

Don't be afraid to seek help for adult acne...

/EINPresswire.com/ Leading cosmetic surgery provider [Harley Medical Group](#) has urged adults suffering from acne not to be afraid to seek help for the condition, which has been known to trouble some sufferers well into their adult lives.

Acne is caused when the tiny hair follicles in the skin become blocked. This happens when the sebaceous glands produce too much sebum - an oily substance produced by the body to lubricate the hair and stop skin from drying out - which then mixes with dead skin cells, plugging the follicle.

Plugged follicles which are close to the surface of the skin often then start to bulge out, creating a whitehead. However, the plugged follicle may also be left open, creating a blackhead. These follicles are also susceptible to infection from normally harmless bacteria, which can then cause further problems.

"Acne is often considered something that we go through in our teenage years. It can often be excruciatingly embarrassing for adults who suffer from the condition to come forward and seek treatment, but it's important that they do so," said Hannah Roberts, Senior Nurse Counsellor at Harley Medical Group. "Here at Harley Medical Group, [adult acne](#) is just one of the wide range of skin conditions we specialise in. We understand how difficult it can be to seek treatment, and we have a long list of satisfied clients."

Around four-fifths of adult acne cases occur in women, who are particularly vulnerable to the condition as a result of changes in hormone levels at certain times - including during pregnancy. However, many acne medications are largely ineffective among adults as they're generally aimed at teenagers and designed for their more oily skin. As such, they frequently have relatively little impact on treating adult acne.

To find out more about the range of treatments, such as laser skin treatment, available from Harley Medical Group and to arrange a consultation, simply visit the website at www.harleymedical.co.uk.

Find Harley Medical on the web and social media:

Twitter: <https://twitter.com/harleymedical>

Website: <http://www.harleymedical.co.uk/>

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NOTES TO EDITORS

The Harley Medical Group is the UK and Ireland's largest cosmetic surgery provider, performing more procedures and with more clinics than any other cosmetic surgery group. It has been established since 1983 and is one of the most highly regarded Cosmetic Surgery Groups operating in the UK. It has treated over 500,000 patients to date.

The Harley Medical Group works tirelessly to maintain the highest standards in the industry for the benefits all cosmetic surgery and non-surgical patients. We are currently at the forefront of the campaign to ensure that the Government continues to regulate the use of certain laser types used in cosmetic surgery and non-surgical treatments so that patients are protected from rogue practitioners.

In 2004, The Harley Medical Group's Chairman Mel Braham, at the request of the Department of Health became a member of the department's Steering Committee, set up to oversee the introduction of new regulations covering the entire Cosmetic Surgery sector. All of The Harley Medical Group's clinics are registered with the Care Quality Commission. There are now clinics nationwide in the UK: London (Harley Street, Wimbledon, The City, Chiswick, Finchley & Watford), Marlow, Birmingham, Leeds, Brighton, Bristol, Manchester, Newcastle, Chester, Nottingham, Southampton, Cardiff, Chelmsford, Northampton, Cambridge, Maidstone, Reading, Sheffield, Liverpool, Bromley, Glasgow, Cheltenham, Leicester and Guildford.

The Harley Medical Group is renowned for introducing and pioneering most new surgical and non-surgical techniques to the UK and Irish markets. All new treatments and techniques are first thoroughly researched and tested before they are submitted for approval by the Group's Medical Advisory Board.

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