

Facing up to the problem of acne: skin experts give advice

By JIM MOCK
Staff Writer

Myths associate acne with everything from diet and poor hygiene to sexual activity. Despite years of research, the exact cause of acne remains a mystery; however, dermatologists understand very well the skin

Health Focus

changes caused by acne and are now able to help most people control pimples.

Dr. Scott Panzer, a N.C. Memorial Hospital dermatology resident, says that many factors are responsible for acne.

"In adolescence, changes in the male-to-female hormone ratio is felt to be at least partially responsible," he says. "This is probably why women on high-estrogen birth control pills usually get improvement in

their acne."

Acne is not just an adolescent problem. According to Panzer, one-third of adult women and probably more men have acne.

"Factors known to influence adult acne include cosmetics, drugs, chemicals and certain hormone-aggravating diseases," Panzer says.

Many women experience cosmetic acne. Oil-based products often provoke acne. However, some oil-free cosmetics may also lead to pimples.

Dr. Stanley Levy of Chapel Hill Dermatology, who is also director of medical affairs for Almay cosmetics, says, "Cosmetic acne is the pro-

longed use of any product which contains certain comedogenic (acne-causing) ingredients."

Some of these include lanolins and fatty acid esters found in some oil-free or water-based products.

"Just because a cosmetic is oil-free does not mean it will not provoke acne," Levy says.

Levy stresses that cosmetic effects are usually delayed.

"Most women do not understand that what they put on their face in October will affect their skin in January," he says.

"Cosmetic acne only affects women prone to acne in the first

place," he adds, "so these women should keep (their makeup regimen) simple."

He does not recommend the complex regimens promoted by some companies that include cleanser, scrub, toner and moisturizers. He says there is no need for such regimens and that simple gentle washing is much better.

Some acne-provoking drugs include iodides and bromides found in cough medicines, birth control pills, steroids (oral and those applied to the skin), phenobarbital and lithium. The pill does not always lead to improved acne. Industrial

cutting oils and dioxins used as industrial cleansers are potent acne producers.

Acne treatment is based on the predominant pimple type a person has, such as "blackheads" or inflammatory "whiteheads."

"Comedonal acne (blackheads) is treated with 5 percent benzoyl peroxide and a special skin drug called Retin A, which helps unplug blocked oil glands," Panzer says. "Inflammatory acne (acne with whiteheads and blackheads that usually heal by scarring) is treated with these agents plus oral and topical antibiotics to fight skin bacteria."

Severe cases of acne that resist these drugs may be treated with accutane, a strong drug with many side effects which is very effective against stubborn acne.

Benzoyl peroxide is available over-the-counter, and is the only such drug recommended by Panzer.

"Studies show that the 5 percent preparations are just as effective as the 10 percent strengths and are less irritating. People often do not know that oily skin alone does not cause acne."

Student Health Service (SHS) makes dermatological services available for additional fees upon referral from a student health doctor. A list of cosmetics viewed by NCMH dermatologists as having low acne potential is available through the SHS dermatology clinic, which is held every weekday afternoon on the third floor of the SHS building.

SOAPY COIN LAUNDRY
Video Games-Cable TV
Wash-Dry-Fold
301 W. Franklin Street

BIG STAR

Want Low Prices? Look No Further!


We match Food Lion's Everyday Shelf Prices & Prove It Every Week with the Price Finder PLUS! Save Lots on These Red Dots!

U.S.D.A. Choice Ultra Trim Beef Boneless Sirloin Steak Lb. 279 ● <small>Tailless T-Bone or Porterhouse Steak..lb. \$3.99</small>		Good Provider of Potassium Sno White Cauliflower Head 99 ●
---	---	--

Super **BIG STAR** Coupon
(519) Enriched White
Big Star Split Top Bread
One 24-oz. Loaf **39**¢
No Minimum Purchase Required With This Coupon. Good Oct. 11 Thru Oct. 17. Limit One Coupon Per Customer.

Grain Fed - Sliced Into Chops Fresh Quarter Pork Loin Lb. 179 ●		Christmas Rose Variety A Source of Vitamins B & C Sweet Red Grapes Lb. 79 ¢ ●
---	---	--

Super **BIG STAR** Coupon
(518) Chunk Style - In Oil or Water
Star-Kist Light Tuna
One 6.5-oz. Can **39**¢
No Minimum Purchase Required With This Coupon. Good Oct. 11 Thru Oct. 17. Limit One Coupon Per Customer.

U.S.D.A. Grade 'A' Fresh Perdue Fryer Leg Quarters Lb. 39 ¢ ● <small>With Portion of Backs.</small>		U.S. No. 1 Significant Source of Vitamin B6 Idaho Baking Potatoes 5-Lb. Bag 99 ¢ ●
--	---	---

MASTER BLEND
Maxwell House
ADC, Electric Perk or Regular
Master Blend Ground Coffee
13-oz. Bag **169** ●
Limit one with \$10.00 purchase.

U.S.D.C. Inspected
Grade 'A' Fresh Flounder Fillets
Lb. **499** ●

Western New Crop, Good Source of Vitamins A & C
Sweet Juicy Bartlett Pears
Lb. **69**¢ ●

Cranapple, CranBlueberry, CranRaspberry, CranGrape Drink or
Ocean Spray Cranberry Cocktail
48-oz. Bil. **169** ●

Catch the Wave...
Coca-Cola or Diet Coke
2-Liter Bil. **89**¢

Hormel
Black Label Sliced Bacon
1-Lb. Pkg. **199** ●

Eastern - U.S. No. 1
Red Delicious Apples
3-Lb. Bag **69**¢ ●

Beef Vegetable or with Noodles or Rice
Progresso Chicken Soup
19-oz. Can **99**¢ ●

Economy Pack
Scottowels 3-Pack
Three Jumbo Rolls **179** ●

THE CORNER DELI
AVAILABLE IN STORES WITH SERVICE DELIS

THE BIG FREEZER

DATE-LINE DAIRY

HOME & FAMILY

Deli Sliced
American Cheese **259** ●
Sliced to Order - White or Yellow

Minute Maid
Fruit Punch **59**¢ ●
Frozen Concentrate

Kraft
American Slices **209** ●
Individually Wrapped Slices

Arrid Solid
Deodorant **199** ●
Assorted Scents Bonus Pack

In-Store Spit Roasted - Piping Hot
Barbecued Chickens
Lb. **129** ●

Frozen
Big Star Broccoli Florets
10-oz. Pkg. **69**¢ ●

Orange Flavor - Chilled
Bright & Early Breakfast Beverage
64-oz. Carton **69**¢ ●

Regular or Peppermint
Scope Mouthwash
12-oz. Bil. **189** ●

University Mall, 201 South Estes Drive,
Chapel Hill

OPEN 24 HOURS Open 7 A.M. Monday until 11 P.M. Saturday;
Open Sunday 8 A.M. until 9 P.M.

BIG STAR REDEEMS U.S.D.A. FOOD STAMPS

BIG STAR

Only the best,
always for less.

Not Responsible For Typographical Errors. We Reserve The Right To Limit Quantities. For Consumer Information or Assistance, Call Toll Free, 1-800-221-1835. Prices and Offers Effective Sunday, Oct. 11 thru Saturday, Oct. 17, 1987.

Library looks for new site

By ANDREA SHAW
Staff Writer

Preliminary results of a poll conducted by Chapel Hill Public Library officials show that users of the library on East Franklin Street have not reached a consensus in recommending locations for the town's new \$4 million library.

The poll, conducted since early spring, will help a special task force appointed by the Chapel Hill Town Council make a recommendation of possible sites to the library board of directors and the council, said Kathy Thompson, library director.

"There is a general open-ended question on the survey and we haven't been able to draw any conclusions from the responses," Thompson said.

About 160 library users were polled through Sept. 1. Thompson said the poll should be completed in a month.

Among possible sites suggested by poll respondents are Airport Road near the A&P supermarket, Estes Drive near the Community Center and East Franklin Street near the Elliott Road intersection.

Thompson said the on-campus locations of Davis Library and the undergraduate library should have no effect on the committee's decision.

"This is a public library to meet the public's needs," Thompson said. "The University will have no effect on the site that's chosen."

The survey asked respondents to recommend possible library sites and special services they want at the new library.

These services ranged from an expanded book collection to more meeting space for community groups, Thompson said.

"We plan to make available AV (audio-visual) equipment and materials in addition to computer hardware and software for public use," Thompson said. "We'll have everything automated like reference and circulation."

Respondents did agree that they want a site spacious enough to accommodate the large number of users with adequate parking. Thompson said more than 90 percent of library complaints deal with parking.

Preliminary poll results were presented to the town council Oct. 5. The new library, approved in a bond referendum last November, is expected to be completed by 1990.

American Heart Association

It brings out the best in all of us.™



United Way