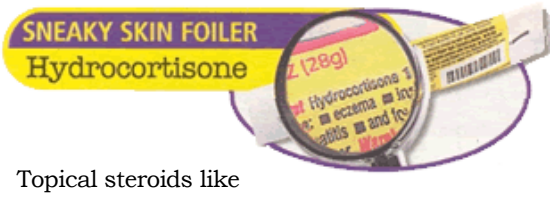
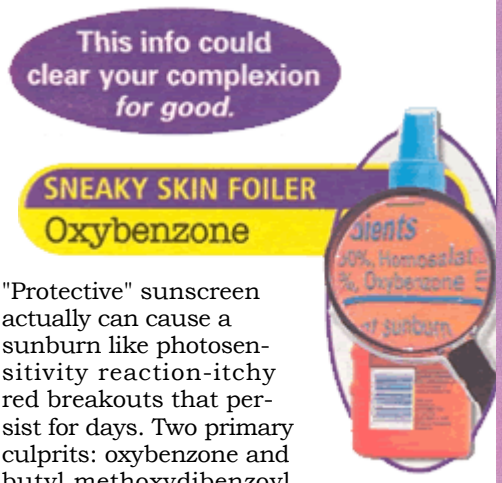
NEWS!

Sneaky ingredients in skin-care products are triggering pimples & rashes

More and more adult women are suffering from breakouts of small facial bumps and redness, according to the American Academy of Family Physicians. And surprisingly, the products formulated to keep skin clear may be to blame. Case in point: rosacea, an inflammatory condition that affects 7 million American women. "Many sufferers mistake rosacea for acne and treat it as such, but the alcohol and benzoyl peroxide in popular acne treatments can intensify inflammation," explains Larry Millikan, M.D., chair of dermatology at Tulane University School of Medicine in New Orleans. So if you've used acne cream one day only to find more red bumps the next, rosacea could be the cause. Luckily, controlling the rash can be as easy as cutting back on caffeine. (For more rosacea solutions, log on to **rosacea.org**.) Read on to ID other possible causes of bumpy redness.



Topical steroids like hydrocortisone cream, which is often used to treat small cuts, swelling and itching, can have a "rebound effect," aggravating existing skin conditions and triggering even more pronounced redness and irritation that may take months to clear up. "Chronic hydrocortisone use can cause the body to amp up its inflammatory response in an effort to overpower the steroid, making breakouts worse," cautions David Goldberg, M.D., clinical professor of dermatology (**www.skinandlasers.com**) at Mount Sinai School of Medicine in New York City. To eliminate steroid induced flare-ups, visit your dermatologist. Typical treatment involves gradually cutting back on use (since stopping abruptly also can set off a rebound effect) along with taking a prescription antibiotic, such as metronidazole or tetracycline.



"Protective" sunscreen actually can cause a sunburn like photosensitivity reaction-itchy red breakouts that persist for days. Two primary culprits: oxybenzone and butyl methoxydibenzoyl methane. These active sunscreen ingredients prompted 81 percent of the reactions suffered by photosensitive individuals in a study published in the *Australian Journal of Dermatology.* A simple solution: Nix *sunscreen* and instead apply *a sunblock* containing zinc oxide or titanium dioxide. "Sunscreen reacts chemically with skin cells to protect them from UV rays," Dr. Goldberg explains. "But sunblock stays on the skin's surface to form a physical barrier, so it's less likely to interact with skin cells and result in photosensitivity." (Try Pre-Sun Sensitive Sunblock SPF 28 with titanium dioxide, $9 for 3.5 oz., available at **dermatologistrx.com**.)