



# THE COLLEGE PARENT



## School Stress Can Make Acne Worse For Teens

(NAPSA)—College students are stressed out enough, and the last thing they need to worry about is a face full of pimples. But according to a recent clinical study, a key part of campus life may be triggering acne breakouts. Researchers at Stanford University School of Medicine found that the stress of studying for final exams can make acne worse.

The American Counseling Association (ACA), the world's largest non-profit organization for professional counselors, points out that acne has been shown to negatively affect self-esteem, confidence and even grades. The ACA is advising students not to let self-consciousness over a temporary condition like an acne breakout distract them from their studies.

"College students have a lot of things on their minds, especially during exam time, and anxiety over acne shouldn't be one of them," said Jane Goodman, past president of the ACA. "We want students to realize that for most, acne is only temporary and can be easily managed with the appropriate treatment, but getting poor grades in college can follow you throughout life."

It is estimated that more than 80 percent of people between ages 12 and 25 have an occasional pimple with almost 40 percent of those cases serious enough to require a visit to the doctor.

Many treatments are available for acne. Although over-the-counter medications work for mild cases, the more difficult ones usually require treatments that only a doctor can provide.



**For many college students, the stress of exams can worsen acne.**

One topical medication that has been shown to treat acne rapidly is BenzaClin™. BenzaClin combines clindamycin (the most widely prescribed topical antibiotic for acne) with the antimicrobial benzoyl peroxide (the most frequently used topical preparation for the treatment of acne) in one easy-to-use gel. BenzaClin is applied twice a day, morning and evening, and conveniently for college students, requires no refrigeration. In studies, the most frequently reported side effect was dry skin.

For many, college years can be a rewarding time. Students should not let pimples get in the way of campus life or making the dean's list. It is important to seek a doctor's care and get medical treatment.

For more information, log onto [www.counseling.org](http://www.counseling.org).