

# Reader's Digest

## The 37 Worst Pieces of Skin Care Advice Dermatologists Have Ever Heard

By Charlotte Hilton Andersen



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“I’m over 30, so my acne days are over”

“Everyone can get acne at any age, thanks to hormones going into overdrive during such life phases as pregnancy and menopause, or because of factors like stress or nutrition.” —**Ava Shamban, MD, celebrity dermatologist**. Don’t miss these 10 signs you need a dermatologist STAT.

<https://www.rd.com/health/beauty/dermatologist-skin-care-advice/>