

Winter Skin Care


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Learning Objectives

1. Discuss common dermatologic conditions that affect the skin during the winter months while considering appropriate treatment approaches available.
2. Describe the diagnosis of common skin cancers that mimic dry skin, highlighting commonalities and distinctions.
3. Identify optimal skin care practices for individuals across various age groups to maintain health skin.



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Winter Skin



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Why is our skin dry in winter?

- Lower humidity outside
- Heating decreases indoor humidity
- Hot water, baths, and longer showers dehydrate skin
- Wind also dehydrates skin



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What can we do about it?

- Modify bathing routines
- Use moisturizers
- Avoid irritants
- Increase humidity in our environment



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Winter bathing tips

- Close the bathroom door
- Use warm rather than hot water
- Limit your time in the shower or bath to 5-10 minutes
- Use a soft cloth or your hands (not a brush/loofah)
- Wash with a gentle, fragrance-free cleanser
- Wash "only the dirty parts"
- Blot your skin gently dry with a towel
- Apply moisturizer immediately after drying your skin
- May not need to bathe daily



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Moisturize!

Apply moisturizer immediately after washing. Use within a few minutes after:

- Drying off after a shower or bath
- Washing your face or hands

Which one should I use?

- Ointment > cream >> lotion
- Look for a cream or ointment that contains one or more of the following ingredients:
 - Dimethicone, Glycerin, Hyaluronic acid, Ceramide, Lanolin
 - Mineral oil, Petrolatum
 - Jojoba oil, Shea butter, Coconut oil



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Avoid irritants

Avoid fragrances

- Includes soaps, moisturizers, hair products, shaving products
- Fragrance-free better than unscented
- Look for products labelled "gentle" "moisturizing" or "sensitive skin"
- Avoid scented body sprays

Choose gentle laundry detergent and clothing

- Use laundry detergent labeled "hypoallergenic" and "fragrance free"
- Avoid scented dryer sheets
- Wear cotton or silk under your clothing made of wool or another material that feels rough

Stop using skin care products that contain the following:


- Alcohol (except for hand sanitizer when needed)
- Alpha-hydroxy acid (AHA), Retinoids
- Menthol, camphor



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Increase humidity

- **Stay warm without cozying up to a fireplace or heater.**
 - Sitting in front of an open flame or other heat source can dry your skin.
- **Add moisture to the air**
 - Use a humidifier or "evaporation bowls" in bedrooms
 - Check your home heating system to find out if you have a humidifier and turn on in Winter



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Special Sites: Hands

- **Wear gloves for:**
 - Going outdoors
 - Performing tasks that require you to get your hands wet
 - Activities where chemicals, greases, and other substances touch your hands
- Limit use of hand sanitizer
- Reduce handwashing when possible
- Apply cream or ointment immediately after hand washing



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Dry hands overnight treatment

1. Gently wash or wet hands before bed
2. Immediately apply ointment moisturizer
3. Put on plastic gloves
4. Put on cloth gloves
5. Wear overnight while sleeping
6. Remove in the morning
7. Can repeat as often as needed



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Special Sites: Lips

Common site for dry skin in winter

- Avoid lip licking or biting
- Protect from wind with clothing
- Apply bland lip balm frequently
 - Avoid tingle or yummy scent – these irritate and dry lips over time



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When to see a dermatologist?

If your skin:

- breaks open
- bleeds
- is severely itchy
- becomes painful

Or if dry skin doesn't improve with the steps discussed!



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Winter Sun Protection?



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Don't be this guy!



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Winter sun protection

Even in winter, sun can damage our skin

- Easy to forget since cold
- Reflection from snow and ice worsens exposure

Sun exposure speeds up skin aging

- Sun protection reduces and prevents fine lines, sun spots, and wrinkles

Sun exposure damages DNA in our skin

- Sun protection reduces risk of skin cancer



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How do I protect myself from the sun?

Protective clothing

- Hat with wide brim
- Sunglasses
- Face coverings/scarves
- Long sleeve clothing
- Stay in shade when possible
- Avoid peak sun hours (10 am - 4 pm)

Sunscreen

- reapply after sweating or toweling skin
- reapply every 2 hours regardless




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Which sunscreen should I use?

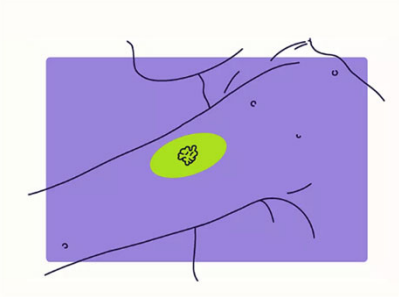
- SPF 30 or higher
- Broad spectrum (UVA+UVB) and water resistant
- Spray is ok, just rub in after applying

The best sunscreen is the one that you will use!



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Skin Cancer




A diagram of a cross-section of human skin. The top layer is the epidermis, and the bottom layer is the dermis. A mole is shown on the surface. A second mole is shown with a green spot on its surface, representing a mole that has become skin cancer. A red logo is in the bottom right corner of the slide.


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What's the most common cancer in the U.S.?

Skin cancer



1 in 5 Americans will have skin cancer during their lifetime





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Did you know?

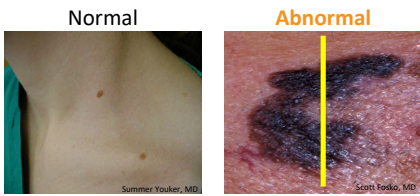
1 American dies from melanoma every hour.

Learn to recognize it using the "ABCDE method"

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A – Asymmetry



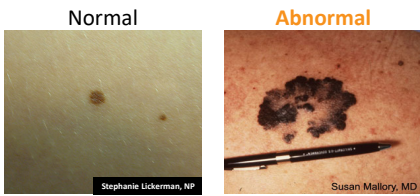
One half does not equal the other half in size or shape



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B – Border



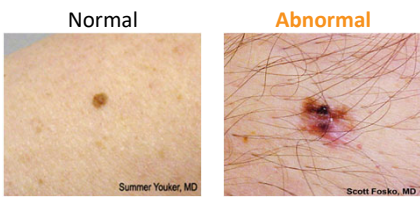
Edges are irregular, scalloped, not round



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C – Color



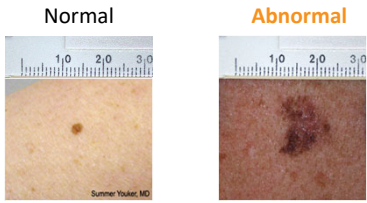
Has more than 1 color:
Presence of **blue**, **red**, **black**, **white**



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D – Diameter



Is larger than a pencil eraser (5 mm)



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E – Evolving / Elevated



Is changing, especially in height



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People of all races, ethnicities, and skin colors are at risk for skin cancer

- In people with darker skin:
- Skin cancer is often on palms, soles, fingers, toes, nails
 - Is often found later, when it's harder to treat
 - Surviving melanoma is less likely



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Skin cancer in skin of color




Melanoma in an African American male

Nail-bed melanoma in a Hispanic female

Basal Cell Carcinoma (pigmented) in a South Asian male

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Other skin cancer signs

- Non-healing spot
- Pimple that never goes away
- Spot that always bleeds for no reason
- New or rapidly growing spot
- "Ugly Duckling"



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Sometimes skin cancer looks like dry skin!



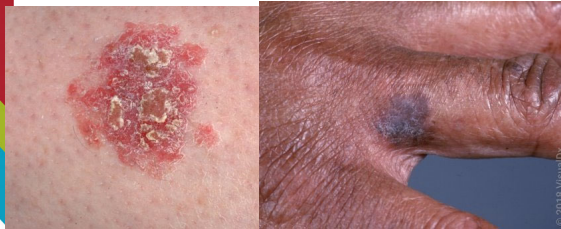
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Basal cell skin cancer



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Squamous cell skin cancer



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Actinic Keratosis (pre-skin cancer)



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How to tell the difference?

Skin cancer:

Usually just a single spot
Slowly gets larger over time
Doesn't resolve no matter what you do

Pre-cancers:

Often in sun exposed areas
Does not go away with moisturizers

See a dermatologist if you are concerned!



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Maintaining healthy skin as we age



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Sun protection is #1 anti-aging and skin cancer prevention strategy!



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Vitamin C



- Anti-oxidant that counteracts daily stressors to our skin
- Creams or serum most common – both are good
- Apply every morning before sunscreen or moisturizer

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Retinol

- Anti-brown spot, anti-wrinkle
- Retinol or adapalene good over the counter ingredients
- Can be irritating, start every other night
- Wear sunscreen when using
- Not a magic wand, but can prevent and improve skin aging

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Healthy Skin Routine

AM

- Wash with gentle cleanser
- Apply vitamin C serum
- Apply moisturizer
- Apply sunscreen SPF 30 or higher
- Apply makeup if using

PM

- Wash with gentle cleanser
- Apply retinol
- Apply moisturizer

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Final thoughts...



**Moisturize, moisturize,
moisturize!**

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Thank you! Questions?

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