

# Teenage Health

## Teen Star Joins Fight Against Acne

(NAPSA)—Teens have always had a lot on their minds. Whether it's homework, relationships or figuring out what to wear and where to wear it, the last thing they want to worry about is a face full of pimples.

But almost all teens have to deal with acne, which studies have shown can cause embarrassment, decreased self-esteem and even feelings of depression.

To help fellow teens, TV and Broadway star Christy Carlson Romano of "Kim Possible" and "Even Stevens" has partnered with the American Counseling Association (ACA), the world's largest non-profit organization for professional counselors, on the "Healthy Skin, Healthy Outlook" campaign. This national public awareness initiative is designed to help teens and their parents cope with the impact of acne on teenage self-esteem.

"Teens with acne should know it's not your fault, you're not alone and you shouldn't feel guilty about having it," says Romano. "If you're concerned about acne, talk to your parents about getting medical help."

According to the American Academy of Dermatology, almost 100 percent of people between the ages of 12 and 17 have at least an occasional breakout. By their mid-teens, however, more than 40 percent of adolescents have acne severe enough to require medical treatment by a physician.

"Luckily, there are several good options available for the treatment of acne," says Dr. Diane Berson, Assistant Professor of Dermatology, Weill Medical College, Cornell University. "If over-the-counter products haven't worked, it's a good idea for teens and their parents to visit a dermatologist who can tailor a regimen specifically for them."



**TV star Christy Carlson Romano tells teens: "Acne is not your fault and you're not alone."**

One prescription acne medication that's been found to work rapidly is BenzaClin® Topical Gel (clindamycin 1% - benzoyl peroxide 5% gel), which combines two of the most widely used topical acne medications, benzoyl peroxide and clindamycin, in one, easy-to-use gel. Benzaclin® is applied twice a day, morning and evening. Side effects are usually limited to the skin and include dry skin, itching, peeling, redness and sunburn. Also, clindamycin, an ingredient in BenzaClin®, may cause diarrhea. If you experience severe diarrhea, stop using BenzaClin® and call your doctor immediately. You should not use BenzaClin® if you are allergic to clindamycin, benzoyl peroxide or the antibiotic lincomycin or if you have a history of colitis.

"Your teen years are some of the best years of your life," said Romano. "Don't let acne hold you back from feeling good about yourself and enjoying these times."

For more information, including full Prescribing Information, log on to [www.benzaclin.com](http://www.benzaclin.com).