Does Smoking cause Acne- Research is now showing that it does

Smoking may indeed cause acne. Researchers at the San Gallicano Dermatological Institute in Rome, Italy, suggest smoking cigarettes causes acne breakouts, specifically non-inflamed blackheads and blocked pores.

The study indicates that among adults with acne, non-smokers were more likely to suffer from **inflammatory acne**. Smokers, however, were much more likely to experience **non-inflammatory breakouts**. These findings point to what could be considered a new entity among smoking related skin diseases, which researchers have dubbed "smoker's acne."

According to researchers, 42% of smokers suffered from acne, compared to 10% of non-smokers.

The number of cigarettes smoked didn't seem to have an effect on the severity of acne breakouts. But if women had experienced acne in their teen years, they were four times more likely to experience smoker's acne as an adult.

Among non-smokers who suffered from non-inflammatory acne, almost half (48.9%) were exposed to environmental factors, such as working in a steam-filled kitchen or being constantly exposed to smoke, that could have contributed to their acne.