

Pimples: skin and pimple free face



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By English IV-Sampaguita Teacher Chapter I Introduction A pimple is a kind of acne, a disease of the oil-secreting glands of the skin that often affects adolescents, producing eruptions on the face, neck, and shoulders that can leave pitted scars. Pimple can be treated by various acne medications prescribed by a dermatologist, or purchased at a drug store with a wide variety of treatments.

A. Statement of the problem The research paper aims to answer the following questions

1. What is pimple?
2. What are the causes of pimples?
3. What are the effects and complications on pimples?
4. How to prevent pimples?
5. What are the possible treatments of person with pimples?

||| B. Statement of goals/objectives This research paper aims to help the following:

1. students- to give them proper information for the prevention and treatment of pimples.
2. teachers- to give them references and let them share their gained knowledge about pimples.
3. readers- to educate them on how to prevent pimples and its complications.
4. people concerned- to give them enough knowledge on what is true and what is not on treating faces with pimples.

C. Definition of terms

1. Sebum- an oily substance secreted by the sebaceous glands that lubricates the hair and skin and gives some protection against bacteria ||
2. Benzoyl Peroxide- substance used in treating skin disorders
3. Sloughing- the process where living tissue is separated from dead skin tissue

Chapter II Review of Related Literature This chapter aims to give information about the topic.

I. Causes of Pimples According to Wikipedia, pimples are caused by the accumulated dead skin cells and sebum that contain bacteria. The bacteria feed off the sebum and produces a substance that causes an immune response, leading to inflammation of skin. The most vulnerable parts of the body are the skin, back, chest and shoulders. The idea was back up by [www. acnecaretips](http://www.acnecaretips.com).

com. According to [www. wendysacneproductreviews. com/causesofpimples. html](http://www.wendysacneproductreviews.com/causesofpimples.html), another cause of pimples can be over washing. Over washing acne can actually produce more pimples. Sweating can cause acne to worsen. Pores can become blocked from excess sweat that cannot evaporate. Always take a shower after sweating. However, the information from [www. medicinet. com/acne/article. html](http://www.medicinenet.com/acne/article.html), state that sweat does not cause acne, therefore, it is not necessary to shower instantly after exercise for fear that sweat will clog pores.

II. Effects and Complications of Pimples According to Wikipedia, pimples can lead to significant swelling and may appear on the back and chest. According to [www. acnecaretips. com](http://www.acnecaretips.com), severe acne can affect many facets of a person's life, causing great deal of embarrassment and stress. Having skin full of pimples may significantly limit one's social life. Although acne is not considered to be a life threatening disorder, the psychological impact of acne can be quite profound as it affects the most visible parts of your body. These ideas were back up by [www. medicalnewstoday. com/articles/191530. php](http://www.medicalnewstoday.com/articles/191530.php).

III. Prevention of Pimples According to [www. kidshealth. org/teen/your_body/take_care/skin_tips. html](http://www.kidshealth.org/teen/your_body/take_care/skin_tips.html), do not scrub your face. Over washing and scrubbing can cause skin to become irritated. Avoid touching your face with your fingers or leaning your face on objects that collect sebum and skin residue like your phone. Touching your face can spread the bacteria that cause pores to become inflamed and irritated. To keep bacteria at bay, wash your hands before applying anything to your face. According to [www. medicalnewstoday. com](http://www.medicalnewstoday.com), popping pimples can push infected material further into the skin, leading to more swelling and redness, and even scarring. To avoid complications, baby your face and do not pop pimples. Another information from [www. medicinenet. com/acne/article. html](http://www.medicinenet.com/acne/article.html)

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states that to be able to avoid having pimples use a natural antibacterial, non-oily face wash such as those containing tea tree oil or a clay mask containing Echinacea. Don't use oily cosmetics. IV. Treatment of Pimples According to [www. medicalnewstoday. com](http://www.medicalnewstoday.com), it is effective to wash your face about twice each day, not more often. Make sure you have a mild soap. Wash gently, do not scrub the skin. Experts advise the use of lotion which contains Benzoyl Peroxide. These ideas were back up by Wikipedia, saying that common over-the-counter (OTC) medications for pimples which contain Benzoyl Peroxide and/or Salicylic Acid and antibacterial agents such as Triclosan are effective in treating skin with pimples. Both medications can be found in many creams and gels used to treat acne through topical application. Both medications help skin slough off more easily, which helps remove bacteria faster. According to [www. belomed. com/index. php/services](http://www.belomed.com/index.php/services), facial and peels are the best maintenance regimen for the skin that help improve target problems such as pimples. Chapter III Summary, Conclusion, Recommendation D. Summary Pimples are one of the most concern of women especially teenagers. It is caused by accumulated dead skin cells and sebum that contain bacteria. It can lead to significant swelling and may appear on the back and chest. To be able to prevent pimples, avoid touching your face with your fingers and leaning your face on objects that cause pores to become inflamed and irritated. The recommended treatment for pimples is applying lotion or facial scrub that contains Benzoyl Peroxide. But the best way to have a pimple free face is to consult a dermatologist and have a facial treatment on dermatological clinic. E. Conclusion The best way to have a pimple free skin is to maintain a good regimen in cleaning your face. Wash your face twice a day and have a proper diet. Sleeping and <https://assignbuster.com/pimples-skin-and-pimple-free-face/>

taking a rest are good habits of having a fairer skin. Prevention is better than cure. F. Recommendation It is recommended to consult a dermatologist if you are experiencing a skin problem. Bibliography [www. acnecaretips. com](http://www.acnecaretips.com) [www. wikipedia. com](http://www.wikipedia.com) [www. medicalnewstoday. com/articles/191530. php](http://www.medicalnewstoday.com/articles/191530.php) [www. wendysacneproductreviews. com/causesofpimples. html](http://www.wendysacneproductreviews.com/causesofpimples.html) [www. medicinet. com/acne/article. html](http://www.medicinet.com/acne/article.html) [www. kidshealth. org/teen/your_body/take_care/skin_tips. html](http://www.kidshealth.org/teen/your_body/take_care/skin_tips.html) [www. medicalnewstoday. com](http://www.medicalnewstoday.com) [www. belomed. com/index. php/services](http://www.belomed.com/index.php/services)