

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.

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