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"No one is immune from stress-induced acne, even Lindsay Lohan," dermatologist Boris Zaks tells *Life & Style*.



Lindsay breaks out

The stress of all her troubles appears to be taking its toll on Lindsay Lohan. "Not only is she struggling to stay sober, Lindsay's also confiding to pals that her skin has never looked worse," says a pal of the 21-year-old star. "She has acne."

Breaking out from

stress isn't uncommon, says Beverly Hills-based dermatologist Boris Zaks, who doesn't treat Lindsay. "Stress," he says, "can cause the skin's oil glands to release a hormone. That hormone increases oil production, and those oily secretions then plug up the pores, causing acne."