

# TCMS Reading Article

## *Sneaky Reasons You Get Zits*

**Instructions: COMPLETE ALL QUESTIONS AND MARGIN NOTES**

**(-2)Number** each paragraph.

**(-2)Write** the internal citation for this article: ( )

**Read** the following article carefully and **make notes in the margin** as you read.

Your notes should include:

- Comments that show that you **understand** the article. (A summary or statement of the main idea of important sections may serve this purpose.)
- Questions you have that show what you are **wondering** about as you read (“I don’t understand” is not acceptable).
- **Vocabulary words** you do not know.
- **Connections** to what you already know about the topic
- Notes that differentiate between **fact** and the author’s **opinion**.
- Observations about how the **writer’s strategies** (organization, word choice, perspective, support) and choices affect the article.

Your **margin notes** are part of your score for this assessment.

Answer the questions carefully in **complete sentences** unless otherwise instructed.

## **Sneaky Reasons You Get Zits**

Got acne or even just the occasional zit? Yeah, I'm with ya. Or at least I was, until I sat down with a few dermatologists to pin down all the many, many reasons I was breaking out. The shocker: I was doing sooo many things wrong, and I don't think I'm alone. So I figured I should share their top sneaky causes of acne so we can all have clear skin. No need to thank me.

But first, a random zit fact: did you know that acne-prone people are born with about four to five times more skin cells than the average person?! Crazy, right?

### **Sneaky Acne Cause No. 1: Pressure (literally)**

Dermatologist Dr. Ava Shamban says there is -- get this -- pressure-induced acne. So if you're constantly talking on your cell phone, playing violin, resting your hand on your chin, you're giving your skin a double whammy. One, most of those surfaces are covered in bacteria. And two, the actual pressure of those things on your face can cause acne.

### **Sneaky Acne Cause No. 2: Pressure (figuratively)**

You already know that stress can get your heart racing and your stomach churning, but did you know that it also increases hormones that can cause breakouts? While you can't realistically knock all the stress out of your life (ha, wouldn't that be nice?), you can try to relax and minimize the drama. Say it with me now, ohmmmmm ...

### **Sneaky Acne Cause No. 3: Your Pillowcase or Towel**

This is a multi-dimensional problem. One, your face lies on your pillowcase for hours at a time, and if it's not clean you're basically pressing a bunch of dead skin and bacteria onto your skin (lovely). Same deal with your towel -- your skin

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might be fresh from the shower, but if the towel isn't clean you're just wiping germs onto your face.

Annet King, director of The International Dermal Institute, suggests changing your pillowcase once or twice a week and using a fresh towel daily. However, that's only one part of the problem. If you use fabric softeners and dryer sheets they could also be causing breakouts. Turns out, the stuff that makes your clothes soft is tallow, which is -- wait for it -- animal fat. Ew. I don't know about you, but I don't want that on my face. Plus, detergents and fabric softeners with lots of fragrance can cause irritation as well.

### **Sneaky Acne Cause No. 4: Over-Drying Your Skin**

Sure, it makes sense at first glance: if you dry out oily skin with harsh cleansers, alcohol-based toners and skip the moisturizer, your skin won't be oily anymore. *But ...* it doesn't really work like that.

Instead, drying out your skin this way will cause it to up its oil production, making the whole situation worse. King explains that the skin tries to correct itself and so if it feels dry it will begin to produce more oil to balance things out.

### **Sneaky Acne Cause No. 5: Tanning**

Back in the day, people used to recommend tanning to clear up skin. And in the short term it does kind of work. The sun dries out your skin and UV rays do have an antibacterial element, but tanning is **so** not the way to go. For one, we already learned that over-drying your skin will cause it to produce more oil.

Also, tanning causes your skin to increase cell production (which means more dead skin cells), so while you might get a bit clearer at first, tanning will end up giving you more breakouts. And don't even get me started on all the skin damage, cancer risks and wrinkle issues.

### **Sneaky Acne Cause No. 6: Your Hair Products**

What's that you say? You don't put hair products on your skin? Well, unless you consistently wear your hair in a slicked back ponytail and never let a strand near your face, I'd say that's just not true.

King says hair products with oil, silicones and plasticizers can clog your pores, and if you wear your hair down, have bangs or even sleep with your hair loose it can get on your face and work it's non-magic. So keep the products to a minimum and keep your hair off your face as much as possible.

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1. Summarize this article. Be concise; your summary should fit in this box.

2. What is your personal reaction to this information? Is there anything you need to do differently?

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3. Describe the author's tone. Your response will require a minimum of three sentences.

4. The author uses information from two experts to back up his/her suggestions. Complete the following chart using information from these experts.

EXPERT	WHY HE/SHE IS AN EXPERT	ADVICE FROM EXPERT