



## NOVEMBER 2017 HEALTHY TIP HEALTHY SKIN MONTH

November is National Healthy Skin Month - time to revisit caring for your body's largest organ! Your skin is your body's first wave of protection from the environment including sunlight, cold, heat, and wind; and retains body fluids for hydration. Your skin protects you in a variety of ways so it's important to nurture it and maintain a strong defense to the elements.



With cold and wintry weather approaching, now is the perfect time to remind ourselves on ways to care for our skin to keep it healthy. The following are some of things you can do all year to prevent skin damage, reduce signs of aging, and protect this vital organ:

- **Moisturize Your Body:** Your skin needs to stay hydrated to stay healthy. Apply moisturizer to your whole body daily (after bathing is the best time!) and to your hands throughout the day as necessary.
- **Protect Lips:** Your lips are continually exposed to the sun and wind so be sure to keep them hydrated as well. Keep lip balm with SPF handy and apply often, especially during the winter when it's dry.
- **Warm, Not Hot, Water:** Shower and bathe using warm, not hot, water, and use mild cleansers.
- **Relax and De-Stress:** Stress is a huge contributor to skin problems like acne and wrinkles so take time to relax, particularly during the holidays.
- **Wear Sunscreen:** Sunscreen needs to be applied year-round, not just during the summer months. While the sun's rays are stronger in summer, they can still be damaging in the cooler winter months. Use a facial moisturizer with SPF.
- **Eat Healthy:** What we eat is just as important as what we apply externally. Eating a diet that's rich in Omega 3s, whole grains, and B Vitamins is essential to maintaining skin's youthful glow. Be sure to include plenty of fruits, vegetables, and lean proteins in your diet.

National Healthy Skin Month is not just about daily skincare tips, but also seeks to keep people informed about serious skin conditions like eczema, psoriasis, and skin cancer. It's a good idea to exam your skin monthly, checking for suspicious moles and any unusual dark spots, and speaking with a dermatologist if you have any concerns.

Sources: <https://www.aad.org/public/skin-hair-nails/skin-care/dry-skin-relief>  
<http://www.mayoclinic.org/diseases-conditions/dry-skin/symptoms-causes/syc-20353885/>

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