

Skin

One of the most popular problems in bodybuilders **using steroids** is **acne**.

Acne - all this is the name of the same **skin disease**, which is nothing more than its inflammation in a certain area. Now we are talking about pimples that appear as a result of taking anabolic steroids, they should not be confused with age or allergic, despite the fact that the symptoms, and the methods of treatment are very similar. As a rule, the appearance of acne can not be predicted, but in rare cases, the skin affected by acne can be just a little reddened and itchy within a day.

Looks acne is very unattractive, and confusing it with something else is quite difficult: the inflamed skin area swells, and then it digs up. The skin turns red, and the base of the tubercle can vary in color from white to purple (purulent pimples). Sometimes inflammation is local, in other words, the pimple can be only one, or several - only in a specific place on the skin, not spreading further, sometimes, much less, the inflammation can spread almost throughout the body, but, we'll talk about this later.

Causes and mechanism of occurrence

Most medical encyclopedias are among the main causes of acne, singling out a separate one - "**using anabolic steroids**," so if you suddenly hear from "experienced heaps" that this is a bike, you can safely point them to a record in the book or offer to argue with the doctor. Either way, the main cause of the occurrence of steroid acne is the hormonal shake that you arrange for your body, regulating its functions by artificial means.

The very mechanism of their occurrence is extremely simple: as the skin and sebaceous structure immediately under the skin, undergo hormonal attacks, the sebaceous cover increases. The immune system, trying to get rid of the stimulus, destroys and "packs" the bacteria-stimuli just under the epidermis. That's all, and what happens next, we all know well. In trying to get rid of acne, they squeeze out, doing this in eighty percent of cases in an environment far from sterility. Infection falls into the fresh wound, and the process of acne is repeated many times, but these pimples can not be called "steroid", since the cause of their appearance is an external infection.

Predisposition to the emergence

The location to the pimples, in general, the question is rather delicate, since their occurrence is almost independent of any congenital factors, except that a person from birth has genetic abnormalities or problems with the kidneys. Yes, the penchant for acne formation directly depends on the functions of the adrenal cortex, so if you have problems with the kidneys, the use of steroids in principle is highly undesirable. And not so much because of acne, but because it will definitely ruin your health.

Steroid acne, like any other, most often occur on the shoulders, chest, back, the area of the pelvis, buttocks, and of course, on the face.

Which steroids cause the appearance of acne?

Most often these are drugs with a high androgenic index, such as: trenbolone (*parabolan*), methane (*methandrostenolone, methandienone*), testosterone esters (*propionate, enanthate, sustanon*), anapolone (*oxymetholone*). Each of the drug can have an individual effect on different people in terms of the appearance of acne.

Almost always, acne goes by itself after the completion of the course after 1-3 months. If they were very large, scars could remain for years to come.

Methods of treatment and prevention

Now that we have thoroughly understood what steroid acne is and why they arise, attention should be paid to the most popular and effective methods of treatment and prevention. Conditionally they can be divided into two groups: medicamentous, traditional methods of treatment and non-traditional, folk. The first item should include treatment with ointments, solutions and antibiotics. To the second - different masks, baths and cleansers.

There are three types of the most accessible and popular type of drugs that are used to treat acne: **Klinesfar, Zinerit and Benzamycin**. Apply according to the instructions. Which one will help you to check better only in practice.

Where a simpler, cheaper and years-proven solution is salicylic acid. You can buy in any pharmacy, and the way to use is ridiculously simple. You simply moisten the cotton wool with a non-alcohol solution of salicylic acid, and rub the pimples, leaving the solution on the skin for 10-15 minutes, then rinse the acid residues off the face with ordinary water. The right amount of acid has already absorbed into the skin, and the remnants can do harm. Be careful, do not damage the pimples, otherwise the procedure will have to be repeated.

There are many ointments and masks, but the truth is that most of them moisturize the skin, and this only creates favorable conditions for the development of new acne.

The easiest way to prevent a bodybuilder is to limit simple carbohydrates. This does not even require a scientific justification, because tested by many generations of bodybuilders. Monitor the quality of your carbohydrates and acne will be less. Sharp food is also desirable to exclude.

Other simple preventive measures are elementary hygiene. Take a shower 2 times a day and carefully rub the washcloth place of acne. So you will not let the pores clog and become inflamed.

Excellent rest can be rest on the sea, as it combines a large amount of sunlight, thanks to which our skin is cleaned (replaced) and a whole sea of salt water, which also has a beneficial effect on the skin.

From acne in any part of your body, masks made of clay are excellent. Clay can be purchased at a specialized store, but such a mask should be done no more than once a week, as in large quantities it can be harmful to the skin. Make a clay mask should be at least for half an hour (*maximum hour*).