur during
the menstrual cycle or pregnancy, can also lead to episodes of acne in women.</p><p>There's no
evidence that diet, poor hygiene or sexual activity play a role in acne.</p>",
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next to hair follicles in the skin to produce larger amounts of oil (abnormal sebum).</p><p>This abnormal sebum changes the activity of a usually harmless skin bacterium called P. acnes, which becomes more aggressive and causes inflammation and pus.</p><p>The hormones also thicken the inner lining of the hair follicle, causing blockage of the pores. Cleaning the skin does not help to remove this blockage.</p><p>Acne is known to run in families. If both your mother and father had acne, it's likely that you'll also have acne.</p><p>Hormonal changes, such as those that occur during the menstrual cycle or pregnancy, can also lead to episodes of acne in women.</p><p>There's no evidence that diet, poor hygiene or sexual activity play a role in acne.</p>",

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on and off for several years before their symptoms start to improve as they get older.</p><p>Acne  
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