

Adolescent male acne is no small blemish: **92 percent of boys** ages 12 to 19 report that they are currently experiencing or have experienced acne at some point during their teenage years and, according to the **OXY® Acne Report**, nearly one in four (24 percent) males are dealing with acne issues almost constantly.

The OXY® Acne Report is derived from a nationwide survey (conducted for OXY® skincare products by Harris Interactive) that was implemented to gauge how acne affects the lives and self-esteem of teens (both boys and girls) and how knowledgeable they are about treating acne. The OXY® Acne Report also surveyed moms of teens separately to gauge their take of their children's acne issues and what they felt were the key issues and misunderstandings

The following report is a summary of these findings, comparing attitudes and myths across gender and age.



Top Five Skincare Mistakes Teenage Boys Make

- **58 percent of boys admit to popping or picking at their pimples.** Popping pimples is absolutely the worst to do, because it can lead to scarring and more severe acne, because it forces the bacteria deeper into the skin.
- **Only one-third of teenage boys use acne products.** Washing the face with soap and water is not enough to combat the excess oil produced by adolescent hormonal changes. Acne products, such as the OXY® line, which contain salicylic acid or benzoyl peroxide, are specially designed to prevent acne bacteria from thriving on the skin, effectively preventing breakouts.
- **One-quarter of teen boys only wash their face when they are in the shower.** What's more, only 55 percent of boys ages 13 to 15 report bathing at least every other day, so some boys may be going days in between face washings. However, if they are washing in the shower, they should use acne wash specially formulated for shower use, such as the new OXY® Maximum Body Wash or OXY® Bar Soap to increase the odds that these boys will include acne skincare as part of their grooming regimen within the shower.
- **47 percent of boys have scrubbed their face or body harder or more often in an attempt to treat acne.** Over-scrubbing is bad for the skin because it can strip off too much oil, actually leading the skin to produce even more oil as a response. Scrubbing too hard aggravates the skin and can even result in broken blood vessels. It is best to use a medication and apply it gently to the skin than to scrub hard with soap.
- **Only nine percent of teenage boys have asked their parents to see a dermatologist.** Sometimes an acne problem is too severe to be treated with over-the-counter products, even if they work fine for the teen's friends or siblings. Teenagers with painful cysts or pimples that do not respond to drugstore treatments should consider visiting a doctor, particularly a pediatric dermatologist with a specialty in adolescent skin issues.