



Connolly Dermatology Offers Treatment For Adult Acne



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Before you run out and stock up on products for your complexion it's helpful to know that pimples (and other related skin eruptions) experienced in later years are not the same as those fought during adolescence.

More importantly, there is an entirely different treatment plan. If you're an adult and having skin issues, then you're almost certainly dealing with rosacea. In contrast to acne, rosacea lacks the black heads and white heads. Painful pimples and a red flushed face are the hallmarks of this embarrassing condition. It is a type of inflammation, causing the skin on your nose and cheeks to appear red and flushed. It usually occurs in older adults and seems to be more common with those of northern and eastern European descent. Celtic, English, and Scottish individuals are especially susceptible.

Dr. Connolly says there are several triggers to be aware of.

These include:

- Exposure to sunlight
- Stress or a change in temperature and
- Hot drinks and certain foods

Medically speaking, a wide variety of treatments exist for both acne and rosacea ranging from topical creams to pills. In either situation, Dr. Connolly feels that patient education is the key. The good news is that even scarring from severe past acne

Dealing with adult acne is frustrating on many levels. Not only are these acne breakouts an unsightly cosmetic concern, but they can also result in long-term scarring.



Dr. Connolly adds, "Acne is hormonally driven and many patients can have a genetic predisposition to them. Usually there is a build up of oil (sebum) and a blockage of pores from the shedding of the lining of the hair follicles. Eventually, bacteria moves in and before you know it, painful pimples and deeper cysts may occur."



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can be treated with peels, microdermabrasion, laser and fillers. Antibacterial creams and cleansers as well as oral antibiotics for flare ups can also be helpful. Accutane, a vitamin A derivative may be taken orally in the case of severe cystic acne and represents a cure in the majority of acne patients. Additionally, laser treatment for facial redness has proven quite effective in many of Dr. Connolly's rosacea patients.

Sometimes a change in your diet can speed up the recovery process. Foods rich in omega-3 essential fatty acids can calm inflammation. Cold-water fish like halibut, herring or salmon are a few good options. Additionally, you should avoid red wine as well as aged cheese until your skin clears.

Connolly Dermatology Can Help!

Because of its longer life span and the increase in adults experiencing rosacea, it has come to be known as one of many diseases which impact the middle to later years. The average sufferer of rosacea is between the ages of 30 and 50. Although there have been several teens diagnosed with the condition as well as some elderly patients. Interestingly enough, there are approximately 14 million individuals thought to be suffering from rosacea.

When dealing with either of these skin conditions it is critical to visit a skilled dermatologist who can educate *and* treat you with the appropriate protocol. Armed with a good treatment plan and a better understanding of his or her skin condition, most patients should see significant improvement from these (often chronic) and frustrating skin conditions in a few months.

• Contact Connolly Dermatology at 609-926-8899 or visit www.connollydermatology.com

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Get to know your doctor . . . Coyle S. Connolly, DO graduated from Philadelphia College of Osteopathic Medicine (PCOM) and is Board Certified in Dermatology with over fourteen years of dermatological experience. In addition to his practice of Cosmetic & Clinical dermatology, Dr. Connolly is Clinical Assistant Professor and Course Director, Division of Dermatology, at PCOM, and a member of the American Academy of Dermatology, International Academy of Cosmetic Dermatology, American Medical Association and American Society for Laser Medicine and Surgery among others. You can meet the doctor and see how he conducts a variety of dermatological office visits at YouTube. Go to www.connollydermatology.com and click on the YouTube link and see Dr. Connolly in action.