



**CONTROL BREAKOUTS**  
There are treatment options that can clear your complexion.

## Clearing up the confusion about acne

Ninety percent of teens and 30 percent of adults at one point experience acne. While for some people, this may mean an occasional or mild breakout, for others severe acne affects their self-esteem and daily lives. Education and proper treatment of the common skin care problem is essential in obtaining clearer skin and gaining confidence back.

### What causes acne?

A major myth surrounding acne is that people develop it due to poor hygiene. "While people with acne tend to have oilier skin and have increased bacterial growth related to that, there are various factors that can cause and trigger acne," explains Dr. Benjamin Barankin, Dermatologist, Founder and Medical Director of Toronto Dermatology Centre.

In reality, hormone levels in women and teens and a person's genetics play a major part in oil production and in turn, acne development. Other causes can aggravate acne including diet, particularly dairy, like skim milk, as well as stress.

### The importance of proper treatment

While the severity, length, and point in life when someone is affected will vary, a healthy skin care routine along with treatment and consulting with a dermatologist is crucial in preventing

scarring and discolouration. Most importantly, it will help make patients feel confident and look good. "A problem I see a lot is people who have had acne trying various over-the-counter products thinking they can fix it themselves, while in the meantime not only are they spending a lot of money, they are developing scarring which is painful, expensive to repair, and your skin will never be the same," says Dr. Barankin.

### How to treat acne

Dr. Barankin recommends a standard routine of cleansing once or twice a day followed by moisturizing and SPF, and exfoliating once or twice a week. If you experience occasional, mild breakouts or early acne, prescription topical creams and gels that include any of the following ingredients: Benzoyl Peroxide, Retinol, Salicylic Acid, or Glycolic Acid can help heal breakouts.

For deep, hormonal acne, Dr. Barankin suggests prescription-grade topical products with higher concentrations of ingredients that are available in topical creams and gels in combination with antibiotic pills, birth control for some women, and Accutane or Isotretinoin in severe cases.

In conjunction with topical creams, gels or prescription pills, treatments like microdermabrasion, laser treatment, chemical peels, photodynamic therapy, facials, and extractions can speed up healing.

### What is antibiotic resistance?

Antibiotic creams and pills may aid in calming acne, but if taken for long periods of time, there is risk of the bacteria being treated, building a resistance to the antibiotic and in turn, no longer responding to the medication. Not only will a patient's acne not clear up but instead of Paenes, the bacteria that causes acne, other important bacteria the body needs will be killed.

After seeing a recent rise in antibiotic resistance, Dr. Barankin says that, "we've tried over the years to use less antibiotics or combine them with things like Benzoyl Peroxide. The typical course of antibiotic treatment would be two to three months after which we would reassess your case and could potentially extend it to six months." Combining Benzoyl Peroxide with antibiotic treatments won't guarantee that antibiotic resistance will be avoided, but it's a precautionary step for patients to combat acne without sacrificing their health.

### Take action

While there is no way to predict the future health of a person's skin, it is important to manage acne and be aware of the available treatment options in order to keep skin clear and eliminate the chance of scarring and discolouration.

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## ROSACEA: Shedding light on the chronic skin condition

Rosacea is an inflammatory skin condition that affects an estimated **two million Canadians and 45 million people worldwide**. It is characterized by redness, visible facial blood vessels, and pimple-like bumps and blemishes in the central part of the face.

### Know the facts

Rosacea is most prevalent in people over the age of 25, and in those who are fair-skinned and from Celtic or Scandinavian ancestry. Women are also three times more likely to suffer from the chronic skin condition than men are.

"In mild cases, the condition may simply cause redness and flushing, but if it gets more advanced, it can take on an acne-like appearance," says Dr. Jason K. Rivers, Clinical Professor of Dermatology at the University of British Columbia and Founder of Riversol Skin Care Solutions "Rosacea is distinguished from acne, though, in that there are no blackheads or whiteheads associated with the disorder."

It should also be noted that, like other chronic skin conditions, rosacea can have a significant impact on a person's self-esteem and mental wellbeing.

### Causes and triggers

Spicy foods, alcohol, emotional stress, sun exposure, exercise, and caffeine or hot drinks can all trigger rosacea symptoms. But scientists still don't completely know the underlying causes of the skin disease. There are a number of different principles on the genetics of the disease though, one of which points to the outbreak of rosacea being linked to the immune system, explains Dr. Rivers.

**"In mild cases, the condition may simply cause redness and flushing, but if it gets more advanced, it can take on an acne-like appearance."**

"The immune system is regulated in a way that we don't completely understand," he says. "It's believed that the immune system of a rosacea sufferer may overact, causing an inflammation of the skin that then feeds on itself."

Currently, there are no sufficient ways to test for rosacea; the only diagnosis is a clinical examination, which means a patient has to have a visible outbreak before they can conclusively be diagnosed.

### Managing the condition

There are a number of different rosacea treatments, all of which are generally quite effective,

CONTINUED ON NEXT PAGE ►



**Dr. Jason K. Rivers**  
CLINICAL PROFESSOR OF DERMATOLOGY AT THE UNIVERSITY OF BRITISH COLUMBIA

says Dr. Rivers. The first step in any treatment is prevention, and that means identifying and avoiding your personal triggers. "It can be quite particular for some people," says Dr. Rivers. "Somebody affected may be able to tolerate white wine but not able to tolerate red."

People with rosacea are also advised to use mild cleansers to remove dirt and reduce inflammation on the skin, and to always apply sunscreen in the summer time. Medications can be topical, in the form of creams and gels, or oral, which are often anti-inflammatory doses.

"There is a new topical gel treatment that came onto the Canadian market about a month ago which can reduce redness in the face for up to 12 hours," says Dr. Rivers. "However, it doesn't have any effect on the course of the disease itself."

If you think that you may be affected by rosacea, don't continue to suffer without professional advice and treatment. It could make a massive difference to your life. A trip to your doctor could be your first step on the road to beating rosacea.

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**"Symptoms can be managed and it's important not to let them get worse, Rosacea might always be on your mind but it doesn't have to be on your face."**

Cynthia Nixon



## SEX AND THE CITY STAR CYNTHIA NIXON SAYS DIAGNOSIS IS KEY TO HELPING CONTROL ROSACEA

**Despite starring in one of the most popular TV series of the 90s, Cynthia Nixon suffered at times from low confidence due to rosacea flare-ups. In her 30s, the Sex and the City star noticed a chronic redness on her face, which resembled acne. The flare ups were often triggered by spicy foods, red wine, and hot baths.**

"My facial redness used to affect my confidence on set and at big social occasions and I struggled to manage what I thought was a recurrence of acne, like I had when I was a teenager," she says. "So it was a relief when

my dermatologist told me I had rosacea as it has transformed the way I can manage my symptoms and better understand my triggers."

**Two million Canadians affected** Nixon's self-consciousness in her appearance isn't unique for those who have the skin condition. Surveys show that rosacea can take a toll on people emotionally, from how they feel at work, to how they feel in social settings and in their relationships. The good news is that rosacea is a treatable and common skin condition. Over two million Canadians and around 40 million people worldwide are affected by it.

### Visiting a dermatologist

The key to managing rosacea is getting a diagnosis. Those who are left undiagnosed face challenges — only about one in ten sufferers receive a formal diagnosis from a doctor or dermatologist. Those who do are twice as likely to manage their symptoms.

"It is important to ask your doctor about ways to manage these symptoms, otherwise they will get worse," says Nixon. "Redness is a challenge, but you can get it under control. Dealing with rosacea on a day-to-day basis is tough. And sometimes I used to start my day off on the wrong foot just by looking in the mirror."

### Keeping it under control

These days Nixon is more confident, thanks in part to learning how to manage her skin condition. She recognizes her triggers, such as extreme heat and humidity, and gets the help she needs.

"Symptoms can be managed and it's important not to let them get worse," Nixon says. "Rosacea might always be on your mind but it doesn't have to be on your face."

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## Sensitive skin knows no boundaries

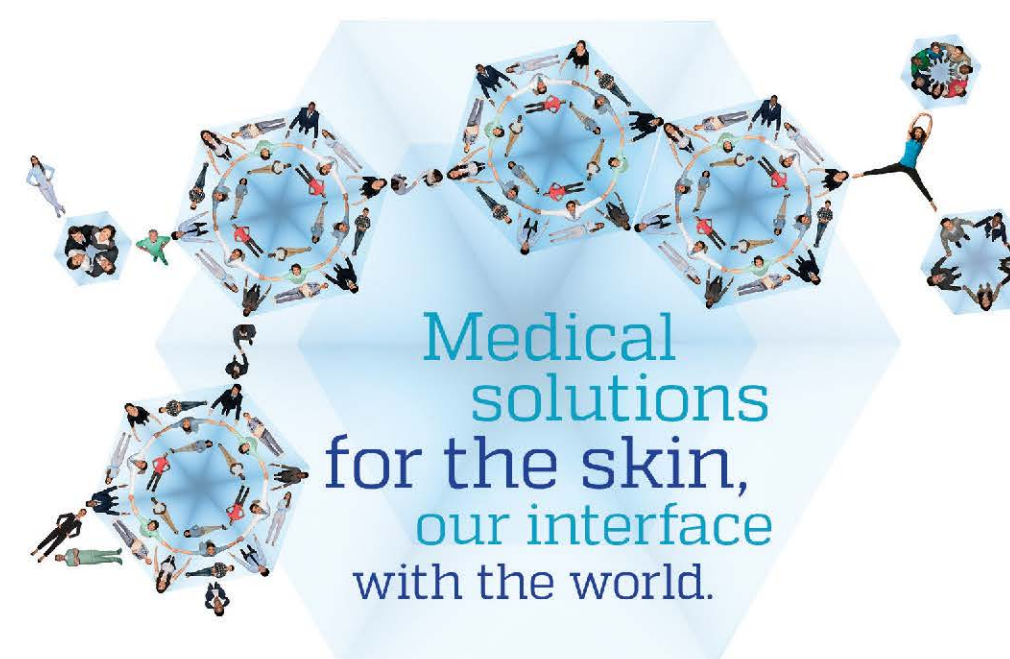


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The visual pattern depicted represents the adapalene molecule, a Galderma medical skin management solution.

**Where can I turn for accurate, independent info on acne or rosacea for Canadians?**

**We can help!**  
We're the Acne and Rosacea Society of Canada

- A new, national not for profit organization
- Led by Canadian dermatologists
- Offering hope and help to sufferers by providing reputable, up-to-date info and raising awareness

Acne and Rosacea Society of Canada | La Société canadienne de l'acné et la rosacée

**Check out the facts. Take action. See improvement. Feel better**

Acne and rosacea affect 8 million Canadians. Since these conditions appear mostly on the face and affect appearance, there can be significant emotional distress in addition to the visible signs. There may also be permanent skin damage such as scarring.

Please bookmark our upcoming websites [www.AcneAction.ca](http://www.AcneAction.ca) and [www.RosaceaHelp.ca](http://www.RosaceaHelp.ca)

**WHAT'S THIS YEAR'S HOTTEST SUMMER TREND?**  
(CLUE: IT'S NOT FACIAL REDNESS)

SOMETIMES THE SKIN CONDITION ROSACEA GETS ALL THE ATTENTION. WANT TO TURN DOWN REDNESS AND TURN UP YOU?

**Act on Red**

Less Red, More You:  
Visit [ActOnRed.ca](http://ActOnRed.ca), a Canadian Rosacea Resource