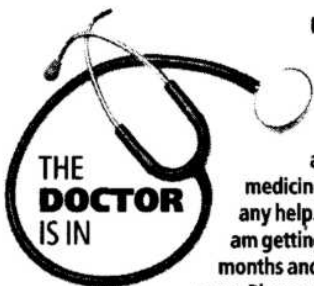


The Indian **EXPRESS**



I am 24 years old and suffer from serious acne problem. I have tried all home remedies, allopathic and homoeopathic medicines, but nothing is of any help. Is it related to diet? I am getting married in six months and need to control my acne. Please advise. — Suman

Dr Rohit Bhargava, Dermatologist, Max Healthcare, replies: Since you require a time-bound solution, I suggest you consult a doctor for medication. Domestic tips may not be helpful always. Still, to start with, I would suggest that you stop using hair oil and wash your face twice a day. You must shampoo as frequently as possible. Acne is a genetic condition, which is why some people suffer from severe acne while others do not have it at all. There is a hormonal spurt, which leads to acne and a majority teenagers experience it but acnes should subside by early twenties.

I am 21 and have recently undergone an abortion. I have gained a lot of weight since, though my routine is the same and I have not been overeating. Why am I gaining weight and how can I control it? — Reena Kaul

Dr Sunita Mittal, Head of Gynaecology Department, AIIMS, replies: There is no reason why anyone should put on weight after undergoing an abortion. If the weight gain is abnormal, you must consult a doctor. The gain may just be incidental and have no relation with the abortion. It could be due to a thyroid dysfunction, which can occur at any age.

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