

# Winter Skin Savers

## Protecting Your Skin When Jack Frost Bites

(NAPSA)—When the weather grows chilly, many people change their clothes, but there's one thing millions of Americans do not change with the seasons—their skin care regimen. What works for the skin during the warm, humid months may be too little or too much during the cold, dry months, leading to itchy, flaky and aggravated skin from head to toe.

“During the winter, the skin is exposed to dry, indoor heat with less humidity. Add to that the heavy, bulky clothes and the skin begins to generate less of its own natural moisturizers, especially as we age, which can lead to flakiness and itching,” says dermatologist Chérie M. Ditre, M.D., assistant professor of dermatology at the University of Pennsylvania. “That’s why it’s important to take as much care and precaution with our skin during the winter, even when it’s covered up, as we do in the summer.”

Dr. Ditre recommends the following skin care tips:

- Avoid long, hot baths, which can dry the skin, and instead take tepid showers.

- Use a moisturizing body wash during the shower and apply moisturizers to the skin right after showering to help decrease dryness and itching.

- If you use prescription treatments for acne or other facial conditions, talk with your dermatologist about switching to a more moisturizing version of your formulation, especially if you use



**Moisturizing immediately after showering can be beneficial for skin in the winter.**

retinoid products, which may increase the chance of skin flaking and redness.

- Remember to continue wearing sunscreen even in the winter. Snow can reflect more than 80 percent of the sun’s damaging ultraviolet rays, so wear a broad-spectrum sunscreen (one that protects against both UVA and UVB rays) with an SPF of 15 or higher.

Visit your dermatologist, who can create a personal skin care regimen that will help you deal with winter skin.

For more information, contact the American Academy of Dermatology at 1-888-462-DERM or [www.aad.org](http://www.aad.org).