



HUMMADI HEALTHCARE

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Daily Care Tips

- Wash your face gently twice daily, using non-pore-clogging products
- Use sunscreen daily and avoid harsh scrubs and over-washing
- Avoid picking or squeezing pimples and remember to remove makeup before bed

When should I seek help?

You should seek medical advice if:

- Acne is painful or bothering you
- Over-the-counter products aren't helping
- Acne is affecting your confidence or mood

Acne, Clarified



What causes acne?

Some of the most common causes we see

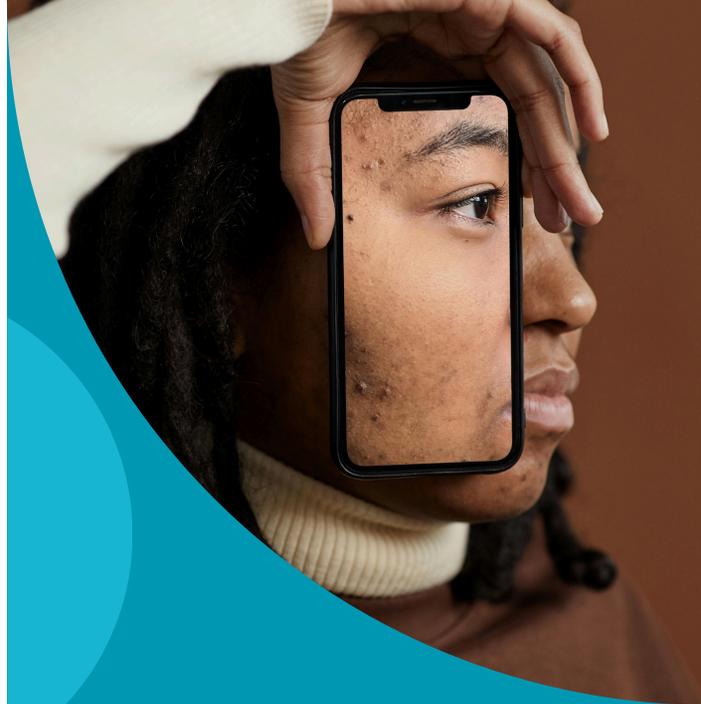
- Hormonal change (puberty, periods, pregnancy)
- Excess oil production
- Bacteria on the skin
- Certain medications
- Stress
- Genetics and family history

Myths to know

Acne is not caused by dirty skin

Acne is not contagious

Chocolate and greasy foods are not always the cause



What is acne?

Acne happens when pores in the skin become clogged

- Oil (sebum)
- Dead skin cells
- Bacteria

This can lead to

- Pimples
- Red or painful bumps
- Whiteheads and blackheads
- Cysts or nodules (more severe acne)

Common areas affected

- Face
- Back
- Chest
- Shoulders

The mental connection:

Acne doesn't just affect your skin

Acne can break-out as a result of mental conditions, stressors, and more

In return, having acne is shown to increase symptoms of anxiety, depression, and others

Ask us how your acne can be weighing on the rest of your health

Anxiety is characterized by a feeling of apprehension and increased physical tension when a person anticipates a perceived danger or misfortune. Muscles tense, breathing becomes faster, and the body's recovery and immune systems can be affected.

Depression can range from a feeling of unhappiness and discontent to a more extreme level of pessimism and despondency. This can interfere with daily life, altering eating, sleeping, and social habits. Concentration and decision-making are often affected, and other mental health issues tend to co-occur as well.