

Acne & Menopause

Menopause is a stage of rapid changing in a woman's life. In addition to all the uncomfortable emotions caused by menopause, menopause is associated with a number of other cosmetic problems which some women find very distressing. Estrogen deficiency leads to a reduction of collagen and elastin, the fibers in the skin which are responsible for its elasticity and firmness. There are many symptoms of menopause. Women can experience insomnia, hot flashes, extreme night sweats, irritability, anxiety, headaches, achy joints, mood swings, trouble concentrating, and even acne. Menopause and acne often go hand in hand.

When the body is going through another major hormonal change, acne in menopause can also be due to the night sweats that many women suffer from. Acne in menopause does not have to be a problem for you. Acne during menopause occurs for much the same reason that acne occurs during any other portion of life. The skin has a number of sebaceous glands. These glands produce skin oil, scientifically known as sebum. Skin cells are consistently regenerated. Old ones die, and they are quickly replaced with new ones. Blackheads also occur when the bacteria and oil combine under the skin, but with a blackhead, air leaks in.

As a result, the material that is caught in the pore turns black. Although menopause acne is a frustrating aspect of the change of life, you have multiple options for clearing up the problem. First, make sure your diet is high in calcium and fiber. Another way to fight off acne is with the benefit of supplements. There are a number of quality herbs, minerals, and vitamins that can help fight off excess oil. For example, for perimenopausal women, experts highly recommend both Vitamin B and C. In addition to a healthy diet, more water, and natural supplements, you also want to clean your skin at least twice a day. By using a good exfoliate and facial cleanser.

You can prevent the buildup of bacteria, dead skin cells, and oil that are notorious for creating acne. Follow that by a good toner to help close off the pores and a moisturizer for smooth skin, and you will look amazing, even throughout menopause. It is recommended that people drink eight to ten glasses of water per day. Water will help detoxify and keep your skin clean. It is also important to eliminate as much fatty foods from your diet that you can. Menopausal women's groups that can help you discuss your struggles with menopause. Exfoliate on a regular basis, as this can help get rid of those dead skin cells.

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