

Your personalized acne guide.

Answer the statements below to help your doctor understand your journey with acne.

This is where I have acne:	Face	Back	Chest
	Shoulders		

This is how acne makes me feel:	Frustrated	Embarrassed	Upset
	Depressed	Anxious	Suicidal
	Other:		

There is a family history of acne:	Acne on the face	Acne on the body
	Acne scarring	No family history

This is how acne has impacted my life so far:	I avoid social activities
	I feel socially isolated
	I generally feel unattractive because of my acne
	I don't like being in public without covering up my acne
	I avoid going to the beach, swimming pool, or other places where my acne might be exposed
	I don't buy certain clothes because of my acne
	I don't like my photo being taken because of my acne
	I am nervous to enter in a relationship because of my acne
	I am nervous my partner doesn't find me attractive because of my acne
	I limit my diet because of my acne
	Other:

This is what I have used in the past to try and treat my acne:	Over-the-counter acne treatments
	Prescription acne treatments
	Acne cleansers
	Moisturizers
	Other:

This is what I am currently doing to try and treat my acne:	Over-the-counter acne treatments
	Prescription acne treatments
	Acne cleansers
	Moisturizers
	Other:

Use these questions to guide your talk with your doctor about acne treatments that are right for you.

1. I have used acne medication in the past; is there anything else I should try?
2. Are there specific medications that are designed to treat acne on my back, chest, and shoulders vs. acne on my face?
3. What are the differences among the various treatment options for me?
4. What are the side effects of these treatments?
5. Are these treatments convenient and easy to use?
6. What treatment would you recommend for the acne on my back, chest, and shoulders?
7. How do I use this treatment?
8. How long will I need to be on this medication?
9. How long will it take before I start to see my acne begin to clear up?
10. Will I always have acne?