

## **A PERFECT SOLUTION TO LIVING WITH IMPERFECT SKIN!**

Did you know that not everyone outgrows acne? Although it is often associated with hormone-riddled adolescents, acne can begin in adulthood and as late as after menopause, when a woman's estrogen levels decline. A recent study suggests that the age of onset of acne may even be increasing...

## **SURPRISING LINK BETWEEN ACNE & DEPRESSION**

In addition to the painful, disfiguring, and embarrassing physical symptoms of acne, acne sufferers often have psychological problems such as depression, stress, low self-esteem, poor social skills, and trouble holding down jobs. These psychological aspects of the disease have often been downplayed, as acne has been considered a cosmetic issue rather than a true disease. In some cases acne sufferers are judged in the same cruel way obese people are, the disorder being seen as rooted in lack of self-control, bad hygiene, or an unhealthy diet.

## **FINALLY, UNDERSTANDING AND TREATMENT OPTIONS**

Research shows that, contrary to popular belief, diet is not a main cause of acne, and that acne is usually caused by the skin's sebaceous glands being pathologically sensitive to certain hormones. Acne can also be a secondary symptom of certain diseases such as polycystic ovary syndrome.

In *Healing Adult Acne*, Dr. Richard Fried will introduce physical symptoms, causes, and treatment options, including both naturopathic and chemical treatments. Dr. Fried also provides information on how to cope with the physical and emotional effects of scarring, as well as the other psychological aspects of acne. Self-esteem and social-building exercises are included, as well as stress and anxiety relief suggestions.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:**

Earlita Chenault, 510-652-0215, ext.142, [earlita@newharbinger.com](mailto:earlita@newharbinger.com)

Healing Adult Acne  
by Richard Fried, MD, Ph.D.  
ISBN: 1-57224-415-1, \$15.95, 190 pages  
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800-748-6273, [www.newharbinger.com](http://www.newharbinger.com)

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WITH DR. RICHARD FRIED, AUTHOR OF  
*HEALING ADULT ACNE*

Q: Is it true that the age of onset of acne is increasing?

A: It depends on what age group we are talking about. Adolescent acne is seeing a younger age of onset: age 8 or 9 is no longer uncommon. Adult acne can be a continuation of adolescent acne or may have onset any time during adulthood. There is no time that we can say for sure that people are out of the woods in terms of being at risk.

Q: What do you feel are the reasons that more and more adults are suffering from acne?

A: That's probably related to the more varied and volatile hormone changes that accompany the adult physiology and lifestyle. Also, subtle early pre-menopausal changes in estrogen and testosterone may contribute.

As I've said before, I believe that women are subject to more stress than perhaps at any other time in history. There are more concrete demands and more mixed messages demanding personal and professional perfection. The price is often physical and emotional exhaustion and emotional stress. How is it possible for the skin to not respond badly as well?

Q: What is the difference between 'adult acne' and 'teen acne'?

A: They are basically the same, but clinically adult acne tends to be deeper, more cystic, more often found along the jawline and central face.

Q: Are the causes of acne different for men and women?

A: The final basic "cause" is the same, abnormal response of the follicle lining cells to androgens. However, I think there are many more potential and identifiable causes in women, i.e. hormone medications, menses, pregnancy, personal care products/cosmetics, etc.

Q: Do you know of recent statistics on how common adult acne is among women? And can you offer a comment on how prevalent it is in your practice?

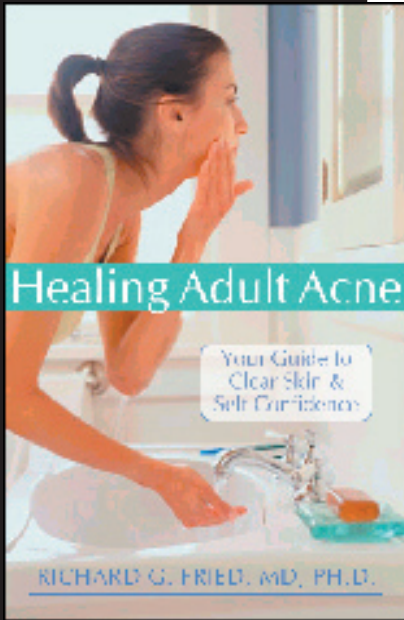
A: There are two studies of note on this subject. In 1999 a study was published in the Journal of the American Academy of Dermatology finding an acne prevalence of 54% among women (Cunliffe). [continued on next page]

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# Praise For *Healing Adult Acne*



“In *Healing Adult Acne*, Dr. Fried has successfully accomplished what so many physicians cannot, he has taken a complex subject and put it in the grasp of everyone, whether acne sufferer, therapists who work with skin disorders, or family physicians. This book is an invaluable resource for anyone interested in the many and varied types acne, their causes, and the attendant emotional trauma accompanying this disfiguration. This book will forever be my go-to source when discussing the emotional and physical causes of acne with my patients.”

—Steven R. Howard, Ph.D., psychologist in private practice in New York, NY, who often treats patients suffering from the emotional trauma of skin and related disorders;  
Member of the Association of Psychocutaneous Medicine.

“This book offers an excellent explanation of the causes of acne and the current thinking on treatment. The emotional aspects of acne are also explored, making this book an invaluable asset to any patient or family member who seeks to understand the scientific and psychological effects of acne.”

—Alan Rosenbach, MD, dermatologist in private practice in Los Angeles, CA

“My book is for anyone who has ever had acne, anyone who will get acne, anyone living with a person with acne, and anyone who wishes to be happier in the skin they have.”

— Dr. Richard Fried, MD, Ph.D., Author

## About the Author of *Healing Adult Acne*

Dr. Richard G. Fried is an internationally recognized clinician, researcher, and teacher. As a board certified dermatologist and clinical psychologist, Dr. Fried has written numerous articles on the physical and psychological aspects of acne. He lives in Washington Crossing, PA.

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However, most of this was considered physiologic (meaning breakouts before the menses rather than persistent acne.) 12% of women and 3% of men had so-called clinical acne (persistent and clinically obvious lesions). 82% of those with clinical acne reported that their acne had persisted since adolescence. This was a community-based study looking at 749 people older than 25 years of age.

A more recent study (2001) appeared in the Journal of the European Academy of Dermatology and Venereology in which a representative sample of French women age to 25 to 40 years were sent a validated, self administered questionnaire. Total acne prevalence was 41%, 17% of women surveyed had clinical acne and 24% had physiologic acne. The most common perceived triggers were menstrual periods and stress. 34% reported that they did not have adolescent acne suggesting a substantial portion of this population had new onset adult acne. (Poli, et al)

Q: Does whether or not a person had acne as an adolescent affect whether or not they have acne as an adult?

A: Absolutely not. We can't ever be sure when acne is over or when it will begin -- it's one of life's unpredictable occurrences. Zits or wrinkles: we thought it would be one or the other, and it could be both...doesn't that suck!

Q: The FDA has recently placed restrictions on Accutan. What are your thoughts on the medication?

A: The medication is a godsend! It prevents physical and emotional scarring. Since it became available in 1982 it has literally saved thousands of people from the ravages of scarring acne. There is nothing else like it. If they were to withdraw it from the market, we would return to the decades where people could not be helped.

The real issue is that Vitamin A (found in Accutane?) is a teratogen that can cause birth defects if taken during the first trimester of pregnancy. It has no effect on resting unfertilized eggs, fertility, or the ability to make normal babies. You just can't take the medication during the first trimester. The safety has been documented in two generations of people.

The problem is that there are contraceptive failures and failures to use contraception! Thus, I agree with education and warnings about pregnancy. [continued on next page]

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Note that birth defects can occur with many medications including tetracycline and many OTC meds.

Q: Please explain the link between acne and depression in adults.

A.: Acne can cause or worsen depression in many ways:

- The demands of caring for the disease and associated physical discomfort alone can be depressing.
- The affected person's self-image can be diminished or impaired by the images that are seen in the mirror each day.
- The social responses of others can be devastating, leaving the affected person feeling stigmatized, including the limitation of work opportunities and successes as a result of acne.
- Opportunities for intimacy can be reduced by acne leading to more depression.

Q: What would you say to someone with acne who thinks, "You know, I've had this all my adult life and there's nothing that will work?"

A: I would say that I fully understand their frustration and hesitancy to try "yet another treatment" that will let them down.

However, I also would tell them with emphatic certainty that there is no one whose acne we cannot get substantially better or clear. Time for a new chapter in their lives: one without adult acne!

Q: Any suggestions for parents of older teens with acne?

A: Yes. We know acne stinks. Make sure your kids know that they are not doing anything wrong. It's not how you wash, what you eat, what you drink, or impure thoughts. The over-the-counter, television, and internet "miracle cures" are too good to be true. REALLY. You need real therapy that can clear your skin.

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