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**Directions:**  ***Before reading,*** in the first column, write “A” or “D,” indicating your agreement or disagreement with each statement. As you read, compare your opinions with information from the article.

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| **Me** | **Text** | **Statement** |
|  |  | 1. Almost everyone’s skin contains acne-causing bacteria. |
|  |  | 1. The bacteria that cause acne are anaerobic. |
|  |  | 1. Acne-causing bacteria require an excess of oil. |
|  |  | 1. Sebum is an oil that controls the amount of water entering and leaving our skin. |
|  |  | 1. A blackhead is caused when a pimple is not exposed to air. |
|  |  | 1. Higher levels of sex hormones (androgens) are related to fewer acne breakouts. |
|  |  | 1. There is a definite link between eating chocolate and increased acne breakouts. |
|  |  | 1. Benzoyl peroxide and salicylic acid, both used to treat acne, contain only hydrogen, carbon, and oxygen. |
|  |  | 1. All prescription medications for acne work the same way. |
|  |  | 1. Eating fewer processed carbohydrates may help lower acne development. |

**Questions**

1. What percentage of teenagers experience episodes of acne?
2. Describe the conditions that are required for *Propionibacterium acnes* to grow and spread.
3. What is sebum and how does it keep water both inside and outside the skin?
4. Explain the difference between the formation of a whitehead and the formation of a blackhead.
5. How do androgen levels affect acne breakouts?
6. What is IGF-1?
7. Explain the relationship between diet, insulin, IGF-1, androgens, and acne.
8. How does benzoyl peroxide work in treating acne?
9. Salicylic acid is another compound that is used to treat acne. What does salicylic acid do in the treatment of acne?
10. Why must doctors be cautious about prescribing antibiotics to treat acne?
11. Retinoids can be prescribed for moderate to severe acne that doesn’t respond to other treatments. How is the action of retinoids different from that of benzoyl peroxide and salicylic acid?
12. Why would spironolactone be prescribed to treat acne?

**Summary:** Write a short (3-5 sentences) email describing what you learned to a friend who has problems with acne breakouts.