

# Pimples, Night Sweats, Frequent Bathroom Breaks: Help for Common Age-Related Problems

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From [Health Magazine](#)

Our experts know all of the niggling complaints that can plague a woman in her 30s, 40s, 50s, and beyond—the sudden batch of pimples, raging night sweats, or the urge to go to the bathroom all the time. These pros want to help you make the hassles go away—before small annoyances turn into bigger problems. Here's their advice:



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## In your 30s: Stop the leaks

Cough, laugh, sneeze ... whoops! "Urinary leakage can start early, and it affects 10% of women in their 20s and 30s," says Connica Moore, MD, president of Sapphire Women's Health Group, a health-education firm. "Yet most women wait months or years before discussing it with

their physicians, because it's often associated with being older."

[Incontinence](#) frequently occurs because pelvic-floor muscles have relaxed due to vaginal childbirth, she says. Weight gain also increases the risk by hiking abdominal pressure. To diminish leakage, avoid these bladder irritants: alcohol, caffeine, nicotine, spicy foods. And do [Kegel exercises](#) daily.

## Zap those zits

Hormone fluctuations caused by your period, pregnancy, stress, and even lack of sleep can stimulate the skin's sebaceous glands to produce extra oil. Oil glands are larger in your face, so that's predominantly where flare-ups occur. At the same time, [adult acne](#) can be difficult to control because it's not always associated with oily skin, and the underlying hormonal influences can make it slow to resolve, says Doris Day, MD, director of Day Cosmetic, Laser and Comprehensive Dermatology in New York City.

Your best bet is to consult with a derm to determine the cause of the acne and to wash with a facial cleanser with salicylic acid or retinol, such as [Avon Clearskin Professional Deep Pore Cleansing Scrub](#) (\$12). If you see a connection between stress and breakouts, [focus on relaxation](#) to chill out.