

## November - National Healthy Skin Month



In the United States the American Academy of Dermatology (AAD) has instituted November as Healthy Skin month to raise awareness of the importance of keeping skin fresh, hydrated and healthy throughout the entire year. During the entire month of November everyone is encouraged to learn about the functions of skin and how to keep it healthy. This is especially appropriate as November is the beginning of winter and the winter weather can be detrimental to the skin. The AAD website provides skin knowledge and information with emphasis on sun protection, skin exams, eating tips to keep skin clear, smooth and healthy. The most common preventative steps recommended during National Healthy Skin Month in November include:

- **Wear sunscreen year-round:** A heavy sunscreen in summer and a moisturizer with SPF in winter.
- **Eat a Healthy Diet:** Rich in Omega 3's, whole grains, B vitamins and proteins.

- **Don't forget your lips:** Carry a lip balm with SPF year-round summer & winter.
- **Keep your cool:** Stress increases acne and wrinkles. Relax.
- **Moisturize:** Skin needs to stay hydrated to be healthy. Apply moisturizer in AM & PM.

National Skin Month in November also provides knowledge on serious skin conditions such as eczema, psoriasis, and skin cancer. It is recommended that everyone do monthly skin exams to check for suspicious moles and lesions that could lead to skin problems. To learn more about how to care for your skin or National Healthy Skin months visit the websites listed below.

Center for Disease Control:

<http://www.cdc.gov/cancer/dcpc/resources/features.htm>

American Association of Dermatology:

<https://www.aad.org/dermatology-a-to-z>

National Skin Month:

<http://www.healthyskinportal.com/articles/november-national-healthy-skin-month/264/>

