



The Damage of Acne: A Personal Battle with Acne

By Lorraine

Acne is not only painful and damaging to your skin, but also can be damaging to your self-esteem. When you look at yourself in the mirror, you want to like the person who is staring back at you. Your idea of your own personal image reflects how you think people feel about you as a person. When you have acne, looking at yourself in the mirror can be a difficult task.

I can remember being in high school and going to use the restroom. I would wash my hands and be careful not to look at myself in the mirror. If I could avoid seeing my reflection, I would be able to continue on with my day as it was going. If, however, I did glance up and catch my reflection, I would wince with disgust at my own image. My entire day would be potentially ruined because I could not stand the way I looked. My entire face was covered with large painful acne bumps. I always wore a lot of makeup and had become very talented at covering up my acne with what felt like pounds of makeup, but my acne was so severe that no matter how much I tried, it was always visible. I would avoid having conversations with people because I always felt like they were staring at my acne. I felt that my acne was all anyone saw when they looked at me. I did not feel beautiful. My acne had come to define me.

I am sure there are many people out there that can relate to those feelings. My self-esteem was never lower and the acne had gotten to the point where it effected everything I did. It felt like I had tried every single over-the-counter product in existence and was not able to find a solution. If anything, my acne would only get worse. One day, I finally decided to seek professional help. I went to see my dermatologist to have my skin evaluated. It took me several years to find the right solution, but I did. I still break out every once in a while, but for the most part my acne is under control. Having your skin evaluated by a dermatologist is the first step in finding a solution. You must then stay dedicated to the fight. You have to follow through with your treatment regimen and you have to be willing to accept that certain treatments will not work for you. You have to stick with it and be positive. There is a solution! With guidance from your dermatologist, you will find the solution that works for your skin!

If you or someone you know struggles with acne, give our office a call and set up an appointment today: **574-522-0265.**

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