



Skin Sense: Facts From The Experts

(NAPSA)—If you've been itching to get outside when the weather gets warm, remember: there are things out there you could be itching to get away from. Here are a few useful tips to help you protect your skin:

Don't Bother With Bugs

- Give bugs the brush off by eliminating standing water, which can be a breeding site for insects that bite.

- Distract flying bugs from outdoor lights by using yellow or sodium vapor bulbs.

- Use citronella candles after sundown for backyard get-togethers to help defend against insects.

- Limit the use of strong perfumes that can attract insects.

Leave It Alone!

- "Leaves of three, let it be." That timeless bit of sage advice is probably still one of the best ways to avoid poison ivy and poison oak.

- If you get a rash or bad itch, don't scratch it. Scratching can tear skin, cause further irritation and even spread rashes.

- It's also wise to wear long sleeves and long pants when hiking in the woods. If you do come in to contact with anything that can cause a rash, wash the area thoroughly with soap and water. After drying, apply creams that contain hydrocortisone like AVEENO® 1% Hydrocortisone Anti-Itch Cream, which also contains skin-soothing ingredients, such as natural colloidal oatmeal, aloe and vitamin E.

"Hydrocortisone combined with natural colloidal oatmeal can be highly effective in soothing and relieving dry, irritated, itchy skin," explains Jeannette Graf, M.D., a leading independent dermatologist in Great Neck, N.Y.

For insect bites and minor skin irritation, products that contain the drying agent calamine are great for quick relief of itching and pain.

Be Cool About Heat

- Some people who spend a



Outdoor living is a lot easier when the outside of you—your skin—is protected from itches and rashes.

lot of time in warm weather may develop a rash known as prickly heat. This rash appears as tiny, itchy, red bumps on areas of the body that typically produce a lot of sweat, such as the neck, underarms and the area behind the knees. Be cool about prickly heat. The rash is caused by sweat being trapped beneath the skin. To avoid this condition, try to stay in an air-conditioned room as much as possible. Use plenty of powder to keep your skin dry and wear loose-fitting clothing made of an absorbent material, such as cotton.

"Itch caused by minor skin irritations can be effectively treated at home. Products that contain one percent hydrocortisone for anti-inflammatory benefits, along with soothing agents, like aloe or oatmeal, can offer good temporary relief," says Doris J. Day, M.D., a clinical assistant professor of dermatology at New York University Medical Center. Dr. Day also recommends seeing a dermatologist for any irritation that lasts more than a few days.

Keep tubes of soothing anti-itch cream handy at home, in your travel bag, and in a desk drawer at the office. AVEENO 1% Hydrocortisone Cream, Anti-Itch Cream and Anti-Itch Concentrated Lotion are available at drug, food and mass merchandisers.