

# Lucky Shops

Most people know how to handle an outbreak of pimples and blackheads, but what about skin issues like keratosis pilaris that are more difficult to identify (and pronounce)? The Internet is usually the first line of defense when trying to solve a health mystery, but fruitless WebMD searches can often be more frightening than helpful. To help with the detective work, we asked two dermatologists to break down four common skin issues that are frequently misinterpreted for something else. **Read on to solve your skin mystery.**

## 1. Keratosis pilaris

Often masquerading as a collection of small, zit-like bumps, keratosis pilaris (or KP for short) isn't pimples. While it does lie somewhat in the acne family, attempting to extract anything from the rough bumps won't do you any good. Because it's a genetic condition, there aren't permanent treatments, but you can make it feel and look better with a few drugstore buys. If you have any KP sightings—usually on the back of your arms, thighs or backside—New York dermatologist Dr. Gary Goldenberg recommends applying Amlactin lotion or CeraVe SA. The lactic and salicylic acids in the products help smooth out rough or bumpy skin.

## 2. Folliculitis

If you're not prone to breakouts (lucky you!) but still get pesky body acne, it could actually be a sign of folliculitis—small red bumps around the hair follicle. It often appears on women who exercise frequently, and preventing an outbreak could be as simple as a change of clothes.

"Let's say you go to the gym and you take the subway back home for a half an hour and you're wearing the same wet shirt you wore in the gym," Dr. Goldeberg said. "That's going to [clog] your hair follicles. I tell patients to get out of their wet T-shirt immediately after working out if they have folliculitis because the clothing will sort of occlude the follicles and make the bacteria go in a little bit easier."

Aside from keeping clean, dry clothes on hand, Cetaphil Antibacterial Soap can both prevent and treat folliculitis.

## 3. Milia

Tiny white bumps on your face (especially around the eyes) are actually an especially stubborn, albeit small, type of cyst. Called a milia, Dr. Jessica Weiser of the New York Dermatology Group describes them as "white firm bumps just beneath the surface of the skin composed of compact dead skin cells." While gentle exfoliation or topical acne medication can lessen their appearance, it's best to avoid at-home removal and instead head in to your dermatologist.

## 4. Rosacea

Like KP, rosacea is a genetic condition identified by redness, pimples or both on the center of the face. While seeking a prescription is the best avenue for treatment, there are several ways to prevent flare ups.

"Hot liquids make rosacea flare," Dr. Goldenberg explained. "Soups, coffees and tea raise your body temperature and that causes your blood vessels to get more red."

Along with warm beverages, spicy foods and sometimes even red fruits and vegetables can trigger rosacea. For topical treatment, wearing sunscreen every day is critical, and green-tinted makeup (like this one from La Roche-Posay) can help hide the redness. Dr. Weiser also suggests using natural ingredients, like sulfur, rosehip oil or tea tree oil to soothe red skin.

As always, if you're ever unsure about symptoms, heading into your dermatologist's office is the best avenue (there's a reason why the phrase "better safe than sorry" has stuck around for so long). Other things to leave to the professionals? Irregular bleeding, itching or swelling or if you notice any mole that breaks the ABCDEs of a self-exam.