



Take Charge

With Dr. Gilda Carle

Author of "Teen Talk with Dr. Gilda: A Girl's Guide to Dating" [®]

(NAPSA)—*Dear Dr. Gilda, My teenage daughter suffers from acne. As a result, she has a poor self-image. With the summer upon us, I've noticed she is becoming less social than she's ever been. While other teens are having fun in the sun, my daughter is hiding in the house. It breaks my heart to see her missing her friends because of her insecurity. Please help!*

—*Very Worried Mom*

Dear Very Worried Mom,

For most teens, summertime means freedom from school, more socializing, and fun. But for those who suffer from acne, the summer months can be dreadful. The beach, outdoor activities and excessive sun can cause heavy perspiration—which worsens acne and a teen's self-esteem.

You are right to worry about your daughter. If she gives in to low self-esteem, she will let her acne rule. But there is hope. As my **Gilda-Gram** says, "Sometimes it takes a *breakout* to get a *breakthrough*."

Millions of teens suffer from breakouts of acne. But they have *breakthroughs* when they choose not to live with it.

Help your daughter **Take Charge** of her skin and her summer. A clear complexion will renew her confidence to be a happy teen again. Show her that she is ready to come out of hiding **NOW**.

Visit a doctor and ask if Differin[®] (adapalene) Gel or Cream, 0.1% can help her beat her battle with acne. Differin[®] is the number-one-prescribed acne treatment among the top 50 topical d-class products. For full prescribing information about Differin[®], you can visit www.differin.com.

Important Safety Information

Dryness, redness, peeling, burning or itching may occur. Overexposure to sunlight or sunlamps—or extreme wind or cold—may increase the risk for irritation. When exposure can't be avoided, use a sunscreen or protective clothing.