

Home Remedies for Acne Evidence List looks at effectiveness, possible harm of popular remedies



September 7, 2017 - Toothpaste, egg whites, milk baths – Canadians are trying a variety of home remedies on their faces and bodies in an attempt to get rid of acne spots. But are these effective and can the skin be harmed?

The Acne and Rosacea Society of Canada has created a [new Home Remedies for Acne Evidence List](#) to answer these questions for the public. The list currently includes 22 common acne home remedies that have undergone scientific investigation to answer these 3 questions: *What evidence is there? Does it work? Can it cause harm?* The list provides a link to search details with relevant articles.

Acne affects more than 5 million Canadians and is the most common skin condition in the country. Around 85% of people aged 12 – 24 have acne.

“Acne can be an extremely frustrating condition,” says Dr. Jason Rivers, Vancouver dermatologist and president of the society. “Pimples appear overnight before a big week at high school or simply never seem to go away. People become desperate and will try anything in the hopes of getting clear skin.



“Some want to go the natural route with home remedies to avoid chemicals and drugs. Others believe ‘natural’ means little chance of a skin reaction,” he added. “Just because an ingredient is natural does not mean it will not irritate the skin,” he cautioned.

“Our purpose is simply to show what evidence currently exists for these treatments and if there is a possibility the skin can be harmed. The findings show some of the home remedies are scientifically proven to work while there isn’t any evidence to date for others. Some of these remedies may cause skin irritation which in turn can worsen acne.”

Dr. Rivers says he hopes people will take a quick look at the list before using a home remedy. The public is invited to submit suggestions of home remedies for acne for the list via email to info@acneaction.ca. The most popular submissions will be investigated and added to the list on an ongoing basis.

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About the Acne and Rosacea Society of Canada:

The society, a national, not for profit organization, offers hope and help to those with acne by providing independent, reputable and current information and raising awareness. For more, visit www.AcneAction.ca

Acne Awareness Week, September 18 – 24, 2017 was designated by the Acne and Rosacea Society of Canada / La Société canadienne de l'acné et de la rosacée to raise awareness about acne, a common skin condition affecting 5 million Canadians that can cause significant physical and emotional effects.

For more information or to organize an interview with Dr. Jason Rivers:

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5 Tips to improve acne

1. Wash your face twice a day (not more or your skin will become irritated) with a gentle cleanser. Cleansers remove excess oil, dirt, sweat and dead skin cells from the skin. Look for products that are soap free, alcohol and oil-free and do not contain abrasive chips.
2. Use a moisturizer. It helps to keep the skin's protective, outer barrier intact and minimize irritation (redness) and counter the drying effects caused by many acne treatments, including over-the-counter products and prescribed medications.
3. Use a non-comedogenic, oil-free concealer to hide pimples and redness. Gently remove at night.
4. Self-treat with over-the-counter preparations if you have [mild acne](#).
5. Seek help from your family doctor or dermatologist for [moderate](#) and [severe acne](#). Unsure if you need medical help? [See Checklist – When to see a doctor](#). There are many [Treatments for moderate acne](#) and a variety of choices of [Treatments for severe acne](#).