

## Skin Health



The skin is the body's largest organ and protects it from heat, light, injury, and infection. It is also responsible for regulating temperature, storing water and fat, preventing dehydration and the entry of bacteria into the body. Taking proper care of your skin and choosing a healthy lifestyle can slow down aging and prevent various health problems. The following recommendations can contribute to skin care:

**1. Daily cleansing:** It is essential to use specific products to cleanse the face in the morning and at night. As for the body, hot water, long showers, and strong soaps remove natural oils from the skin. To protect it, gently pat the skin with a towel.

**2. Shave carefully:** To protect and lubricate the skin, apply cream, lotion, or gel before shaving. Use a clean, sharp razor. Shave in the direction the hair grows.

**3. Nourish your skin:** Your skin's needs change with age. In youth, it will require hydration and sun protection. Over time, it will also need antioxidant care and combine it with good nutrition. You can choose moisturizing lotions that suit your skin type. For daily use, consider a moisturizer that contains a sun protection factor greater than 15 SPF. Apply them daily while gently massaging the skin.

**4. Protect yourself from the sun:** One of the most important ways to take care of your skin is to protect it from the sun. Melanin is a natural chemical pigment in the body that serves as a defense against ultraviolet rays that can damage skin cells. Constant exposure to the sun can cause wrinkles, blemishes and increases the risk of skin cancer. If you are going to be out in the sun for more than 15 minutes, you should apply a sunscreen with at least a water-resistant SPF 30 and reapply it every two hours. Avoid exposing yourself to the sun between 10:00 am and 4:00 pm, at that time the ultraviolet rays are stronger. Find shade, wear sunglasses, and

cover up with clothing, caps, or hats that protect you from UVA and UVB rays.

**5. Avoid tanning beds:** These emit UV radiation like the sun, so they can also cause permanent damage to the skin.

**6. Avoid smoking:** This habit causes the blood vessels found in the superficial layers of the skin to narrow. Therefore, it reduces the amount of oxygen, blood flow and nutrients reaching the skin. This makes the skin look pale, aged and contributes to the formation of wrinkles.

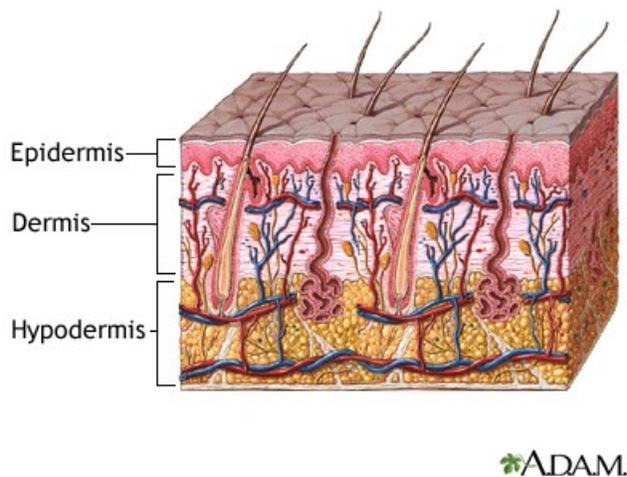
**7. Drink plenty of water:** Water keeps the skin hydrated and helps eliminate toxins. In addition, it contains excellent nutrients, vitamins, and minerals for the skin such as calcium, magnesium, and sodium.

**8. Eat a healthy diet:** A healthy diet can help you look and feel better. Eating fruits, vegetables, whole grains, lean proteins, and other foods low in fat, and processed or refined carbohydrates can help keep skin healthier and younger-looking.

**9. Manage stress:** When stress is out of control, the skin can become more sensitive and acne breakouts or other skin problems can appear. Some recommendations to manage stress are: get enough sleep, set reasonable limits, have balance in the amount of pending tasks and find time to do activities that you enjoy and have fun.

10. **Monitor skin blemishes:** Incorrect exposure to the sun causes skin lesions. However, there may also be other indicators that you should pay attention to. If you notice variations in size and color, feel pain or have bleeding in your freckles or moles, it may be an indicator of skin cancer. On the other hand, if a red, itchy rash appears, it could be an indicator of an allergy or infection. A red "butterfly" rash could indicate the presence of Lupus. A yellowish color to the skin could be an indicator of liver disease. Pay attention to unexpected changes in your skin and visit a dermatologist as soon as possible.

### Skin layers:



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### Social and Emotional Aspect

For tips, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

#### First Health Call

1-844-347-7801  
TTY/TDD 1-844-347-7804

#### APS Healthcare

787-641-9133

### References:

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