

Dryness of skin in winter

One of big problems in winter is the significant drop in humidity, which results in a dry air causing flaky, irritated skin and chapped lips.

What does dry skin look like?

Everyone is familiar to some degree with the appearance of dry skin. The normally fine lines in the skin become more visible, the skin feels rough and appears dull and flaky. Dry skin occurs most commonly on the arms and legs.

How to manage this dryness??

- You need to make a conscious effort to increase your fluid intake; you should drink at least six to eight glasses of water or any other NON-CAFFEINATED beverage per day.
- You need to use oil-base moisturizing creams generously and repeatedly. The best time to apply lotion is immediately after a shower or bath, when skin is still damp
- You need to use humidifier, as humidified air will



help keeping your skin and nasal passages from drying.

- You can use saline nasal sprays, as often as needed.
- You can use lip balms with sunscreen.
- Be sure to wear loose-fitting cotton fabrics next to your skin.

What to avoid??

- Avoid washing your hands without drying them with a towel.
- Avoid drinking caffeinated beverages, as it is considered as a mild diuretic and it will accelerate the loss of the fluid.
- If you have a sensitive skin avoid using creams with perfumes.
- Avoid antibacterial and deodorant soaps, which can be harsh and drying. Instead, use a gentle cleanser, or a mild shower gel with added moisturizers.

When should I seek medical help?

See a dermatologist if dryness and itching keep you awake at night, if moisturizers aren't working, if you have open sores or large areas of scaling or peeling skin, or if you develop an infection from scratching. You could have a more serious condition such as eczema, psoriasis or another skin disorder.

