

TREATING ACNE

AS SEEN IN MIMI VANDERHAVEN

Debunking the pimple myths

by Mimi Vanderhaven

Mimi: Acne was once thought to be a “teen affliction.” Is that still true?

Dr. Stefanie: When most of us think of acne, we think of adolescence. And while teenagers do make up the largest percentage of the acne-afflicted population, they're not alone in their suffering. Acne strikes adults, too. More than half of all adult women and about a quarter of adult men are sufferers. And one thing is clear, the psychological, social and physical effects of acne don't diminish with age.



Dr. Stefanie Christian

Mimi: What are the causes of acne? And can we rule chocolate out?

Dr. Stefanie: Acne does not result from poor hygiene, inadequate cleansing, eating chocolate, or indulging in fatty foods as some might think. It's actually caused by excessive production of skin oil, excessive “stickiness” of the skin cells lining the hair follicle, and by abnormal shedding of superficial skin cells.

These factors, when combined, result in blocked pores. If bacteria gets into the blocked pore, inflammation can result. These inflamed pores can then develop into pimples or pustules and eventually into deep painful nodules and cysts.

Mimi: How can a person suffering from acne find relief in your care?

Dr. Stefanie: We carry physician-grade skin care products such as cleansers, retinoids, and salicylic acid products. I might also prescribe oral antibiotics and spironolactone. We offer medicated facials and peels, laser genesis, injectable fillers and photodynamic therapy (PDT).

PDT is a light-based treatment offered at *Timeless Laser & Skincare* that kills bacteria and shrinks the oil glands. It is an excellent option for patients who do not tolerate the side effects of Accutane or are unwilling to try Accutane because of the side effects.

Dr. Stefanie is offering \$10 off of a medicated facial when this story is mentioned before March 31, 2010.

Timeless Laser and Skin Care is located at Advanced Dental Care & Aesthetics, 4780 Clague Road, North Olmsted, 44070. Call 800-710-3839 to schedule. Visit the website at www.TimelessLaserSkin.com to learn more and download maps. 00201497