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URL of this page: <https://medlineplus.gov/acne.html>

Acne

Also called: Pimples, Zits

Acne is a common skin disease that causes pimples. Pimples form when hair follicles under your skin clog up. Most pimples form on the face, neck, back, chest, and shoulders. Anyone can get acne, but it is common in teenagers and young adults. It is not serious, but it can cause scars [<https://medlineplus.gov/scars.html>] .

No one knows exactly what causes acne. Hormone changes, such as those during the teenage years and pregnancy, probably play a role. There are many myths about what causes acne. Chocolate and greasy foods are often blamed, but there is little evidence that foods have much effect on acne in most people. Another common myth is that dirty skin causes acne; however, blackheads and pimples are not caused by dirt. Stress doesn't cause acne, but stress can make it worse.


If you have acne:

- Clean your skin gently
- Try not to touch your skin
- Avoid the sun

Treatments for acne include medicines and creams.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases


Start Here

- Acne [<https://familydoctor.org/condition/acne/?adfree=true>] (American Academy of Family Physicians)
- Acne (Acne Vulgaris) [<https://skinsight.com/skin-conditions/acne-vulgaris/?lmiw9cApI=1>] (VisualDX)
- What Can I Do About Acne? [<https://kidshealth.org/en/teens/prevent-acne.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/teens/prevent-acne.html>]
- What Is Acne? [<https://www.niams.nih.gov/health-topics/acne>]
 **Easy-to-Read** (National Institute of Arthritis and Musculoskeletal and Skin Diseases)
Also in Spanish [<https://www.niams.nih.gov/es/informacion-de-salud/acne>]

Treatments and Therapies

- Laser Acne Treatment [<https://skinsight.com/skin-conditions/laser-acne-treatment/?lmiw9cApl=1>] (VisualDX)
- Nonprescription Acne Treatment: Which Products Work Best? [<https://www.mayoclinic.org/diseases-conditions/acne/in-depth/acne-treatments/art-20045814?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/acne/in-depth/acne-treatments/art-20045814?p=1>]

Living With

- Acne: Tips for Managing [<https://www.aad.org/public/diseases/acne/skin-care/tips?NoAds>]
 (American Academy of Dermatology)


Related Issues

- Acne Scars: Overview [<https://www.aad.org/public/diseases/acne/derm-treat/scars?NoAds>]
(American Academy of Dermatology)

Images

- Acne Excoriée [<https://skinsight.com/skin-conditions/acne-excoriee/teen/?lmiw9cApl=1>] (VisualDX)
- Acne Keloidalis Nuchae [<https://skinsight.com/skin-conditions/acne-keloidalis-nuchae/?lmiw9cApl=1>] (VisualDX)

Clinical Trials


- ClinicalTrials.gov: Acne Vulgaris [<https://clinicaltrials.gov/search?cond=%22Acne+Vulgaris%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Effectiveness of oral glutathione in reducing nitric oxide and IL-1 α concentrations... [<https://www.ncbi.nlm.nih.gov/pubmed/41014073>]
- Article: Prevalence and associated factors of acne among patients attending dermatovenereology outpatient... [<https://www.ncbi.nlm.nih.gov/pubmed/41006368>]
- Article: Impact of isotretinoin therapy on thyroid hormone levels in acne vulgaris:... [<https://www.ncbi.nlm.nih.gov/pubmed/40898527>]
- Acne -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Acne+Vulgaris%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- Find a Dermatologist [<https://find-a-derm.aad.org/>] (American Academy of Dermatology)
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>] 
Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol/>]

Children


- Acne [<https://kidshealth.org/en/kids/acne.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/kids/acne.html>]

- Baby Acne (Neonatal Acne) [<https://skinsight.com/skin-conditions/neonatal-acne-benign-cephalic-pustulosis/?lmiw9cApl=1>] (VisualDX)

Teenagers

- Acne [<https://kidshealth.org/en/teens/acne.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/teens/acne.html>]
- Can Acne Scars Be Removed? [<https://kidshealth.org/en/teens/acne-scars.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/teens/acne-scars.html>]
- Teen Acne: How to Treat and Prevent This Common Skin Condition [<https://www.healthychildren.org/English/health-issues/conditions/skin/Pages/What-Causes-Acne.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/health-issues/conditions/skin/paginas/what-causes-acne.aspx>]

Women

- Acne [<https://womenshealth.gov/a-z-topics/acne>] (Department of Health and Human Services, Office on Women's Health)
Also in Spanish [<https://espanol.womenshealth.gov/a-z-topics/acne>]
- Isotretinoin and Other Retinoids during Pregnancy [<https://www.marchofdimes.org/find-support/topics/pregnancy/isotretinoin-and-other-retinoids-during-pregnancy>]  (March of Dimes Foundation)
Also in Spanish [<https://nacersano.marchofdimes.org/embarazo/accutane-y-otros-retinoides.aspx>]
- Pregnancy Acne: What's the Best Treatment? [<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/expert-answers/pregnancy-acne/faq-20058045?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/pregnancy-week-by-week/expert-answers/pregnancy-acne/faq-20058045?p=1>]
- Topical Acne Treatments and Pregnancy [<https://mothertobaby.org/fact-sheets/topical-acne-treatments-pregnancy/>] (Organization of Teratology Information Specialists)
Also in Spanish [<https://mothertobaby.org/es/hojas-informativas/tratamientos-topicos-para-el-acne/>]

Patient Handouts

- Acne [<https://medlineplus.gov/ency/article/000873.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000873.htm>]
- Acne - self-care [<https://medlineplus.gov/ency/patientinstructions/000750.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000750.htm>]



MEDICAL ENCYCLOPEDIA

Acne [<https://medlineplus.gov/ency/article/000873.htm>]

Acne - self-care [<https://medlineplus.gov/ency/patientinstructions/000750.htm>]

Related Health Topics

Hidradenitis Suppurativa [<https://medlineplus.gov/hidradenitissuppurativa.html>]

Rosacea [<https://medlineplus.gov/rosacea.html>]

National Institutes of Health

The primary NIH organization for research on *Acne* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/acne.html>] on *Acne*

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