

Tackling teenage skin problems, Dr Chytra Anand shows the way

Chennai, July 4:

Parents need to give emphasis on routine skin care for their wards. More importantly in the early years.

Prevention is better than cure, says Dr. Chytra V Anand, a renowned celebrity cosmetic dermatologist. Parents shouldn't wait until their child gets a breakout or a sunburn to encourage them to start taking care of their skin. After all, we don't wait until they have a cavity to suggest they brush their teeth.

Routine skin care can be undertaken as soon as he/she is able to take the responsibility and maintain the habit of doing it.

For most children, as soon as it is a habit, it's like brushing their teeth. They just follow the routine. Urging parents to make it a habit for their



Dr Chytra V Anand

wards on protecting their skin, she said that use of gentle, fragrance-free, pH balanced cleansers is must besides caution should be made in the prevention of dry skin where they need to apply liberal amounts of moisturizer after bathing.

Initiate early sun-protection behaviors, including regular use of a broad-spectrum sunscreen that offers a Sun Protection Factor (SPF) of 30 or higher. If a child is prone to

skin irritation or allergic reactions, select a physical or chemical-free sunscreen with the ingredients zinc oxide or titanium dioxide.

Reapply sunscreen approximately every two hours, even on cloudy days, and after swimming or sweating. Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible. Seek shade when appropriate, and remember that the sun's rays are strongest between 10 a.m. And 2 p.m.

Habits like, getting enough sleep, drinking enough water, keeping stress to a minimum and making healthy food choices are also very crucial to to minimize breakouts & other skin concerns as they enter puberty. If he/

she starts experiencing skin concerns like acne, blackheads, whiteheads, blemishes, pigmentation, dry skin, scars etc., it's time to visit a dermatologist. Usually this happens when they step into adolescence. Keep in mind that the development of such skin conditions is really not all about a face's cleanliness. If teenager is experiencing such conditions, help him / her address the underlying source of the problem with the help of skin counselors and doctors and get them started with well-designed Teen treatments.

So help teenager take care of their skin way before the age when it all begins. Else it could be a big blow to their self-image & could leave permanent impressions, physically as well as mentally.