

Ask the Experts

Katy families' questions answered by local experts



Dr. Kelly Conner, MD

Cinco Ranch Dermatology
2643 Commercial Center Blvd., #360
281-394-9500
cincoderm.com
See ad on page 162

Q: Is acne treated the same in every patient?

Acne can be managed conservatively with just prescription topical creams, such as a topical retinoid and antibiotic, but some of my patients require systemic treatment when their acne is severe or just not responding well. Systemic treatment includes oral antibiotics, hormonal treatments, and isotretinoin (commonly known as Accutane). Additional therapy with chemical peels, scar laser treatment, and photodynamic therapy can also be utilized. Not every acne patient is the same, so it is best to get a detailed consultation that takes into account your skin type, acne distribution, overall health, and the underlying cause of your acne.

Q: Can a person grow out of acne problems?

I love to treat acne of all kinds and in all ages because it is not just a phase you will grow out of. It can have lasting consequences such as low self-esteem, lowered confidence, and even physical scarring. Not to mention acne doesn't always just go away once you leave those wonderful teen years. I have patients in their 50s still dealing with this "teenage" problem. Schedule an appointment with a dermatologist to find the right solution for your skin.



Dr. Andy Shen, MD

**Memorial Hermann
Katy Hospital**
23900 Katy Fwy.
See ad on page 188

Q: My child needs a physical exam to participate in sports. Who is qualified to perform one?

Any primary care physician can perform a sports physical. It is a general check-up to ensure the child is healthy and able to participate in athletic activity with no underlying orthopedic, or heart and lung issues.

Q: How soon should I start scheduling physical exams for my kids?

We typically see middle school-aged children come in for their first sports physical because the school district requires it for participation in school sports. However, parents don't have to wait until it is required. A child can have a sports physical at any age to give parents peace of mind that their child is healthy enough for physical activity.

If you have a question for our panel of experts, email editor@katymagazine.com.

Special thanks to our panel of *Katy Magazine* experts: Dr. Kelly Conner, MD and Dr. Andy Shen, MD.

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