

## HOW IS IT DIAGNOSED?

The dermatologist will look at your skin to see what type/ types of acne appear on your skin. They then decide what grade it is between 1 and 4. Grade 1 is mild acne and Grade 4 is severe acne.

## IS IT ALWAYS ACNE?

Other skin conditions can look like acne, so it is important that a dermatologist checks it to let you know.

## WHO GETS ACNE?

Anyone can get acne. It's the most common skin problem in the U.S. 40 million – 50 million people have it at any one time. You can get it at any age, but it is most common between the ages of 12 and 17. Usually caused by puberty and is not because someone is dirty.

## WHAT ARE SIGNS OF ACNE?

- Blackheads
- Whiteheads
- Papules
- Pustules (what most people call “pimples”)
- Cysts
- Nodules
- Acne isn't only isolated to the face. You can also get it on your body including your neck, back, chest, neck, and upper arms.
- Dark spots on the skin
- Scarring

## THEY'RE JUST PIMPLES, SO WHAT'S THE BIG DEAL?

Acne can cause low self-esteem and even depression in people of all ages. It is not just physical and can be very emotionally difficult. Acne can lead to social withdrawal, anxiety, frustration, anger, and poor body image. Many people get bullied because of their skin. Many people feel humiliated because they want a clear complexion to look “beautiful.” Yet it is not something that is chosen; it just happens depending on how our bodies work. But good news! If you have acne, there are ways to treat it! It may take some time and a few tries, but you should see your dermatologist.

*(Adapted from <http://www.skincarephysicians.com/acnet/socimpct.html>)*