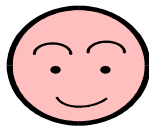


MANAGING ACNE

Information from Walgreens.com



WHAT IS ACNE?

Acne is a common skin disorder in adolescents and young adults. The exact cause of acne is unknown, but doctors believe it results from several related factors. One important factor is an increase in hormones called androgens (male sex hormones). These increase in both boys and girls during puberty and cause the sebaceous glands to enlarge and make more sebum. Another factor is heredity or genetics. The tendency to develop acne can be inherited from your parents

Nearly 17 million people in the United States have acne, making it the most common skin disease. So do not fret, you are not alone. If you have severe acne problems, you should consider seeing a dermatologist. For less severe acne, the following tips may be useful.

TIPS FOR MANAGING ACNE

- Wash and clean oily skin twice a day with mild soap since water reduces the oily appearance of the skin.
- Do not wash your face too often as this may actually aggravate your acne. Use moisturizers on an as-needed basis;
- Use water-based "non-comedogenic" makeup.
- Products such as facial scrubs, astringents, and masks are generally not recommended because they tend to irritate skin, which can aggravate acne. Identify what aggravates your skin and avoid it
- Consult a pharmacist before using medicated soaps.
- Remove makeup daily.
- Do not pick or squeeze pimples since this can lead to permanent scarring.
- Contrary to what many people think, foods have little effect on acne. Neither chocolate nor greasy foods are likely to cause or aggravate acne. Acne also is not caused by dirt.

WHEN TO SEE A DERMATOLOGIST

- You have deep severe acne
- Non-prescription acne products have not worked for you
- *You have acne scars as well as pimples
- *You have large, painful acne bumps
- *You have dark patches where pimples used to be
- *You are not sure if your problem is acne
- *You want a doctor's evaluation of your acne

UPCOMING HAUNTED EVENTS



EVENT: Kahir Shriner's Haunted Cornfield
DATE: Every Friday and Saturday night in October
PLACE: 3 miles West of Cedar Rapids on Hwy 94
TIME: 7pm-11pm
PHONE: 319-395-0109 or
<http://www.elkahir.org/karavan/karavan-09-03.pdf>
\$7.00 per person

EVENT: Haunted White House
DATE: October 23-27 Haunted White House
PLACE: Herbert Hoover Museum, West Branch.
TIME: 6pm and 7pm
PHONE: 643-5301

EVENT: Moonlight Hayrack Rides
DATE: October 24-25
PLACE: Ethel Green's Farm House just north of North Liberty on Hwy 965
TIME: 7pm-9pm
*Pre-register at the North Liberty Recreation Center by Friday, October 17
\$5.00 per person or \$15.00 per family (5 max.)

EVENT: Nightmare Manor Haunted House
DATE: Friday Saturday and Sunday nights in October
PLACE: 525 "H" Street SW Cedar Rapids (WAREHOUSE BEHIND NEW POLICE STATION)
TIMES= Opens at 6:30pm
\$7.00 per person
* for more information call 319-366-3992 or see
<http://nightmaremanor.inav.net/index.html>

Look for more Haunted House listings Coming Soon
In the Press Citizen

HAVE A SAFE AND HAPPY HALLOWEEN

