

# Vale Middle School Reading Article

## *Sneaky Reasons You Get Zits*

**Instructions:** COMPLETE ALL QUESTIONS AND MARGIN NOTES

**Questions:** Answer in COMPLETE SENTENCES unless otherwise instructed. Lists and charts are the exception and may be answered in phrases.

**Read** the following article carefully and **make notes in the margin** as you read.

Your notes should include:

- Comments that show that you **understand** the article. (A summary or statement of the main idea of important sections may serve this purpose.)
- Questions you have that show what you are **wondering** about as you read.
- Notes that differentiate between **fact** and **opinion**.
- Observations about how the **writer's strategies** (organization, word choice, perspective, support) and choices affect the article.

Your **margin notes** are part of your score for this assessment.

**Student** \_\_\_\_\_ **Class Period** \_\_\_\_\_

### Sneaky Reasons You Get Zits

Got acne or even just the occasional zit? Yeah, I'm with ya. Or at least I was, until I sat down with a few dermatologists to pin down all the many, many reasons I was breaking out. The shocker: I was doing soooo many things wrong, and I don't think I'm alone. So I figured I should share their top sneaky causes of acne so we can all have clear skin. No need to thank me.

But first, a random zit fact: did you know that acne-prone people are born with about four to five times more skin cells than the average person?! Crazy, right?

#### **Sneaky Acne Cause No. 1: Pressure (literally)**

Dermatologist Dr. Ava Shamban says there is -- get this -- pressure-induced acne. So if you're constantly talking on your cell phone, playing violin, resting your hand on your chin, you're giving your skin a double whammy. One, most of those surfaces are covered in bacteria. And two, the actual pressure of those things on your face can cause acne.

#### **Sneaky Acne Cause No. 2: Pressure (figuratively)**

You already know that stress can get your heart racing and your stomach churning, but did you know that it also increases hormones that can cause breakouts? While you can't realistically knock all the stress out of your life (ha, wouldn't that be nice?), you can try to relax and minimize the drama. Say it with me now, ohmmmmm ...

#### **Sneaky Acne Cause No. 3: Your Pillowcase or Towel**

This is a multi-dimensional problem. One, your face lies on your pillowcase for hours at a time, and if it's not clean you're basically pressing a bunch of dead skin and bacteria onto your skin (lovely). Same deal with your towel -- your skin

*Notes on my thoughts,  
reactions and questions as I  
read:*

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**Michael Rajnik**



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