

# TEEN TOPICS

## Help Your Teen Treat Acne

(NAPS)—Parenting a teen can be challenging as these budding adults start to assert independence by handling problems alone, but there are still many ways by which parents can guide and support their child.

For example, this might mean stepping in when it's time to treat acne, a problem that affects almost eight out of 10 teens. Parents may be surprised to learn that by their mid-teens, more than 40 percent of adolescents have acne severe enough to require treatment by a doctor such as a dermatologist.

"Acne is not just a cosmetic problem—it is a chronic disease. It's important for parents and teens to understand the treatments available to treat acne, starting with preventing the pimples from forming when possible, and helping them heal more quickly and without scarring when they do arise," says Dr. Doris Day, a board-certified dermatologist and clinical assistant professor of dermatology at the New York University Langone Medical Center.

For those who suffer with mild, moderate or severe acne, a dermatologist might recommend ZIANA® Gel—the first and only FDA-approved acne product to combine an antibiotic and a retinoid. ZIANA® contains both clindamycin and tretinoin for the topical treatment of acne vulgaris in patients 12 years or older. With its unique two-in-one formulation, ZIANA® has been found to have statistically greater efficacy in treating both inflammatory and noninflammatory forms of acne than either clindamycin or tretinoin alone.

### Skin Care Tips To Help Your Teen Tackle Acne

If you are worried about your teen's skin and are not sure how to approach this sensitive topic

#### Tips to make skin care easier:

- Wash your face twice a day
- Do not pop pimples
- Remove makeup before bed
- Drink plenty of water
- Consider seeking professional advice



with him or her, Dr. Day suggests gently helping your teen understand that acne is a common problem. She also advises researching treatment options together, which may include a trip to the dermatologist. As a parent, it's important to make sure your teen takes responsibility in following through with his or her treatment.

Dr. Day offers the following tips to help make your teen's skin care routine easier:

#### • Wash your face twice a day.

Make sure your teen washes his or her face twice a day with warm water and mild soap made especially for those with acne.

#### • Do not pop pimples.

Popping pimples will push infected bacteria into the skin, leading to more swelling, redness and possibly even scarring.

#### • Remove any makeup before bed.

Use a nonirritating makeup remover to properly eliminate all traces of makeup before going to bed.

#### • Drink plenty of water.

Water helps keep your body hydrated, which can contribute to healthy skin.

#### • Consider seeking professional advice.

A dermatologist can assess your teen's acne and help determine whether a prescription acne treatment option, such as ZIANA®, is needed.

For more information, visit [www.Ziana.com](http://www.Ziana.com). Please see below for important safety information for ZIANA® Gel and accompanying patient prescribing information.

### Important Safety Information for ZIANA® (clindamycin phosphate 1.2% and tretinoin 0.025%) Gel

The most commonly reported adverse events were inflammation of the nose and throat, throat pain, dry skin, cough and sinus inflammation. Stop ZIANA® Gel and call your doctor if you develop watery or bloody diarrhea, or if your skin becomes very red, swollen, blistered or crusted. Avoid excessive exposure to the sun, cold and wind. Weather extremes can dry and burn the skin. Always use a sunscreen on skin treated with ZIANA® Gel, even on cloudy days. Use other protective clothing, such as a hat, when you are out in the sun. Avoid the use of sunlamps and tanning booths. If your face becomes sunburned, stop treatment until your skin has healed. Do not get ZIANA® Gel in your eyes or mouth, on your lips, on the corners of your nose or on open wounds. Do not use ZIANA® Gel if you have Crohn's disease, ulcerative colitis or have developed colitis with past antibiotic use. Avoid medicated or abrasive soaps and cleaners, soaps and cosmetics that have a strong drying effect, and skin products that contain alcohol, astringents, spices or lime. Talk to your doctor if you are pregnant, planning to become pregnant, or breastfeeding. ZIANA® is a registered trademark of Medicis Pharmaceutical Corporation.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call (800) FDA-1088.