

## Improvement of Adult Acne

**Masanori Kaneko\***

*JNMS Representative, United Nations NGO Certified (special consultative status organizations ICSA & JNMS), Japan*

**\*Corresponding Author:** Masanori Kaneko, JNMS Representative, United Nations NGO Certified (special consultative status organizations ICSA and JNMS), Shijocho, Kashihara-shi, Nara, Japan.

**Received:** January 06, 2017; **Published:** January 10, 2017

Repeating "I could do it again when I thought that acne was cured" is a really annoying adult acne.

Adult acne that repeats over and over.

### Characteristics of adult acne

#### 1. Easy to relapse

① If we do not prepare the condition of the skin again, we will be in a vicious circle that pores again, that the acne recurs.

For some reason, bacteria such as Acne Bacillus that cause inflammation in the back of the jammed pores remain, making it easy to recur.

② Moreover, if it is made on the back side of the chin, inflammation becomes deep with clothes and so on, once it can be done, it is hard to heal.

#### 2. Pimple traces tend to remain

① Adult acne is easier to remember as acne scars than puberty acne. Because it is metabolism of the skin has been delayed.

② In adult acne, the rhythm of the metabolism (turnover) of the epidermis collapses, the biggest cause is blocking the pores, because the thickened stratum corneum can not be removed well.

#### 3. Male and female almost equal number

About: 20's

= 50% 30's

= 29% 40's

= 19%

50's = 2.5%

60's = 1 to 2%

Now that aging has been improved, it happens even in older age.

#### 4. Generally the cause of adult acne

- Disturbance of lifestyle
- Stress

- Lack of sleep
- Unbalanced diet
- Excessive smoking, drinking
- Ultraviolet
- Remaining rinse for shampoo and facial cleanser
- Relationship of physiological cycle

### 5. Timing when acne is likely to occur

- ① It is easy to be at the timing when lifestyle habits such as daily stress and lack of sleep are disturbed.
- ② It is easy to winter. For some reason, in order to protect the skin from ultraviolet rays, the thickened summer horny is often dried in winter, causing skin troubles in many cases.
- ③ It is easy to do between 2 weeks before menstruating period, called ovulation period, until physiology begins.

### 6. Types of acne

#### ① White acne

White acne is the early stage of acne. It means that sebum accumulates in the pores, the pores are blocked, and the skin is raised. The color is whitish about 1 to 3 mm.

#### ② Red acne

Red acne is activated when acne bacteria are activated by the blockage of pores, inflammation occurs in pores due to proliferation, swollen red.

#### ③ Yellow acne

Red acne continues inflammation from the tissue around the pore to the dermis, it deteriorates and is suppressed, pus accumulates in the dermis, and it is swollen significantly.

### 7. Unlike adolescent acne, adult acne is difficult to improve in the short term

- ① Every day, it is important to keep your face clean with facial cleansing and “moisturizing”.
- ② And it is most important to review lifestyle habits to not repeat adult acne.
- ③ If sleep deprivation continues and the diet is disturbed, it becomes easy to become rough. This is caused by disorder of skin metabolism cycle.

### My experiment and discussion



#### 1. We can do it again if we think that acne has healed. It is really annoying. Adult acne that repeats over and over

- ① Why do you repeat? We miss this problem.
- ② Repeat acne even when washing your face (everyday). Also, it is an era where acne can occur irrespective of age.
- ③ Certainly, even if the cause is removed, it is difficult to improve about adult acne that surely repeats.

We are thinking a little about this problem.

#### 2. Washing face cream and soap, etc. are often changed, and even when used in combination, acne can be made and gradually spread to the whole face, the head etc.

#### 3. A sterilizing ingredient contained in a facial cleansing cream

##### Isopropylmethylphenol and acne

- ① Isopropylmethylphenol is a component that may be mixed as an active ingredient of acne cosmetic products.
- ② Isopropylmethylphenol has a bactericidal action, and in many cases it is compounded as additives such as fungicide, fungicide, anti-septic agent.
- ③ However, it is also used as a component of acne cosmetics because it inhibits acne bacteria by its bactericidal action and sterilizes Malassezia fungus which causes back acne by mildew-proofing action.
- ④ Isopropylmethylphenol has a strong bactericidal effect, and when it is high concentration it becomes toxic.
- ⑤ Isopropylmethylphenol was designated as an indicated ingredient that may cause allergies. When it is formulated in cosmetics, the concentration is set at 0.1% or less, and for pharmaceuticals it is supposed to be 0.3% or less. It is said that there is no problem if this concentration is used. As an acne cosmetic product, it is compounded in lotion, milky lotion, beauty essence and cream.
- ⑥ Isopropylmethylphenol was designated as an indicated ingredient that may cause allergies. When it is formulated in cosmetics, the concentration is set at 0.1% or less, and for pharmaceuticals it is supposed to be 0.3% or less. It is said that there is no problem if this concentration is used. As an acne cosmetic product, it is compounded in lotion, milky lotion, beauty essence and cream.

### 4. The bactericidal action naturally hurts the skin

- ① Many cleansing creams contain ingredients that improve it. It also causes adult acne.
- ② Glycyrrhizin dipotassium is most likely to be an effective product,

However, even when using glycyrrhizin dipotassium adult acne does not improve

### 5. It is necessary to have a sterilizing function and at the same time protect the skin

#### When its active ingredient is gamma linolenic acid

- ① This fatty acid is an essential fatty acid, but the only plant is a fatty acid taken from the seed of the elegant weed sea (evening primrose in Japan).
- ② Gamma linolenic acid has efficacy such as lowering of blood pressure and blood glucose level, prevention and improvement of allergy, improvement of secretion of female hormone
- ③ In addition, it is said that evening primrose flowers and leaves have a convergence and sedative effect, and it is effective for asthma, rheumatism, gastrointestinal diseases and so on.
- ④ Linoleic acid is mostly used for adjusting acne and skin ingredients.

However, even when blending linoleic acid and isopropylmethylphenol, improvement cannot be expected.

- ⑤ There are few cleansing creams containing gamma linolenic acid and isopropyl methyl phenol.
- ⑥ Gamma linolenic acid and soap can also be considered effective.
- ⑦ Because gamma linolenic acid is contained only in a few plants such as breast milk, evening primrose and Borage grass, it can be judged that aggressive ingestion from regular ingredients is practically difficult.

## Conclusion

### 6. Not the turbulence of our lives,

At the same time as sterilizing the facial cleanser, we need fatty acids effective for the skin.

Adult acne improved with this method in 1 to 3 days, I will return to the original in a week.

**Volume 6 Issue 3 January 2017**

**© All rights reserved by Masanori Kaneko.**