

Understanding adult acne

(NAPS)—Here's a statistic that may come as a surprise to some: nearly 70 percent of adult women report occasional acne outbreaks, according to one recent survey.

Although not a serious health problem, acne can be a serious emotional problem and is the most frequent reason for dermatology visits in the United States.

Eating healthy for the holidays is not that difficult

Special to the Sentinel-Voice

Think "moderation" for a merry, but healthy holiday season. "The holidays are not a time to try and lose weight, because festivities are often centered around lots of food and drinks. People should consider themselves successful by simply maintaining their weight during the holidays," said Lynne Scott, a registered dietitian and director of the Diet Modification Clinic at Baylor College of Medicine in Houston.

Eating healthy for the holidays is not that difficult if you

The condition occurs as a result of a malfunction of the system involving hair follicles and sebaceous glands. Four things contribute: production of excess sebum, the fatty substance secreted by the sebaceous gland; formation of microcomedones, or plugs made up of sticky cells within the

plan ahead. It is hard to resist the temptations of traditional favorites, but low-fat recipe alternatives can keep you on track. If you are spending the holidays away from home, prepare a low-fat entree or vegetable tray to take with you.

Beware of sweets. Just because an item is fat-free does not mean its calorie-free. "People tend to think they can eat all they want if the item is fat free," said Scott, "but usually the calories in the fat-free item are close to the same as its fattening counterpart."

follicles (because these are deep inside the skin, no amount of washing will "unclog" pores); multiplication of the bacteria that normally live on every face; and an inflammation that occurs in response.

As for the cause behind these causes, many people believe stress can be a trigger. Say the *(See Acne, Page 13)*

For parties, Scott says to eat before you go to avoid snacking on refreshments that are usually high in calories and fat, survey the entire buffet table before making your selection and choose moderate portions. Always have a drink in hand to sidestep a waiter putting something in your hand and avoid lingering near the food and bar area.

Finding time for exercise during the holiday season should also be a priority, since it can help keep you focused on maintaining your healthy weight.

HEALTH

Superstitions are dangerous

By Dr. Charles Faulkner

When was the last time that you got nervous when a black cat crossed your path? When did you last go out of your way to avoid walking under a ladder? Or, threw salt over your shoulder for good luck? Or got scared when you broke a mirror? (because you expected to have seven years of bad luck)? Or, finally, avoided dating someone because they were born under a different astrological sign?

Is it really true that you will have bad luck if a black cat crosses your path? Many people think it is. Some people become terrified if they spot a black cat a block away. Are you one of those individuals? Why do you believe this, or any superstition, to be true? If you believe in superstition it is likely that your parents did too and they taught it to you.

But there is no evidence to support any superstition or so-called "bad luck." If something

uncomfortable happens, people who believe in superstition think that it was caused by something that they did and this increases their fear. But non-superstitious people simply attribute it to chance or coincidence, and go fearlessly about their business.

Superstitious people believe that some evil being is able to watch everyone on earth, at the same time. This "being" keeps careful records, they think, of every broken mirror (he [it?] must have the largest computer — or

file cabinet in existence) and punishes every individual who has the misfortune of breaking a mirror. If you break 10 mirrors, over a lifetime, your entire life will be total torment, so the superstitious think.

But people whose parents did not believe in superstitions, don't believe in them either because their parents never taught them to be afraid of their own behavior. They live perfectly normal lives. And they have the *(See Superstitions, Page 16)*

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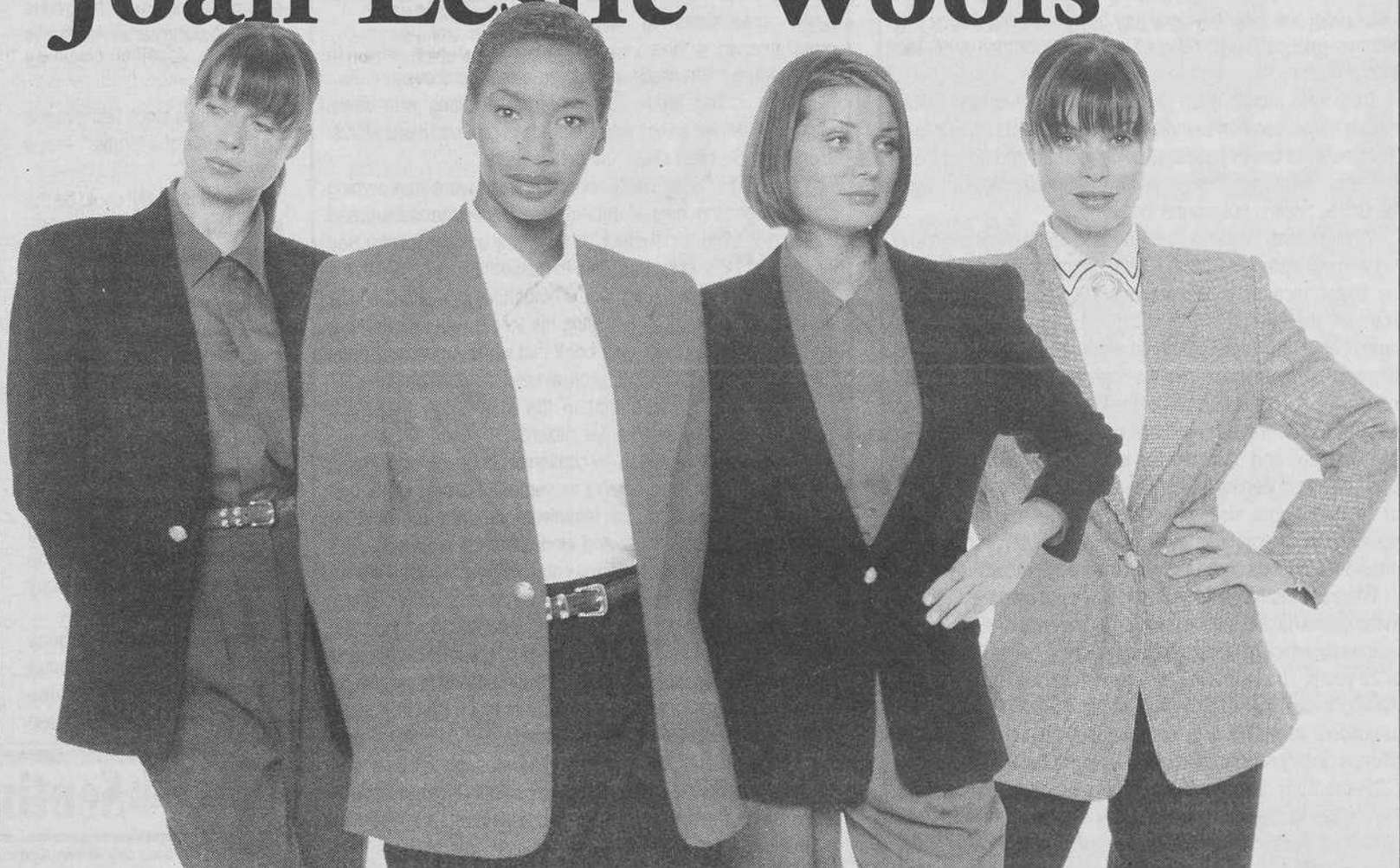
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