

TIPS FOR NATIONAL HEALTHY SKIN MONTH

YOUR SKIN IS YOUR BODY'S LARGEST ORGAN, SO IT'S IMPORTANT TO TAKE GOOD CARE OF IT.

Keep your skin in good shape during National Healthy Skin Month in November — and all year-round — by following these **TIPS** from the American Academy of Dermatology.



WASH YOUR FACE EVERY DAY and after exercising. Use a mild cleanser and lukewarm water.



USE AN ANTIPERSPIRANT, rather than a deodorant, to reduce sweating.



DETERMINE YOUR SKIN TYPE — oily, dry, combination, normal or sensitive — and choose skin care products tailored to that type.



EXAMINE YOUR SKIN regularly for new or unusual spots, as well as anything changing, itching or bleeding.



PROTECT YOUR SKIN from the sun by seeking shade, wearing protective clothing, and using a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.



CONSIDER USING PETROLEUM JELLY to treat minor injuries and moisturize dry skin and nails.



PREVENT BLISTERS AND CORNS on your feet by making sure your shoes fit properly. Wear nylon or moisture-wicking socks, and keep your toenails trimmed.



MOISTURIZE DAILY. Apply lotion or cream while your skin is still damp from bathing to lock in moisture and get the best results.



If you notice anything suspicious on your skin or if you have a question about skin care, see a board-certified dermatologist.

Visit aad.org to get more skin care tips and find a board-certified dermatologist near you.