

Understanding Your Skin

Preparing Your Skin For Facing Your Wedding Day Ⓢ

(NAPSA)—Most women dream of their wedding day all their lives and there's no better accessory on the big day than clear, beautiful skin. Weddings may trigger several emotions and stress, but there are ways to ensure you put your best face forward. One detail is vital to making it a truly picture-perfect day: taking care of your skin.

The months prior to a wedding can be the most magical and stressful time in a woman's life. With errands to run and people to please, wedding planning can take a toll on your skin. Brides begin preparing their dress, flowers and hairstyles months in advance, but if you're a bride-to-be, chances are that you've forgotten to make one of the most important appointments—an appointment with your dermatologist. Brides-to-be should vow to take steps to achieve clear or almost clear skin on their special day.

Battling Breakouts?

Talk to Your Dermatologist

According to the American Academy of Dermatology, an estimated 85 percent of the U.S. population is affected by acne. So experts recommend that brides-to-be visit their dermatologists before the wedding date to begin a doctor-recommended skin care routine. Scheduling an appointment in advance is particularly useful for women prone to frequent acne breakouts.

"Preparing your skin for that all-important day is just as necessary as everything else that goes into planning a beautiful wedding," says Dr. David E. Bank, Director of the Center for Dermatology in Mt. Kisco, N.Y., and co-author of "Beautiful Skin: Every Woman's Guide To Looking Her Best At Any Age." He adds, "A common misconception among brides is that they can just hire a skilled makeup artist on the day of the wedding. In truth, women should follow a good skin care reg-

imen, as recommended by their doctor, up to three months before their actual wedding date."

Solodyn® (minocycline HCl, USP) Extended Release Tablets is an option for the future bride. Solodyn is the only oral antibiotic approved to treat the red, pus-filled pimples of moderate-to-severe acne in patients 12 years of age and older. The once-daily dosage, which can be taken with or without food, makes it convenient for even the busiest bride-to-be. In addition, the weight-based dosage is well tolerated.

Skin Care Tips for Brides-To-Be

To prepare for the big event, Dr. Bank suggests that brides take a serious look at their skin condition, especially since stress can trigger acne flare-ups as your special day approaches. For achieving clear or almost clear skin on your big day, Dr. Bank offers the following tips:

- Find a dermatologist who is right for you—ask your friends and family for recommendations;
- Remember to moisturize daily and use an SPF of 15 or higher;
- If you are prone to acne breakouts, ask your dermatologist about Solodyn;
- Be conscientious about your skin decisions. Remember that your image will soon be captured in some important photographs;
- Avoid activities that might harm your skin (e.g., if you are prone to insect bites, hiking may not be a good idea); and
- Get your groom on a skin care routine, too.

For more information, visit www.Solodyn.com.

Please see the brief summary of the safety information for Solodyn below or on next page.

Safety Information

SOLODYN® is the first oral antibiotic approved to treat only the red, pus-filled pimples of moderate-to-severe acne in patients 12

years of age and older. Solodyn won't improve infected acne cysts (nodules) under the skin. In clinical studies, Solodyn did not work on blackheads or whiteheads. The safety of using Solodyn longer than 12 weeks has not been studied and is not known. It is not known whether this kind of minocycline will be effective in treating infections. You should use Solodyn only as directed by your doctor to reduce the chance that bacteria will become resistant to this anti-bacterial drug and similar drugs. The most-common side effects were headache, tiredness, dizziness and itching. Solodyn contains minocycline. Like other antibiotics based on tetracycline, minocycline can harm an unborn child when taken by a pregnant woman. Tetracycline drugs should not be used when a child's teeth are forming (during the last half of pregnancy and up to 8 years of age) because they may cause permanent darkening of teeth. Severe irritation and bleeding in the colon (pseudomembranous colitis) have been reported with nearly all antibiotics and may range from mild to life threatening. Talk to your doctor if you have severe diarrhea. Light-headedness, dizziness and a spinning feeling have been reported by patients taking minocycline. In rare cases, patients can develop a worse sunburn. Don't use Solodyn if you are pregnant. Men and women who are trying to conceive a child should not take Solodyn. Solodyn may make an oral contraceptive less effective. This drug should not be used by anyone who has had allergic reactions to any of the tetracycline drugs.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

SOLODYN is a registered trademark of Medicis Pharmaceutical Corporation.