

### Who does acne affect?



Acne can affect teens and adults, men and women, even babies and the elderly

**5.6 MILLION**  
(YES! MILLION!)  
Canadians suffer from acne\*

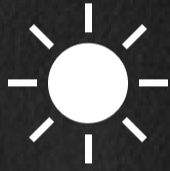
**90%** OF ALL  
**TEENAGERS**  
will experience acne\*

Knowing your skin type will help you create a course of action against acne that works

### Myth vs. Truth



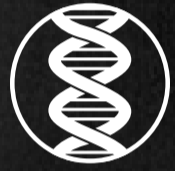
**MYTH:**  
You have acne because you eat too many chips



**MYTH:**  
The sun heals acne



**TRUTH:**  
Having acne does not mean you are unhygienic



**TRUTH:**  
Acne is only partly based on genetics

### The Acne Dos and Don'ts

**A+**

- DO:**
- ✓ Wash your face
  - ✓ Use your fingertips
  - ✓ Dry your face – gently
  - ✓ Moisturize, even if you have oily skin
  - ✓ Wash your hair

**DON'T:**

- ✗ Pop pimples
- ✗ Scrub
- ✗ Use a washcloth
- ✗ Use hot water

**F**

### What are my treatment options?

If there is a *silver lining* with all of this acne stuff, it's that you have lots of options. From over-the-counter remedies and prescription treatments to natural and alternative treatment options and cosmetic cover-ups,

**YOUR ACNE DOESN'T STAND A CHANCE!**



Check out [www.spectroacneacademy.ca](http://www.spectroacneacademy.ca) to learn more and take the acne quiz today!

There are *great tips* on skin care and knowing when and how to talk to a dermatologist.

**VISIT US TODAY.**

\* Psychological Effects of Acne. Canadian Dermatology Association. <http://www.dermatology.ca/skin-hair-nails/skin/acne/#!/skin-hair-nails/skin/acne/psychological-effects-of-acne>