



## ACNE & PIMPLES

Small lumps just below the surface of the skin on the face, chest, neck and back; blackheads; whiteheads

### HORMONAL SHIFTS, BACTERIA

Acne and pimples normally appear when the body undergoes hormonal shifts such as during puberty, menstruation or pregnancy. The condition may also be hereditary. In these cases, the sebaceous glands (all over the body, usually the face) produce too much oil. Pimples occur when there is an inflammation of these glands or when dead skin cells and bacteria plug the skin's pores.

*The best way to treat acne and pimples is to keep your face clean. Enough rest, proper diet and exercise also help.*



### Symptoms:

- Red pimples (may be painful and/or filled with pus) on the face, chest, neck and back
- Cysts on face, chest, neck and back (or other parts of body)
- Blackheads
- Whiteheads

### DO:

- Wash face with warm water and soap twice a day.
- Take a shower after sweating or exercising.
- Avoid stressful situations.
- Minimize exposure to the sun.
- Enrich your diet with Vitamin A and C rich foods (or take vitamin supplements) to maintain healthy skin.

### DON'T:

- Don't pick, squeeze, or touch the pimples with your hands. These may cause scarring and infection.
- Don't use oil-based cosmetics.
- Don't scrub your skin when washing your face.

## ANKLE SWELLING OR PAIN

Pain or swelling in the ankle

### CAUSES

#### SPRAIN

A ligament is the tough tissue connecting two joints. If this is torn, a sprain occurs. The area around the joint becomes painful, swollen and sometimes discolored. The pain worsens if the joint is moved. If the joint appears deformed or a bone is dislocated, emergency help must be sought.

#### Symptoms:

- Redness and swelling in the joint
- Pain in the joint
- Difficulty in moving the joint
- Discoloration of skin in area around joint

#### DO:

- Try the PRICE remedy – protect, rest, ice, compress, elevate. Protect and rest the ankle to avoid worsening the sprain. Apply an ice pack to reduce the swelling. Compress the ankle by wrapping it in a bandage. Keep the ankle raised above the level of the heart to ease swelling and pain.
- Soak the ankle in warm water when the swelling goes down. Gently rotate the ankle to keep it flexible.
- Try over-the-counter pain relievers such as ibuprofen and acetaminophen.

#### DON'T:

- Do not move the ankle if the pain and swelling have not subsided. It will only worsen the sprain.