

Attention Caregivers:

Don't Forget to Bring Up Skin Health at Your Teen's Next Visit to the Pediatrician

Whether your teen's next visit to the pediatrician is for a sports physical, pre-camp checkup or just a routine well-visit, it's important to remember that maintaining healthy skin is a key part of your teen's emotional and physical well being.¹ Following are three tips from Dr. Jennifer Trachtenberg*, assistant professor of pediatrics at the Mount Sinai School of Medicine, chief pediatric officer for RealAge.com and author of *The Smart Parent's Guide to Getting Your Kids Through Checkups, Illnesses, and Accidents*, for making the most of your teen's next doctor's visit.

Talk Acne to Help Avoid Potential Physical and Emotional Scarring

Acne is a medical condition, and whether your teen experiences spontaneous breakouts or more significant acne, acne can damage teens' self-image and impact how others perceive them. In a recent survey, teens with acne were more likely than teens without acne to be perceived as shy, nerdy and lonely. In fact, the survey found that nearly 60% of teens admit they would stay off of Facebook for one year if they could get rid of their acne.² Ask your doctor about prescribing an acne treatment that can become a part of your teen's daily routine, and check out www.smarterthanapimple.com for more information on how to outsmart breakouts.

It's Never too Early to Use Sunscreen Daily

Many teens believe that they only need sunscreen at the beach, but the doctor can explain otherwise. It's important that teens start using sunscreen daily, to protect their sensitive skin now and help them to get in the habit for their adult years. The American Academy of Dermatology recommends that, regardless of skin type, a broad-spectrum (protects against UVA and UVB rays), water-resistant sunscreen with a SPF of at least 30 should be used year-round. Sunscreen isn't just for sunny days, either – 80 percent of the sun's ultraviolet rays can pass through the clouds.³

Create a Routine that Works for Your Teen

With such busy schedules for today's teens, it's important to help them create a daily skincare regimen that they can stick to. In fact, your teen's skin regimen should become as regular as showering or brushing their teeth. Not sure what should be included in their morning and night time routines? At your teen's next appointment, ask the doctor to suggest a gentle cleanser and SPF moisturizer that works for their skin type, and fits into their daily routine.

*This program is supported through an educational grant to the
National Association of School Nurses from Galderma Laboratories, L.P.*

**Dr. Trachtenberg is being compensated for her participation in this program.*

References:

1. Hanna, S., Sharma, J., & Klotz, J. (2010, August 12). *Acne vulgaris: More than skin deep*. Retrieved from <http://dermatology.cdlib.org/93/commentary/acne/hanna.htm>
2. Kelton Research. (n.d.). *Ritvo/AARS Perception Study* (Issue brief). NewsWorthyAnalysis. Retrieved May, 2009.
3. American Academy of Dermatology. (n.d.). *Facts About Sunscreens* (Issue brief). Retrieved 2010, from http://www.aad.org/media/background/factsheets/fact_sunscreen.htm