

GETTING COMFORTABLE WITH YOURSELF

Unsure About Your Self-Esteem? Test it!

(NAPSA)—Having a healthy self-esteem can be the ticket to making good choices about your mind and body—especially for young people. Teens are continually confronted with issues that challenge their comfort zones. A recent survey found that teens are continually looking for tools to help them improve their mind and body. Healthy self-esteem gives teens the courage to try new things and the ability to feel comfortable with themselves.

According to the survey, when asked what teens would change about their appearance, 52 percent said not having to wear glasses would help make them feel more confident.

First time *American Idol* winner Kelly Clarkson made the switch from glasses to contacts in junior high school and found the transformation to be life-altering. The youngest of three, Kelly was often teased and called “four eyes” by her older brother. “Growing up I was so self-conscious of my appearance, I would beg my parents to buy me contact lenses,” said Clarkson. “I remember being so excited and happy when they finally took me to get lenses.”

Those who are ready to switch from glasses to contacts should ask their eye doctor for ACUVUE® ADVANCE™ Brand Contact Lenses with HYDRACLEAR™. A remarkable moisture-rich wetting agent permeates the ACUVUE® ADVANCE™ contact lenses, and creates a unique silky, soft feel. ACUVUE® ADVANCE™ contact lenses help keep eyes looking white and feeling fresh on most wearers' longest days.

Clarkson broke into the spotlight in 2002 when she triumphed over 10,000 contestants to become the first performer to win the

Five Top Comfort Tips

- When you look in the mirror, embrace your beauty rather than pointing out your flaws.
- Make eye contact!
- Mistakes happen! When you make one, it is best to own up to it and correct it, rather than ignore it and pretend it didn't happen.
- Speak nicely to yourself! Positive self-talk empowers you, makes you stronger and builds confidence.
- Don't be afraid to try new things!



singing competition on *American Idol: The Search for a Superstar*. Recently Clarkson completed her third concert tour which was sponsored by ACUVUE® ADVANCE™ Brand Contact Lenses with HYDRACLEAR™. “It was a marathon, performing in 32 cities in eight weeks,” said Clarkson. “But with ACUVUE® ADVANCE™, my eyes were able to go the distance. These new lenses help keep my eyes feeling comfortable and looking great—no matter how long the day lasts.” Her experience is an example of how switching from glasses to contacts can give you the confidence to pursue your dreams, especially when the lenses provide long lasting comfort.

Clarkson has teamed up with ACUVUE® ADVANCE™ Brand Contact Lenses with HYDRACLEAR™ and the National Association for Self-Esteem (NASE) to help raise awareness of the importance of being comfortable with yourself and having a positive self-esteem. For more information, “self-comfort” tips, and a chance to assess levels of self-esteem, log onto: www.getfitforeyecomfort.com.

Acuvue® Advance with HydraClear is indicated for daily wear vision correction. Eye problems, including corneal ulcers, can develop. Some wearers may experience mild irritation, itching or discomfort. Lenses should not be prescribed if patients have any eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. Consult the package insert for complete information, available from Vistakon by calling 1-800-843-2020 or by visiting Acuvue.com.