



COSMEDICDERM  
DR. SHAUNA DIGGS

# The ACNE Years

Acne Solutions for Middle and  
High School Aged Kids

Your child's early teen years are an amazing time. Suddenly, you're watching your little boy or girl grow into their adult selves with astonishing speed. The transition from child to young adult includes its share of challenges. One of the most troubling is acne.

Hormonal changes in boys and girls trigger glands to create more natural oil, called sebum. Sebum is very good at clogging pores and causing acne.

Acne commonly shows up on the face, neck, back, chest, and shoulders and impacts males and females equally. It can appear as whiteheads, pores clogged with oil and covered by layers of skin, or blackheads, in which material pushes through the black bump covering the impacted pore. Blackheads are especially concerning as the color is not derived from dirt but from dead skin and bacteria.

More serious acne shows as papules, pustules, or nodules that are fiery red and swollen with infection. This stage is often painful. At this level, acne sufferers and their parents may think the problem can't get any worse. *Unfortunately, it can.*

## ACNE & YOUR TEEN'S SELF ESTEEM

Acne does not pose a health risk but often leads to physical scarring that permanently degrades a young person's looks. The deep indentations are commonly referred to as ice pick scarring because they resemble the wounds that a vicious ice pick attack would leave behind. Scars of this nature can be pigmented, making them even more noticeable.

In addition to physical scars, acne causes significant emotional turmoil that leaves mental and emotional wounds. It's understandable because kids become aware of their looks as adolescence begins and immediately compare themselves to their peers. Instagram has made it easy for teenagers to make those comparisons at all hours of the day.

Social media as a whole contributes to a teenager's concerns over their appearance. Popular YouTubers and other digital influencers have enormous influence over teenagers. These personalities take their public image as seriously as any celebrity and always appear on camera with flawless, blemish free skin.

Add to that mix, the seemingly perfect people on television and in print media and it's easy to see how emotionally traumatic acne can be for your child. In many cases, the mental and emotional wreckage is far more significant and long-lasting than the physical scars.



You have  
enough to  
worry about.  
Let us worry  
about your  
child's skin.

## INEFFECTIVE TREATMENTS ARE DETRIMENTAL

Many acne sufferers believe the issues will clear up on their own and take no action. Unfortunately, this is not the case. When left untreated, the oil and bacteria build up and pave the way for bigger problems.

For others, the first course of action is an over the counter, OTC, product. OTC ointments can work for a minority of people. However, they are difficult to use consistently. Furthermore, without a proper diagnosis, OTC ointments may be addressing the wrong problem. These factors make them an ineffective solution for most.

In the early 80s, professionals began treating acne with antibiotics. Unfortunately, the medications could be unduly harsh and carried multiple side effects. The fact that they must be administered for months on end created additional challenges for both the teenager and the parents.

Ineffective solutions cause more problems. The teenager's self-image further deteriorates, leading to a sense of desperate hopelessness and self-esteem issues. These issues impact social development and academic success.



## SCIENTIFIC SOLUTIONS FOR ACNE AT COSMEDICDERM

Fortunately, science has given us modern tools to battle acne and we can now offer far more effective and faster solutions. We've invested in state-of-the-art medical devices that address acne below the surface of the skin, where the problem really is. Our range of medical therapies utilize proven topicals and light-based technology from Lumenis, the world's leader in aesthetic technology.

Most importantly, we recognize that no two patients are exactly alike. Therefore, all treatment plans are customized to the patient. Our goal is to maximize results and minimize the time it takes to achieve them.

The tailored acne solution program begins with a complete skin and acne evaluation. Your highly trained, skincare professional will evaluate the current state of your teen's acne and all of its underlying causes. We'll identify lifestyle factors that may be contributing to the problem as well as evaluate prior treatment's

An important part of treatment is enabling your teenager to care for their skin through proper washing with the proper ingredients. With this knowledge, your teen will be able to mitigate the impact of overactive hormones and begin to control their acne. We'll then develop a comprehensive treatment plan with your child's self-esteem at its core.

**For a limited time, our suite of tailored acne solutions are available special prices for new patients.\***

**PLEASE CALL TO SCHEDULE YOUR CHILD'S CONSULTATION TODAY.**

### **CosmeticDerm**

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\* Special prices available for a limited time.

Schedule your consultation today so that your child does not miss out.