

Skin Sense

facts from the experts

Stop Your Adult Skin From Acting Like A Teenager

(NAPSA)—So you thought you'd left acne behind with your bell-bottoms and other teenage things? Not necessarily, as it turns out. Over the last 10 years, dermatologists have noticed that they've been seeing a lot more older patients with blemish-prone skin—and that it's typically women who fight acne the hardest.

According to the American Academy of Dermatology, almost 59 percent of women 25 to 29 suffer from adult acne, making it the most widespread skin problems in the United States.

When you consider the influence of stress and hormones on your skin, and then add in the potential pore-clogging effects of cosmetics, it's no wonder that the occurrence of an occasional blemish in adults, especially women, has increased by almost 60 percent in the last 20 years.

But fortunately today, this problem has been recognized and there's help in store for the blemish-prone woman, starting with a few easy doctor-recommended tips that everyone can follow.

For starters, if you wear makeup, especially concealer, dermatologists recommend investing in products that are non-comedogenic. These won't clog pores or lead to the development of blemishes.

Another easy tip: stop touching your face. Your hands are a prime carrier of dirt and bacteria that could aggravate skin. Dirty phones, too, can lead to blemishes along the cheek and hairline by the ears, so clean off your phone occasionally with an antibacterial wipe to prevent future outbreaks.

Most importantly, doctors recommend that adults see a dermatologist to have their skin evaluated. Often, for mild acne, doctors simply suggest a daily skin-care



There's no reason your skin shouldn't grow up, too. Help is in store for blemish-prone women.

program consisting of a basic face wash, toner and moisturizer to be used regularly.

In the past, many over-the-counter skin-care products developed for acne-prone skin were directed at teens, whose skin is oilier and could tolerate stronger drying agents. Adult skin, however, tends to be less resilient, more sensitive and requires more moisturization.

That explains why experts are so encouraged by today's new crop of products designed specifically to help adult blemish-prone skin. One example is the new Clear Skin Formula Line from Eucerin, consisting of a daily moisturizing face wash, toner and moisturizer that helps keep skin clear and cared for, without the drying effect. Rather than harsh blemish control medications, this product line uses lactic acid, which gently exfoliates the skin and helps keep pores clear while working to keep skin hydrated and smooth.

It's tough enough being an adult, so there's no reason your skin shouldn't grow up, too.

For more information, visit www.eucerin.com.