

I am a 15 year-old male. I have a terrible skin. I've had acne on my face for two years and it's really annoying. People say I'm not bad looking but I'm always checking myself in the mirror. I feel uncomfortable when people come up close to me. My acne is destroying my confidence. I have tried many creams, gels, face washes but none of them seems to work. They just dry out my skin.

My acne is **killing** me. What do you think I should do?

*Will*

I am writing because I need your advice about my problem. I am 16 and I am overweight. I feel like everyone is looking at me. As I've got extremely low self esteem, I prefer staying at home most of the time. I haven't done shopping for clothes for ages because nothing looks good on me. I'm a member of a fitness club but I haven't been there for two months. I have no time because of school work. What's more, I eat a lot, especially fried food and chocolate. I know they're unhealthy but I can't stop eating. What should I do?

*Alison*

Dear Will,

**Don't worry!** Almost all teenagers get acne. Firstly, you should see a **dermatologist** about it. He or she can give you correct **prescription**, but you should be patient. It may take 4 to 12 weeks to **heal**. Only use your own medicine, because what's good for a friend may not be good for you. Also, you must keep your hands away from your face. Finally, you shouldn't let your acne control your life. Love yourself and try to have fun like all teenagers.

Dear Alison,

First, you should **consult** a **nutritionist** and ask advice on what you should and shouldn't eat. You should keep up with your diet programme and remember you mustn't eat junk food. You say, you don't have enough time to do exercise but you should learn to manage your time. Exercise is really important to get back into shape. At least you can walk round a park near your house. Keep in mind that nobody is perfect and everyone has something to complain about their appearance. You must be positive about yourself and be happy with the way you look.

