

A full-page photograph of actor Orlando Bloom. He is wearing a light blue button-down shirt with the sleeves rolled up, dark jeans, and several bracelets on his right wrist. He has dark, wavy hair and is looking off to the side with a slight smile. His right hand is raised to his head, and his left hand is in his pocket.

# USA WEEKEND

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## Orlando's magic

This rising star admits he's no Brad Pitt — but that hasn't kept **Orlando Bloom** from casting a spell on American audiences.

Plus, an early look at summer's hottest movies.

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vacation resorts

Dr. Tedd:  
Arthritis  
relief

The  
joy of  
growing  
roses

Will there  
ever be  
another  
Triple  
Crown  
winner?

*Kingdom of Heaven*,  
starring Bloom,  
opens nationwide  
this week.



# Health Briefs

## ■ ACNE: Clearing up myths

Nearly 85% of us experience acne during our lives, but misinformation about the condition abounds. At the recent annual meeting of the American Academy of Dermatology, Alexa Boer Kimball, M.D., helped clarify advice:

■ **Hygiene.** A dirty face doesn't cause acne, and repeated washing can be an irritant. Do wash twice a day with a gentle soap or, if you are treating active acne, a medicated cleanser.

■ **Exercise.** It doesn't make acne worse, at least for men with acne on their back and chest. Avoid tight-fitting exercise clothing and gear.

■ **Picking.** Don't do it (unless you can squeeze the white sebum up and out swiftly, once, without force). Picking can cause scarring.

■ **Diet.** No study correlates fat intake — specifically chips and chocolate — with acne, but you should eat a balanced diet for your general health. If you're convinced certain foods make your acne worse, then skip them.

— Susan T. Lennon



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## Tip for teens

Be sure to use "non-comedogenic" toiletries, which shouldn't clog pores.