

# Larchmont Chronicle

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**Q. “I have little white bumps all over the backs of my arms. What can I do about them?”**

**A.** “The good news is you’re not alone and you don’t need to spend the summer in long sleeves,” says Dr. Rebecca Fitzgerald.

Those little white bumps are Keratosis pilaris (KP). KP develops when dry skin clogs your hair follicles rather than shedding normally. Unlike acne, KP appears on the top layers of the skin rather than deeper in the pores, so the result ***looks like goose bumps***.

The tiny bumps most commonly show up on your arms, thighs and cheeks, and are incredibly common - almost half of the general population experiences it (even babies), and 50% to 80% of teens do. You can blame heredity and climate - the genetically determined condition is exacerbated by low humidity areas, like L.A.

“It’s harmless, but you don’t have to live with KP,” says Dr. Fitzgerald. “While it’s chronic, meaning it can’t be *cured*, you can easily keep it under control.”

She recommends an alpha hydroxy wash, such as La Roche-Posay Biomedic LHA Cleansing Gel, applied with The Clarisonic Pro micro massage brush daily in the shower.

“The hydroxyl acid wash and the brush work incredibly synergistically together to achieve results far superior to either on their own,” she reports. Regular exfoliation keeps the protective layer of your skin smooth to reflect light. “That’s what creates a gorgeous glow,” says Dr. Fitzgerald.

In two to three weeks prepare to break out your favorite sleeveless cocktail dress.