

## Diet and Acne: Is There a Link?

September 2010

Can what we eat and drink make our acne worse? That's the question dermatologists are trying to answer. Research studies have looked at many different foods and beverages. Studies have also looked at whether patients who follow a certain diet had less acne than patients who ate whatever they wanted.

To date, dermatologists do not have the scientific evidence needed to confirm whether there is a link between acne and diet. The following pages show what dermatologists have discovered.

### [The Naked Truth About Natural Acne Treatments](#)

Have you ever been tempted to try a natural treatment for your acne? An all-natural supplement or diet certainly seems like a safe option. The truth is that all-natural supplements may not be as safe as you think. And, despite the claims, studies have not proven that any acne diet works. [\(more\)](#)

### [Just What Are Pimples?](#)

Before you learn what really causes pimples, let's get a few things straight. Pimples don't come from:

- Eating greasy pizza, candy bars, or potato chips
- Dirty skin (though it could make them worse)

Now this does not mean it's okay to eat a bunch of junk food and never wash your face. [\(more\)](#)

## What Dermatologists Tell Their Patients

It is certainly possible that what a person eats and drinks can make acne worse. Some studies even suggest that this may be true. But, the truth is that we do not have the scientific evidence yet to prove this theory.

## More Information About Acne

[Acne Treatment](#)

[Skin Care for Acne-prone Skin](#)

[When to See a Dermatologist](#)

### KidsSkinHealth Makes Learning Fun

When learning is fun, kids naturally learn more. That's why the Academy created KidsSkinHealth. On this interactive website, kids can meet Sammy the Skin Cell. They can learn how to:

- Keep their skin clean
- Protect their skin from the sun's damaging rays
- Prevent bug bites and stings

Armed with all this knowledge, they can then score big points playing Skintastic Games. Go to [KidsSkinHealth](#).



## Academy News

### Indoor Tanning: Even A Little Is Too Much

Keeping a tan around a little longer with a few sessions at a tanning salon may seem harmless, but it is not. Research shows that indoor tanning increases a person's risk of developing melanoma, the deadliest type of skin cancer, by 75%. And it does not take a lifetime for melanoma to develop. Melanoma is the most common cancer in adults aged 25-29 years old.

Studies also show that indoor tanning increases a person's risk of developing the two most common types of skin cancer — squamous cell carcinoma and basal cell carcinoma.

The radiation from indoor tanning also can lead to premature wrinkles, age spots, and other signs of aging skin.

To learn more about the risks and discover the stories of women who thought tanning was harmless, visit the following pages:

[Public Service Advertisements: The Dangers of Tanning](#) (videos) Jaime Regen Rea went from a self-proclaimed tanning addict to a melanoma patient in just a couple of years and died just three weeks shy of her 30<sup>th</sup> birthday. Because her family believes no one should die from a tan, some family members share Jaime's emotional story in the American Academy of Dermatology's TV and print [public service advertisements \(PSAs\)](#).

[The Dark Side of Tanning Beds: One Woman's Story](#)

[Indoor Tanning: What You May Not Know](#)

[Academy News Releases Report the Facts About Indoor Tanning](#)  
[Federal and State Regulations on Indoor Tanning Support Scientific Evidence That Indoor Tanning is Not Safe](#)

[Study Finds Indoor Tanning and Tobacco Industries Use Similar Advertising Strategies](#)

### Sunscreen Should Be Worn Year Round

The sun's rays can damage your skin year round, not just during the summer when the sun feels warmest. Just a few minutes of exposure on bare skin such as your face and hands each day can over the years cause:

- Freckles
- Age spots
- Wrinkles
- Spider veins on the face
- Loose skin
- A blotchy complexion
- Actinic keratoses (rough, reddish patches of skin)
- Skin cancer

If news stories have you worried about using sunscreen, be sure to read what the latest research shows:

[Analysis Finds Sunscreens Containing Retinyl Palmitate Do Not Cause Skin Cancer](#)

**Next Month** - Eczema: Research Breakthroughs Helping Calm Skin

## Disclaimer

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