



STAFF REPORT

## PIMPLE PROBLEM

Acne concerns are worth a trip to the dermatologist

Often dismissed as a routine rite of passage among adolescents, acne is a medical condition that affects 40 to 50 million Americans of all ages.

Acne can pop up during any stage in life. In fact, studies show that adult acne is on the rise, with up to 15% of women affected well past their teen years.

“While 85% of young adults have experienced acne, it’s a skin condition that can affect anyone,” says Dr. Christina Bolante, founder of Parasol Dermatology in Monterey and a board-certified dermatologist. “For anyone suffering from chronic acne, it’s wise to see a clinician who will be able to as-

sess its severity, discuss its possible sources, and work with them to treatment.”

Parasol opened its doors in Monterey at 900 Cass St. Suite 200 on June 6, providing state-of-the-art medical and cosmetic skin care for all ages.

When it comes to acne, exact causes are not clearly known, but the following are related:

**Hormonal changes:** Acne can flare up easily in teens and adults — especially women during pregnancy, menstrual periods and menopause.

**Heredity:** Genetics may play a large role in acne. One study found that this was the case for half of all adults with acne.

**Makeup, body lotions** and even **hair care products** can block pores, leading to breakouts.

**Stress:** Although it won’t cause acne, stress can aggravate the condition.

Dr. Bolante offers the following tips to create clearer, healthier skin:

- Sun exposure can worsen acne. In addition, some acne medications make the

skin extra-sensitive to ultraviolet light, which you get from both the sun and indoor tanning devices. Don’t shy away from sunscreen use—simply look for one that is non-comedogenic.

- Perspiration can make acne worse, so wash your skin as soon as possible after sweating.
- Use your fingertips to apply a gentle, non-abrasive cleanser that is alcohol-free. Do not use products that irritate your skin, which may include astringents, toners and exfoliants. Dry, red skin makes acne appear worse.
- Let your skin heal naturally. If you pick, pop, or squeeze your acne, this will cause further inflammation and you increase the risk of acne scars.

Dr. Bolante reminds those with acne to consult a dermatologist if your skin condition makes you shy or embarrassed, if the products you’ve tried have not worked, or if your acne is leaving scars or darkening your skin. To find out more about Parasol Dermatology, visit [www.parasoldermatology.com](http://www.parasoldermatology.com). ■