

# Skin Sense

facts from the experts

## Free Acne Booklet

(NAPSA)—Acne affects four out of five people at some point in their lives. While the exact cause of acne is unknown, factors that may contribute to acne are heredity and increases in hormones. There is little evidence that chocolate, greasy foods or dirty skin causes acne.

For mild acne, doctors may recommend an over-the-counter or prescription medicine applied directly to the skin. When acne is more severe, doctors may prescribe antibiotic creams, vitamin A derivatives and other topical skin medications, in addition to antibiotics taken by mouth.



**The booklet “Questions and Answers About Acne” offers information and treatment tips.**

Researchers are looking for new drugs to treat acne that focus on reducing oil (sebum), treating scars without damaging outer layers of the skin and understanding how acne triggers the immune system.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) funds research to better understand and treat acne. The booklet “Questions and Answers About Acne” offers information and treatment tips. For a free copy, call (877) 22-NIAMS or order online at [www.niams.nih.gov](http://www.niams.nih.gov).