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YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

TEEN ACNE

Eight out of ten teenagers will have some form of acne, which can be frustrating since appearance is so important to many teens. Part of solving acne is figuring out what causes it. Acne is caused by clogged pores, some of which is exacerbated by hormones. All teenagers make extra hormones, but many young women are plagued with hormone-triggered acne before their menstrual cycle begins. basically, in puberty, oil glands grow and produce more oil. Bacteria make the oil thicker, the openings to the skin's pores become clogged with this oil, and the result is a whitehead, a blackhead, a pimple, or a cyst. A pediatrician can recommend medication for acne.

For those teens that have skin problems, including acne, we understand that it can cause much unneeded stress and lowered self-esteem. If your child's acne isn't responding to traditional over-the-counter remedies, there are a range of alternative treatments available. For more information, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.

P.S. Acne is not caused by chocolate, fatty foods, or even dirty skin, though that can make it worse.

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