## Your Checklist to Clearer Skin

**What can you do about your breakouts and when should you see a dermatologist? Use this checklist to find out.**

### TREATMENTS TO TRY
- Birth control pills, which can help regulate hormones
- Eating fewer processed carbohydrates
- Not washing your face too often or too aggressively
- Over-the-counter products containing benzoyl peroxide or salicylic acid
- Glycolic acid facial washes

### WHEN TO SEE A DERMATOLOGIST
- Your drugstore creams aren’t working. You may be using the wrong type or you may need something stronger, such as a prescription topical or oral medication. An expert can help you figure out what will work best for you.
- There’s scarring. “This would prompt me to send my own child for treatment,” says Erika Summers, M.D. “Scarring is harder to treat than the acne, and it is permanent.”
- You’re unhappy when you look in the mirror. “When you hit your personal threshold of embarrassment over your acne, it’s time to make an appointment,” Summers says.

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**GET CLEARER SKIN, ASAP.** University of Utah Health Care’s dermatologists can treat acne, eczema and many other skin conditions. Call 801-581-2955 to schedule an appointment.

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