

The Agony of Acne

Do you realize that 85 percent of us will experience acne at some point in our lifetime? But that number doesn't help you if you look at your face in the mirror and see a case of teenage acne. Most teens are upset with finding just one or two acne pimples. Imagine how devastating it feels to have a case of severe teenage acne.



Acne is not caused by eating chocolate or greasy foods. While there is a link between the amount of oil in the skin and acne, the amount of oil is not created by food but is affected by changing hormone levels. Changing hormone levels is a normal part of growing up and being a teenager. But it takes the presence of the common skin bacteria *Propionibacterium acnes* to result in acne.



There are lots of treatments for teenage acne that are available over the-counter or as a prescription from a dermatologist, a doctor who treats skin problems. The typical acne treatment requires 6 to 8 weeks before visible results are seen and clear skin returns. In



these days of instant or quick cures, six to eight weeks of walking around the school hallways with embarrassing zits is an eternity but continue treatment.

The other main point is to read and follow label or package instructions for any acne remedy that you use. Dermatologists often prescribe several medications to be applied at different times of the day or in a particular order. These acne treatments are designed to work together for curing acne. The steps given to you by the dermatologist are all necessary so be sure to follow them.

1. What causes acne?
2. Imagine that you take a sample of 200 teenagers. How many will have acne at some point in their lives
3. What is the role of foods that a person eats in getting acne?
4. What do over-the-counter and prescription medications mean?

5. Do you need to see a doctor to treat acne?
6. What are two pieces of advice about using acne medications?
7. How do you feel about people who have acne?

1. What percent of Americans experience acne at some time? a. 50 b. 75 c. 85 d. 90	2. How is acne related to foods you eat? a. Acne is related to eating chocolate. b. Acne is related to eating greasy French fries. c. Acne is related to eating greasy potato chips. d. None of the above.
3. Acne is a result of a. Changing hormones b. Bacteria c. Both changing hormones and bacteria d. None of the above	4. A dermatologist is a doctor who a. Treats skin problems like acne b. Treats emotional problems caused by acne c. Treats problems of children d. Treats problems of the teeth
5. How long does it take before seeing results from an acne treatment? a. 6 to 8 days b. 6 to 8 weeks c. 6 to 8 months d. 6 to 8 years	6. Teens who have acne feel a. Devastated b. Embarrassed c. Impatient d. All of the above