

About Birth Control for Acne

Birth control pills are widely used today and prescribed often as a means to control acne. Most pills can have the potential to cause acne and weight gain in those susceptible. Typically the pills are divided up as estrogen or progestin dominant and have varying degrees of androgenic (testosterone like) effects. As a general rule of thumb, pills with the potential for higher androgenic symptoms should be avoided for people prone to acne because they promote breakouts. As an acne sufferer you may want to speak with your doctor about the possibility of selecting a pill that is higher in estrogen and lower in androgen potency.



- **The most commonly prescribed pills in this category are:**

Yasmin
Diane 35 (Dianette)
Demulan (Zovia)
Ortho tri cyclen
Nevicon modicon
Ortho evra
Micette
Desogen (Apri)

- **The following pills have the most potential to cause acne as they are high in androgen activity and low in estrogen:**

Loestrin
Estrotrep Fe
Levien
Alesse
Ovral
Norestrin
Nuvo ring
Depoprovera shot

Only you and your doctor can determine what pill is right for you. The above is just a basic guideline that should be used to initiate a conversation between you and your doctor. If you are considering taking birth control pills, it is important to know that they are associated with a high risk of blood clots, weight gain, nausea, mood changes, depression and breast tenderness. Serious side effects include strokes, digestive issues and embolism.

Finally, it is entirely possible to treat acne without going on the pill at all. If you have no underlying health issues that require you to be on birth control and are considering taking birth control pills only to control your acne, please feel free to talk with your esthetician to get some additional perspective on how she can help you with the use of topical products and treatments.