

AH-ha!

Acne Hormones & helpful answers: YOUR TEEN'S DERMATOLOGY VISIT

When you think of acne, you might instantly think of the preteen or teenage years.

They've got surging hormones that kick off puberty, periods, and developing adult bodies—and hormones in the skin can cause acne to pop up.

WHAT ELSE DO YOU NEED TO KNOW?

1. Acne isn't your child's fault.

Be gentle with your words and don't blame your teen's acne on him or her. No one can cause their own acne by eating chocolate, having long hair, or forgetting to wash their face. It all comes down to skin hormones.

2. Acne can affect more than just your teen's appearance.

Acne can also lead to depression, anxiety, low self-esteem, and other emotional or mental difficulties.

3. Visit a dermatology professional.

Your teen doesn't have to just live with acne. A dermatology professional can help with information, product recommendations, and prescription treatments.

4. A skin care routine can help.

Develop a skin care routine with a few basic products like cleanser, over-the-counter or prescription treatment (depending on severity), moisturizer, and sunscreen to promote healthy skin.



Tips for visiting a dermatology professional with your teen

- **Bring pictures** and a log of their recent breakouts
- **Jot down their medications and skin care products** to share with the dermatology professional
- **Encourage your teen to speak up** for themselves and let them answer the dermatology professional's questions
- **Remember not to compare your teen's acne to your own or other children's.** Even though all acne is related to hormones, everyone's acne responds to different triggers and treatments

Notes:

ASK your dermatology professional about a treatment that focuses on acne hormones