

Skin Sense

facts from the experts

Acne And Stress: Facing The Facts Reducing Stress May Help Reduce Acne

(NAPSA)—When you're under stress, it may be as obvious as the nose (or blemishes) on your face. That's the finding of a study by Dr. Alexa Boer Kimball, assistant professor of dermatology at Stanford University, where recently stress was scientifically linked to acne. The study found that college students with acne experienced worsening of the skin condition when under the stress of taking examinations.

Acne affects nearly 80 percent of Americans at some point in their lives, with adult acne becoming more common. The stress of daily life, including responsibilities at home, family, job and school can increase acne severity.

"For my patients—especially adults—dealing with breakouts or scars from past acne can be very stressful," says Kimball. "So, it can become a perpetual cycle where stress worsens acne and acne worsens stress."

Although it is impossible to cut stress completely from your life, understanding how it causes acne can aid in its treatment and control. "If we look at some of the laboratory evidence we know now that stress hormones, cortisol specifically, stimulate oil formation in the skin which leads to acne production," says Shawn Talbott, Ph.D. and author of *The Cortisol Connection*.

These tips may help you avoid stress-induced acne.

- **Eat Right**—When you eat the wrong foods, inflammation increases and causes acne, according to Dr. Nicholas Perricone, clinical and research dermatologist. Develop a diet rich in protein and essential fatty acids and limit the



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consumption of starchy carbohydrates and refined sugars. Dietary supplementation is a good addition to a balanced diet.

- **Sleep On It**—Not getting enough sleep can exacerbate anxiety or frayed nerves. Try to establish a sleep schedule that gets you at least eight hours of shut eye per night. Doctors recommend going to bed at the same time every night and waking up at the same time every day—even on weekends—to help establish your sleep routine.

- **Break the Acne/Stress Cycle**—A new treatment called Nu Skin Clear Action Acne Treatment System clears beyond the present breakout by diminishing the signs of past acne and helping ensure a healthy complexion in the future. In an independent clinical study, more than 90 percent of study participants saw an overall improvement. The three-step morning and three-step evening process features products that help manage the acne-causing effects of stress on skin.

For more information visit www.nuskinusa.com.