

# 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.

**\*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.

