Acne: the scourge of adolescence. Most people endure it at some point, and can’t wait to be rid of the combination of whiteheads, blackheads, pimples, and pustules that comprise the skin condition that affects over 80% of teenagers and nearly 20% of adults.

**What Is Acne?**

Acne begins with the pores from which hair grows. These pores contain sebaceous glands that produce a type of oil that lubricates hair and skin. When the glands produce the right amount of oil, there’s usually no trouble.

But, when a pore gets clogged with too much oil and dead skin cells, problems arise. The onset of puberty in most kids involves the production of hormones. These hormones cause the sebaceous glands to make excess oil. Too much oil clogs pores and attracts bacteria, which feed on the oil and begin to multiply. A clogged pore can only stand so much internal pressure before its walls break, allowing the oil and bacteria to seep under the surrounding skin. This gives rise to something every teen dreads: a pimple.

**Acne Causes**

Contrary to popular belief, eating foods such as pizza and chocolate does not cause or exacerbate acne. Whether or not a person will have acne as a teenager or adult is largely a matter of genetics: if your parents had it, there’s a good chance you will too.

Although there is no cure for acne, simple remedies to prevent a build-up of oil in pores, such as washing your face with soap and warm water and using oil-free cosmetics, can help.

痤疮：青春期的祸害。大多数人在某些时候忍受它，并迫不及待地摆脱白头，黑头，丘疹和脓疱的组合，这些组合包括影响超过80％的青少年和近20％的成年人的皮肤状况。

### 什么是痤疮？

痤疮始于毛发生长的毛孔。这些毛孔含有皮脂腺，可产生一种润滑头发和皮肤的油。当腺体产生适量的油时，通常没有麻烦。

但是，当毛孔被过多的油和死皮细胞堵塞时，就会出现问题。大多数孩子的青春期开始涉及激素的产生。这些激素导致皮脂腺产生过多的油脂。过多的油堵塞毛孔并吸引细菌，细菌以油为食并开始繁殖。堵塞的毛孔在其壁破裂之前只能承受如此大的内部压力，使油和细菌渗透到周围的皮肤下。这就产生了每个青少年都害怕的东西：一个疙瘩。

### 痤疮的原因

与普遍看法相反，吃比萨饼和巧克力等食物不会导致或加剧痤疮。一个人青少年或成年人是否会患痤疮在很大程度上是遗传问题：如果你的父母有这种痤疮，你也很有可能。

虽然没有治愈痤疮的方法，但是防止毛孔中积聚油的简单疗法，例如用肥皂和温水洗脸以及使用无油化妆品，都会有所帮助。