

Male Hormones & Acne

Acne is a skin condition that occurs when hair follicles become clogged with oil and dead skin cells. While male hormones (androgens) can play a role in the development of acne, it is not accurate to say that they are the sole cause of acne.

Androgens are present in both males and females, but they are typically present at higher levels in males. These hormones stimulate the sebaceous glands in the skin to produce more oil (sebum). When excess sebum is produced, it can mix with dead skin cells and block the hair follicles, leading to the formation of pimples, blackheads, and whiteheads.

However, acne development is a complex process influenced by various factors, including:

1. **Hormonal changes:** Androgens can trigger acne, and hormonal fluctuations during puberty, menstrual cycles, pregnancy, and certain medical conditions can also contribute to acne formation.
2. **Genetics:** A family history of acne can increase the likelihood of an individual experiencing acne themselves.
3. **Excessive oil production:** As mentioned earlier, excessive sebum production can lead to clogged pores and acne.
4. **Bacteria:** The bacterium *Propionibacterium acnes*, which naturally resides on the skin, can multiply and contribute to inflammation and acne development.
5. **Inflammation:** When the hair follicles are clogged, inflammation can occur, leading to red, swollen, and painful acne lesions.
6. **Lifestyle and environmental factors:** Poor diet, stress, certain medications, and exposure to certain chemicals can also influence acne.

Treatment for acne often involves a combination of approaches, including topical treatments (e.g., benzoyl peroxide, retinoids), oral medications (e.g., antibiotics, hormonal contraceptives for females), and lifestyle changes.

It's important to note that acne affects both males and females, and its severity and response to treatment can vary from person to person. If you are experiencing issues with acne, it is recommended to consult a dermatologist or healthcare professional for personalized advice and treatment options.

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