

side effects of these drugs include dizziness; drowsiness; tachycardia; hypotension; and extrapyramidal effects, such as abnormal movements and seizures.

Health Problems of Adolescents

Acne

Acne vulgaris is the most common skin problem treated by physicians during adolescence. Acne stimulates the sebaceous glands of the skin to enlarge, or produce oil, and plug the pores.

Comedogenesis (formation of comedones) results in a noninflammatory lesion that may be either an open comedone (“blackhead”) or a closed comedone (“whitehead”).

More than half of the adolescent population will experience acne by the end of the teenage years. Although the disorder can appear before 10 years old, the peak incidence occurs in middle to late adolescence (16 to 17 years old in girls and 17 to 18 years old in boys). It is more common in boys than in girls. After this age period, the disease usually decreases in severity, but it may persist into adulthood. Although the disease is self-limiting and is not life threatening, it has great significance to affected adolescents. Health professionals should not underestimate the impact that acne has on teens.

Numerous factors affect the development and course of acne. Its distribution in families and a high degree of concordance in identical twins suggest hereditary factors. Premenstrual flare-ups of acne occur in nearly 70% of adolescent girls, suggesting a hormonal cause. Studies do not indicate a clear association between stress and acne, but adolescents commonly cite stress as a cause for acne outbreaks. Cosmetics containing lanolin, petrolatum, vegetable oils, lauryl alcohol, butyl stearate, and oleic acid can increase comedone production. Exposure to oils in cooking grease can be a precursor in adolescents working in fast-food restaurants. The link between dietary intake and the development or worsening of acne lesions has been a topic of much discussion. There is evidence that there may be an association with the intake of dairy products and high glycemic index foods that may potentiate hormonal and inflammatory factors that contribute to acne severity ([Burris,](#)