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Effective handling of teenage skin troubles by Vidisha Rana

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Adolescence is hard enough but being tormented by complex skin troubles during this transition period can be tougher!

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Some Tips

1.Avoid spicy and oily foods.

2. Drink plenty of water.

3. Eat a good healthy diet enriched with low calorie products , green tea , olive oil , walnuts , berries and yogurt etc.

4. Follow a healthy regime.

Some teenagers can suffer from chronic skin disorders due to the various hormonal changes taking place in their nubile bodies.

Dermatologist problems emerging at a time when you are very conscious about your appearance can have a negative impact on self esteem, making even an outgoing youngster shy and introverted.

The Medguru showcases 5 common skin problems as well as some solutions to help maintain a smooth, healthy complexion.

1.Acne

Acne breakout in adolescence is in the form of occasional black heads, white blemishes or inflamed small pustules appearing on the skin, arms, face, neck, chest or the back.

Changes in the hormone level produce a reaction in the skin causing acne. Factors like stressful situations, dirt and also the menstrual cycle can accelerate skin breakouts.

Ointments, gels or lotions containing Benzoyl Peroxide should be applied after hot and cold skin soaks. Extreme cases of acne need to be treated by a dermatologist.

2.Oily skin

Some teenagers have a very oily and shiny skin giving an unclean appearance. Alcohol based topical creams are available at the chemist shops that clean the skin of the extra oil leaving it dry.

The oil excess on the skin can be blotted with specially prepared face tissue paper. Matt lotions or oil inhibitors, compatible to all skin types can be then applied on the skin to control the oil secretions.

3.Excess sweating

Teenagers have a tendency to sweat in the armpits, hands, soles, scalp, back, and all over the

body. Excess sweating happens due to moments of duress or a medical condition called â€œhypohidrosisâ€•.

In general cases the perspiration can be controlled effectively with an antiperspirant. In severe cases one needs to use the medical strength anti perspiring prescriptions or undergo surgical treatments on the sweat glands from a dermatologist.

4.Warts

Fleshy skin or dark colored lumps caused by a viral infection can be very embarrassing for the teenager .They are growths under the fingernails , hands, fingers , soles or the palms .

Over the counter medications prepared with salicylic acid or liquid nitrogen are readily available for this. Warts can be treated by burning, chemical applications and laser treatments.

5.Eczema

Scaly, dry, rough and red skin patches are a sign of eczema. Skin abrasions, clothing or trauma can lead to this skin condition. An effective moisturizer and sunscreen used after strenuous activities leaves the skin humidified.

In case of severe skin breakouts in the form of pus or itchy skin oral and topical ointments suggested by a doctor can be used.

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