Acne And Stress: Facing The Facts
Reducing Stress May Help Reduce Acne

(NAPS)—When you’re under stress, it may be as obvious as the nose (or blemishes) on your face. That’s the finding of a study by Dr. Alexa Boer Kimball, assistant professor of dermatology at Stanford University, where recently stress was scientifically linked to acne. The study found that college students with acne experienced worsening of the skin condition when under the stress of taking examinations.

Acne affects nearly 80 percent of Americans at some point in their lives, with adult acne becoming more common. The stress of daily life, including responsibilities at work, family, and school can increase acne severity.

“For my patients—especially adults—dealing with breakouts or scars from past acne can be very stressful,” says Kimball. “So, it can become a perpetual cycle where stress worsens acne and acne worsens stress.”

Although it is impossible to cut stress completely from your life, understanding how it causes acne can aid in its treatment and control. “If we look at some of the laboratory evidence we know now that stress hormones, cortisol specifically, stimulate oil secretion in the skin which leads to acne production,” says Shawn Talbott, Ph.D., founder of The Cortisol Connection.

There are steps you can take to help you avoid stress-induced acne.

• Eat Right. When you eat the wrong foods, inflammation increases and causes acne, according to Dr. Nicholas Perricone, clinical and research dermatologist. Develop a diet rich in protein and essential fatty acids and limit the consumption of starchy carbohydrates and refined sugars. Dietary supplements are good addition to a balanced diet.

• Sleep On It. Not getting enough sleep can exacerbate anxiety or frazzled nerves. Try to establish a sleep schedule that gets you at least eight hours of shut-eye per night. Doctors recommend going to bed at the same time every night and waking up at the same time every day—even on weekends—to help establish your sleep routine.

• Break the Acne/Stress Cycle. A new treatment called Nu Skin Clear Action Acne Treatment System clears beyond the present breakout by diminishing the signs of past acne and helping ensure a healthy complexion in the future. In an independent clinical study, more than 90 percent of study participants saw an overall improvement. The three-step morning and three-step evening process features products that help manage the acne-causing effects of stress.

For more information visit www.nuskinusa.com.

Hair-Raising Pet Tales
(NAPS)—A lighthearted contest that lets pet owners brag about the wonderfully wacky and outrageous antics of their pets could win pet owners a vacation for two with the family pet to a luxurious pet-friendly Hotel Monaco in San Francisco, Seattle, Salt Lake City, Denver, Chicago, New Orleans or Washington D.C., as well as a new Dr. Devil upright vacuum cleaner.

To enter, pet owners are asked to submit a brief description of up to 200 words of their unique, quirky, humorous or most interesting “hair-raising” pet tales. Entries are due by 5 p.m. on July 1, 2003 with a specific category in mind.

A) Frightening Furry Fables
B) B) FTC (Federal Trade Commission)
C) None of the above

Answers
1) C. There is very little regulation regarding dietary supplements. None of a product’s benefits need to say it can treat, treat or cure a specific disease, supplement marketing can make any claims they want.

2) True: Aspirin may cause a rare but dangerous condition called Reye’s syndrome in children under 16.

3) C. Vitamin D promotes the absorption of calcium from the diet and is an important mineral that helps bone growth.

4) True: Besides decreasing the effectiveness of oral contraceptives, smoking while on the Pill also increases the risk of developing potentially dangerous blood clots.

For more answers to questions like these, as well as other medical advice, people can consult The Johns Hopkins Consumer Guide to Drugs. The 864-page reference encyclopedia covers more than 700 different generic and 2,000 brand name prescription and over-the-counter drugs. The Guide is from Simeon Margolis, M.D., Ph.D., and the editors of the Health After 50 newsletter from Johns Hopkins. U.S. News and World Report ranked Hopkins the number-one medical facility in the U.S. for 12 consecutive years.

In order to order, call 800-829-9170 or visit hopkinsaferdr.com.

Energy Saving Simple Ways To Reduce Gas Consumption

(NAPS)—Whether the price of gas is rising or falling, car owners may find that regular car maintenance can help lower the cost of driving.

A recent survey found that few Americans check the tire pressure on their vehicles, even though this simple maintenance task can improve fuel economy. That was one of the findings of a survey by Opinion Research Corporation to order, call 800-829-9170 or visit hopkinsaferdr.com.

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Are You Taking Medications Safely?

(NAPS)—Most people know that drugs and alcohol don’t mix. But did you know that taking some medications with grapefruit juice can be just as dangerous? For instance, when taken with grapefruit juice, a hypertension drug called Sildene induces a a cause blood pressure to drop dangerous low. To test your knowledge further, try this short quiz:

1.) What makes a good book?
A) C
B) B
C) None of the above
2.) True or False: Children under 16 should never be given aspirin without consulting a doctor.
3.) Which of the following vitamins can help prevent osteoporosis by increasing calcium absorption?
A) C
B) B
C) False or True: Smoking can reduce the effectiveness of oral contraceptives.

Answers
1) C. There is very little regulation regarding dietary supplements. None of a product’s benefits need to say it can treat, treat or cure a specific disease, supplement marketing can make any claims they want.

2) True: Aspirin may cause a rare but dangerous condition called Reye’s syndrome in children under 16.

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