



Listen!

Text Type: Magazine article
Suggested finishing time: 25 mins*Dermatologist on Acne:*

Arch-enemy at Puberty

**Let's Think!** 

1. Do you have skin problems that worry you a lot?
2. Do you know what causes these skin problems?

**More to Take Away** 

Areas infected by acne are sometimes treated with creams and lotions bought at pharmacies. Treatments of this kind only provide short-term relief. For a rapid and substantial improvement, one should see a doctor or a dermatologist for professional guidance.

Dr Chan's Medic Column

As a fifteen-year-old boy, I used to think that having a clear face without pimples, blackheads and whiteheads was just a fantasy. I thought that teens are teens and will have what they have, no matter what I do. I was wrong. It was only after I became a dermatologist that I finally learnt those things I had were symptoms of acne, a common skin condition during adolescence. How fortunate I am to have become a doctor specialising in dealing with skin conditions! Now, I am altogether rid of it! As a survivor, what I want now most of all is for young people plagued by it to know more about acne, in order that they won't get too frustrated at it—that's why I am sharing with you all.

What is acne and where does it come from? All this starts at puberty, when youngsters begin to live through hormonal changes and the many irritations, like oily faces, that are naturally brought forth with them. With these come the symptoms that I mentioned, like pimples, through the gradual inflammation caused by bacteria trapped in blocked pores. Scary as it may sound, this process can be effortlessly identified and checked with timely and appropriate treatment.

Personal hygiene is the first and most crucial factor in determining your skin condition. So, what should you do? Easy: get yourself a facial cleanser and wash your face with lukewarm water. In more serious cases, use a medicated cleanser, one certified by doctors, of course. Remember, however, not to rub your face hard with anything (not even a towel) or squeeze your pimples. Doing this may give you infections and scars. Remember also to wash your hands before touching your face, so that it won't be exposed to germs.

Next, you are what you eat. Don't forget that spicy foods will always be your worst enemy. They can trigger skin problems by increasing your skin temperature and causing you to sweat, which are the two main causes of oil secretion. On the dirt and bacteria trapped by this layer of oil, there 30 grows pimples. What diet to adopt then? Here your options are plentiful: any diet with vegetables, a good source of protein, and eight glasses of water a day would be serviceable—with the last serving as a vehicle for clearing your body of toxins and keeping it hydrated.

Having a positive mindset is as substantial as maintaining good hygiene. A stressed, agitated person is a pimpled person. Therefore, jog, swim and play ball games—in short, exercise more 35 often! It helps you unwind, surely, but it will also give you chances to interact with friends. Last but not least, sleep well, especially if you are in your teens. You aren't getting enough of it unless you are sleeping eight to ten hours a day. It repairs damaged tissue in the body and relieves tension in the mind. A lack of it may distort your perception of emotions as well as your immune system. 40

A final word: you're not alone! Most teens share the same trouble so don't stress over it. Go ahead and put my advice into practice, and chances are you will become healthier and more confident about your appearance!

~550 words



STEAM

Severe acne often leaves scars on one's skin. These scars can be treated with laser resurfacing, a facial cosmetic procedure that removes the damaged skin layer by layer precisely to enable skin regeneration.

Looking into Grammar

'So that' and 'in order that' are used to begin a purpose clause. They are most commonly used with modal verbs (*can, might, would*).

✓ Eat more vegetables so that **you may have** (✗ you have) a healthier body.

? Circle an example each of 'so that' and 'in order that' in paragraphs 1 and 3.

Part A Multiple Choice Questions

Answer the following questions based on the information provided in the magazine article. Choose the best answer by blackening the appropriate circle.

1. What is the main purpose of the magazine article?
- A. to warn teenagers about acne
 - B. to provide teenagers with possible solutions to acne
 - C. to ask teenagers to develop good habits
 - D. to suggest ways to live with skin problems
2. When young, Dr Chan thought that acne _____.
- A. was just a fantasy
 - B. was a sign of puberty
 - C. would not harm adolescents' self-confidence
 - D. could never be treated
3. Acne is often caused by _____.
- A. enlarged facial pores
 - B. excessive facial oil
 - C. a rare bacterium
 - D. pimples and blackheads
4. In line 29, the word 'trigger' means _____.
- A. (v.) to make someone unhappy
 - B. (n.) the part of a gun that causes the gun to fire
 - C. (v.) to make a situation happen
 - D. (v.) to cause someone to do something
5. Sports improve one's skin condition by _____.
- A. improving one's sleep quality
 - B. relieving one's mental tension
 - C. strengthening one's body
 - D. boosting one's immune system
6. Which of the following is TRUE about acne?
- A. Most people who experience it are teenage boys.
 - B. It is not directly caused by increased skin temperature.
 - C. Using a medicated cleanser is advised to all.
 - D. People will get rid of it simply by maintaining good personal hygiene.
7. Which of the following is Dr Chan's opinion?
- A. Teenagers have acne when their faces become too oily.
 - B. Germs are the major cause of acne.
 - C. Teenagers need not worry about acne because many people have the same problem.
 - D. Eating spicy food is likely to increase one's body temperature.



3 Don't just locate the words in the passage. Pay attention to what causes acne.

7 An opinion is an unsupported claim.



Self-evaluation Checklist

Please scan the QR code on P.6 to access the checklist for evaluating your own reading progress.

Part B Pre-HKDSE Questions

Answer the following questions based on the information provided in the magazine article. For question 1, answer in a complete sentence.

1. Why is it important for teenagers to get enough sleep?

2. Name TWO things that teenagers can do to relieve stress.



3. Look for words in the magazine article to match the definitions below.

3 Find words with the corresponding parts of speech.

- | | | |
|-------------------------|-----------------|--|
| (i) _____ (para. 1-2) | (<i>n.</i>) | the period in a person's life when he or she is developing into an adult |
| (ii) _____ (para. 1-2) | (<i>v.</i>) | annoyed persistently |
| (iii) _____ (para. 4-5) | (<i>adj.</i>) | disturbed and upset |
| (iv) _____ (para. 5-6) | (<i>v.</i>) | to twist out of a natural condition |



4. Determine whether each of the following statements is a fact (F) or an opinion (O). Write the correct symbols 'F' or 'O' in the spaces provided.

Statement	F/O
(i) Teenage facial blemishes are associated with hormonal changes.	
(ii) Stress is one of the major factors that lead to acne.	
(iii) Teenagers always want to impress others and to look attractive, so they often find acne very disturbing.	

4 An opinion may be based on facts and contain personal judgment.

5. In each line, there MAY be a wrong word. If there is one, underline it and write a word that expresses the correct idea in the right-hand column. If not, put a tick (✓).

- | | |
|--|---------|
| (i) To tackle acne, you need to clean your face regularly | _____ ✓ |
| (ii) using a cleaner, have a balanced diet and try to think | _____ |
| (iii) rationally. You should also, if possible, exercise more, | _____ |
| (iv) take enough rest and drink sufficient drinks. | _____ |

Part C Vocabulary Bank

Label the photos in the mind map below with the types of skin imperfections from the word box.

dark circles

bags under eyes

pimple

freckles

rash

oily skin

scar

sunburn



1.



2.



3.

Commonly seen
on the face

Skin
imperfections

In general



4.



5.



6.



7.



8.

**Part D Cloze Passage**

Complete the advertisement below with the appropriate words and phrases for skin imperfections introduced on the previous page.

Welcome to Sunny Beauty Shop! We are now offering a series of beauty treatments at economical prices. Come and check them out!

As windows to your soul, your eyes are the part of you that determines how you would appear to others. If you want to look more energetic, but have got a pair of (1) _____ under your eyes from a lack of sleep, don't hesitate to try our latest cosmetic technology. It will make your eyes glow with overflowing energy! The same treatment will also eliminate your (2) _____. From then on, you will no longer give the impression of having wrinkles around your eyes and looking older than you really are.

Clear and smooth skin is as important as sparkling eyes for giving you a good look, if not more so. To those with (3) _____, therefore, we recommend regular skin treatments, which maintain the balance between oil and moisture in your skin by keeping it hydrated.

However, deep cleansing is not the only thing you can do about your skin. With our advanced technology, we can help condition your skin to perfection. Our laser treatment can handle a wide range of skin problems, like melasma, nevi and (4) _____, by wiping out unwanted pigments. A 4-week or an 8-week treatment is the ideal treatment for long-standing wounds like (5) _____.

We also take special care of teenagers' (6) _____ problem. Before coming to us, don't squeeze them, since it may lead to skin infection and stubborn acne scars! Our professionally trained beauticians will clear your face skilfully without you feeling any pain. If you have a (7) _____ on your face, a special treatment will be provided to relieve the redness.

Spending too much time outside in the sun may result in (8) _____ easily. This summer, therefore, we will be offering a special discount for sporty and outgoing beauties like you. From July to August, VIPs will receive a 10% off any purchase of soothing and whitening treatments. Don't miss out!

We look forward to seeing you at our stores!

Let's Discuss!

1. Why is a clear face important or desired?
2. What advice would you give those who suffer from acne?

Word Craft**Fifteen-year-old (Refer to P.142.)**

We can form a **compound adjective** by hyphenating two or more words. Compound adjectives are usually placed before nouns.

e.g. a **once-in-a-lifetime** opportunity
a **state-of-the-art** sculpture
mouth-watering dishes