Children's Health Minute **Air Dates: Week of March 5, 2007**

"Teens and Acne"

Dr. Hellerstedt: Acne is so common that it's almost considered a normal part of teen-age life, but that doesn't make it any easier.

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

Acne appears on the skin as bumps, pus-filled pimples or sometimes as even larger areas of infection under the skin. Teens may get acne when the sebaceous - or oil-producing glands - in their skin become overactive in adolescence. The glands clog-up, bacteria get trapped inside – and infection can result.

Teens can gently wash their faces twice a day with a mild soap and warm water to remove oil, but acne is not caused by lack of cleanliness and washing is often not enough.

Teens with acne can also see their doctor or be referred to a dermatologist who may recommend a course of treatment.

Announcer: Keep your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your CHIP or Children's Medicaid. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.