

SUMMER 2015

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# vervegirl



Simply Fun

Canada<sup>TM</sup>

Boho  
braids  
&  
white-hot  
liner

## Fifth Harmony

Talk about girl power,  
their VMA win and  
life since *The X-Factor*.

Can I swim  
with my period?

Our advice guru Hannah  
answers your tough questions.

On our radar:  
UK Artists You  
Should Know

## Soak up the sun!

- The hottest summer fashion finds
- Hot reads: 7 books to keep you on your toes
- 13 swimsuits for EVERY body
- Tips to help you survive (and enjoy) summer school

# The skinny on skin



**THE LARGEST ORGAN OF THE BODY SURE CAN BE HIGH-MAINTENANCE. HERE, DERMATOLOGIST DR. PETER VIGNJEVIC ANSWERS YOUR SKIN QUESTIONS.**  
BY AMY BIELBY

**Q: I get bouts of acne when I get my period—is there any way to avoid this?**

**A:** Acne around the menstrual cycle is related to changing hormonal levels. It's difficult to avoid without using medication. Typically retin-A, Benzoyl peroxide and topical antibiotics along with oral antibiotics can be used for treatment and prevention.

**Q: What is the best way to treat sunburn?**

**A:** The best way to treat sunburn is prevention! Use a sunscreen with an SPF of 30 or more, UVA and UVB protection along with long sleeves and a broad brimmed hat. If it's too late, a sunburn can be treated like any other burn – a topical antibiotic cream, avoiding breaking blisters if any are present and protecting the area from further trauma and injury.

**Q: I had my belly button pierced, but took it out. The skin looks red and it's a little sore. What do you recommend? Also, will the hole ever close up?**

**A:** I'd recommend a little antibiotic ointment on the area to help it heal. If the hole has formed a new layer of skin on the inside, the hole will never close. If a new layer of skin has not formed in the channel that contained the piercing, then the area should heal and close.

**Q: Is it OK to use expired makeup on your face?**

**A:** No! Makeup can harbour bacteria that can produce serious skin infections. Makeup usually contains agents that act as stabilizers and preservatives to prevent the growth of bacteria, but these lose their potency with time. Toss the old stuff!

**Q: With exams coming up, can stress affect my skin?**

**A:** Yes, recent studies have shown that there is a relationship between acne and stress. The hormones generated by the body during stressful events, such as exams, can influence the hair follicle pilosebaceous unit and trigger acne. ✂

## Feeling stressed?

BY KAYLA WEMP

**Psychologist Sarah Dimerman weighs in on just what the extra strain could be doing to your body.**

**What are some physical symptoms caused by stress?**

Stress can affect more than just your brain. Some common physical symptoms of stress and anxiety include (but are not limited to): trouble sleeping, headaches, stomachaches, nausea, rapid heartbeat, light-headedness and dry mouth. While these may be related to stress, any sudden onset of these or any physical symptoms or chronic conditions should be checked with a medical doctor before assuming they are stress-related.

**What are some healthy ways to deal with stress?**

Exercise. Whether working out at the gym or going for a walk, exercise releases endorphins, which are "feel good" hormones, and is a great way to feel better and reduce feelings of stress.

Talk to someone you trust. Sometimes just having a good listening ear or some helpful advice can help.

Laugh. Watch a funny movie or hang out with friends who are guaranteed to make you giggle. Laughing loudly, and a lot, is a good distraction and can make you feel much better.