



spotlight on health

Take Action Against Winter Skin Woes: Tips For Psoriasis Sufferers From Leading Dermatologist

(NAPSA)—Icy winds and the blast of indoor heating are just a few of the factors that contribute to the dry skin, chapped lips and cracked feet people may face during the winter season. But for people with serious medical conditions like psoriasis, the effects of winter can be even more severe.

“Every winter we see an increase in the number of people reporting flares of their psoriasis,” says dermatologist Dr. Doris Day. “Seasonal influences such as dry air, reduced sunlight exposure, and colder temperatures can aggravate the painful symptoms associated with this chronic disease.”

Up to 7.5 million Americans are living with psoriasis, a condition that causes the skin to overgrow and develop thick, scaly patches. While psoriasis can develop on any part of the body, it occurs most commonly on the scalp, knees, elbows and torso.

“Due to the increased pain, itch and discomfort some people with psoriasis experience, they tend to retreat during the winter months and avoid social interaction,” says Dr. Day. “Many people who suffer from moderate to severe plaque psoriasis aren’t aware that there are newer medicines called biologics that may help improve their physical symptoms. With their symptoms under control, patients may feel more comfortable re-engaging in winter activities.”

Dr. Day encourages people living with psoriasis to visit a dermatologist with experience treat-



ing the condition to determine the best treatment option for them. In addition, Dr. Day offers these tips to help cope with winter’s effects on the skin:

Maximum Moisture

During the winter, when the air is cold and dry, moisture is stripped from the skin. For psoriasis sufferers, their skin allows an excessive amount of moisture to escape, potentially worsening their condition. Dr. Day recommends using lukewarm water rather than hot while showering, limiting baths or showers to 10 to 15 minutes, as well as moisturizing regularly after bathing. “Applying a good moisturizer immediately after a bath or shower, while the skin is still damp, can help retain or lock in moisture in the skin, helping to ease discomfort.”

Sun Safety

When the weather is cold, many people forget that sunscreen

is still necessary to protect the skin from becoming burned and irritated. In fact, whipping winds and the reflection of the sun off of snow can actually intensify the power and damage of UV rays. “No matter what the temperature is, avoid harmful UV rays by applying SPF 15+ sunscreen to all exposed areas of the skin, especially the face, neck and hands,” says Dr. Day.

Hydrate Inside & Out

In addition to keeping the exterior of the skin moisturized during the winter, Dr. Day recommends keeping the interior properly hydrated, as well. “Drinking water is essential to keeping the body’s organs functioning optimally.” Six to eight glasses a day, recommended.

For more information about psoriasis, and to learn more about how people with this disease can better manage their condition during the winter months, visit psoriasisconnect.com.

Facts About Psoriasis:

- Psoriasis is a chronic, inflammatory, painful, itchy and often debilitating condition.
- In severe cases, psoriasis can cover a large part of a person’s body.
- Psoriasis is a lifelong condition that often develops in mid-teens to early adulthood.
- Psoriasis is associated with disability and economic loss, and can have an impact on a person’s daily life activities.
- For more information, visit psoriasisconnect.com.

