



Sex & Romance
Canadian Parents
Food & Drink
Weddings

Beauty
Style
@work
Living

Lifewise
Beauty

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ASK IVANA

Adult acne

By IVANA TAVERNESE, Canoe.ca



Dear Ivana,

I have recently turned 40 and instead of worrying about wrinkles I am devastated about the pimples on my face. I wash my face twice a day and try to avoid any type of makeup that would clog my pores, but it doesn't seem to help. Any thoughts?

Thanks, Dede

Hi Dede,

Well, this seems to be a problem best left to a dermatologist. Adult acne is a very common problem and can be treated with the right help. Dr. John Goldhar is an esteemed dermatologist in the Toronto area and here is what he has to say.

Dr. Goldhar: If one begins to get acne at about the age of 20 or older, I wonder about hormone levels, in particular androgen levels. (Dr. Goldhar explains that the androgen levels are the male hormones in everyone's body.)

Most adult acne I do blood test on, I find 10-15 % have an elevation of androgen levels, which cause them to break out in acne, it is also associated with irregular periods, increase in hair growth, decrease in scalp hair growth, and infertility problems.

Some may have a condition that's called PCOS (Poly Cystic Ovarian Syndrome). It's interesting as not only does a large percentage fall into this category, but recently studies found that PCOS is associated with diabetes, infertility and elevation of cholesterol.

Unless there is a particularly stressful situation, in which you break out into acne for two weeks and then it's gone, if it persists you should see a dermatologist for further investigation.

Dr. Goldhar requires a doctor's referral, if the treatment is to be covered by OHIP, otherwise one can make an appointment with one of the cosmetic technicians.

This story was posted on Fri, August 11, 2006



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Editor's choice

Beauty

- ▣ Sephora
- ▣ LUSH
- ▣ Cake
- ▣ MAC Cosmetics
- ▣ Dove
- ▣ L'Oreal Paris Canada
- ▣ Dior
- ▣ Cargo Cosmetics
- ▣ The Body Shop

Shopping

- ▣ Urban Outfitters
- ▣ Aritzia
- ▣ Browns Shoes
- ▣ Birks
- ▣ H & M
- ▣ Holt Renfrew
- ▣ Zara

