

# Pointers For Parents

## Talking To Teens About Acne

### Tips Help Guide Parents On Sensitive Subject

(NAPSA)—Skin blemishes are a fact of life for many teenagers, as more than 85 percent deal with acne. Even though it's common among adolescents, many teens feel isolated and embarrassed when they experience breakouts.

For parents with teens suffering from acne, it can be tough to broach the topic of skin care and acne. Parents may be reluctant to draw attention to their child's breakouts since teenagers are particularly sensitive about their appearance. That is why it is important for parents to start a dialogue about skin care early—before problems arise.

Sharing one's own experiences may help parents broach the delicate topic with their teen. Acne is known to have a hereditary correlation, so if a parent had acne growing up, his or her teen may be more prone to develop it as well. Knowing that a parent dealt with skin problems often helps teens realize that acne is common but not permanent.

Stressing that acne is normal and common during the teenage years is important in boosting a teen's self-confidence and starting a dialogue regarding the best course of treatment. Parents can also reassure their teens that a variety of effective blemish treatments exist and that acne can be controlled and, in many cases, prevented.

The key for all teens is to keep skin clean and free of dirt and oil,

which can clog pores and cause acne. A consistent daily cleansing routine is the best way to control complexion problems. Cleansing pads are an effective and convenient way to keep skin clean and fresh, especially for active teens with busy schedules.

Stridex recently introduced the first alcohol-free cleansing pads—a breakthrough that provides the benefits of salicylic acid without the drying and irritation of alcohol. For typical cases of mild to moderate acne, the severe drying and irritation caused by alcohol in ordinary pads can actually turn teens off to the idea of using medicated products. Salicylic acid is extremely effective on its own at keeping pores clean and open to treat and prevent breakouts.

Stridex also offers Power Pads with benzoyl peroxide, a proven acne-fighting ingredient that penetrates pores and neutralizes acne-causing bacteria below skin's surface. Power Pads are the only over-the-counter treatment that delivers benzoyl peroxide for all-over-the-face usage.

“Maintaining a consistent cleansing routine is so important—using over-the-counter treatments regularly will help teens treat existing skin blemishes and prevent future breakouts,” said Dr. Charles Zugergerman, associate professor of clinical dermatology at Northwestern University School of Medicine. “Alcohol-free pads don't burn or irritate sensitive skin so they are ideal for everyday use.”

#### Tips For Talking To Teens About Acne:

- Start addressing the subject of acne before it appears.
- Create dialogue on teen's feelings about their skin and acne.
- Neither overplay nor underplay the impact of acne on a teen's self-esteem—while teens are often comforted that many of their peers deal with similar complexion problems, it can still cause self-consciousness and embarrassment, especially during milestones such as first dates, school performances or a prom.
- Stress that acne is common and normal for teens.
- Acne can be controlled—help teens develop a daily skin care routine including an over-the-counter treatment.
- Work with your teen to determine the right treatment for his or her needs—salicylic acid helps clean clogged pores and keep them open while benzoyl peroxide is effective at penetrating pores and neutralizing acne-causing bacteria.
- Give reassurance of who they are as a person, not just their appearance.

