

# ASKtheEXPERT



## Healthy Skin

with Dr. William Griffin

### **Dry Skin Alert!**

**W**ith the arrival of cooler weather, we're all now turning on our heating systems to warm our homes, but we're also slowly drying out our skin. Why? Because as we raise temperatures in our homes, the air becomes drier, causing scaling, drying and itching as our skin dries out.

#### How to Prevent Dry Skin

1. With the heat, turn on the humidifier and keep the humidity at least 50%.

2. Don't bathe with detergent soaps or bathe as often. Cleanliness may be next to Godliness, but there are no "extra points" for becoming a big flake!

3. After bathing, moisturize your skin immediately after drying yourself. Applying moisturizer to damp skin allows the cream to spread more easily and trap in beneficial moisture.

4. Use the appropriate, fragrance-free lotion or cream for your skin type. For mild dryness, consider Curel, Aveeno, or Neutrogena. For moderate dryness you may prefer Cetaphil lotion, Lubriderm or Eucerin cream. For severe dryness, try Aquaphor or Petrolatum ointment, or vegetable oil (not lard!).

For help solving your dry skin problems, contact the skin care professionals at Dermatology Associates, 2100 W Stone Drive, Kingsport, (423) 246-4961 today.