

## **Adult Female Acne and Its Impact on Women**



Many women think of acne as something they bid farewell to with adolescence. However, a significant number of women over the age of 25 experience adult acne. Here's what approximately 1,000 readers told HealthyWomen about their experience with adult female acne.

### **Adult acne has an impact on women.**

- 65% report that their acne makes them feel awkward, and they are embarrassed because they are adults.
- 50% feel self-conscious because it seems like people stare at their acne.
- 48% spend extra time trying different ways (e.g., wearing makeup, styling hair) to cover up or conceal their adult female acne.
- 42% report that they constantly notice other people's skin and acne and use those observations to draw comparisons to their own skin.

### **Women are aware of their acne in various situations.**

- 43% of women said they are most aware of their acne when they are meeting someone for the first time, and 29% reported they are most aware of it when at work.
- One in three (32%) made an excuse to not go to an event due to a breakout.
- 34% of women said they wonder several times a day whether people are noticing their acne, and one in four women said they wonder constantly.

### **Many women don't know what triggers their acne.**

- 41% of women report that they don't know what triggers their adult female acne, and one in four women note that their menstrual cycle is the biggest trigger.

### **Most women are not seeing a dermatologist to treat their acne.**

- More than half (57%) of women have never seen a dermatologist for their adult female acne and are attempting to treat it themselves.

### **Women are looking for solutions for their acne.**

- 29% spend 31-60 minutes per week on skin care, and one in four spend 1-2 hours on their skin care every week.
- 28% of women note that they have used so many different acne products since they turned 18 that it is "too many to count."
- One in five (21%) of respondents estimate they have spent \$1,000 to \$3,000 on acne treatments and coping products, such as coverup, since they turned 18.

Note: Respondents to the survey ranged from age 18 to over 60, with most respondents being in the 40 to 49 (29%) and 30 to 39 (28%) age brackets.

For more on living with adult acne, go to [www.healthywomen.org/healthcenter/skin-health](http://www.healthywomen.org/healthcenter/skin-health)

*This resource was developed with the support of Allergan*