



Dry Skin

Signs & Symptoms

- Itchy skin. The skin can be red from scratching it.
- Chapped skin.
- Skin cracks, peels, and/or flakes.

Causes

- Aging. The body naturally produces less oil and moisture.
- Cold winter weather. Dry air or heat.
- Washing the skin often. Using harsh skin products.
- Chronic and excessive sun exposure.
- Allergies. An underactive thyroid gland. Diabetes. Kidney disease. Other skin conditions, such as psoriasis.

Treatment

Dry skin is not a serious health risk. It can be managed with self-care. When dry skin is a symptom of a health problem, treating the problem treats the dry skin.

Questions to Ask

With dry skin, do you have any of these problems?

- Tight, shiny, or hardened skin.
- Deep cracks on the hands or feet.
- Itchy skin areas that are raised, have red borders, and are covered with large white or silver-white scales.
- **Signs of hypothyroidism** listed at www.HealthyLearn.com.
- Diabetes and the dry skin is troublesome.



NO

With dry skin, do signs of an infection occur, such as fever, blisters, redness, swelling, pain, tenderness and/or pus?



NO

With dry skin, do you itch all over (without a rash), does itching prevent sleep, or do you get no relief from self-care?



NO



Get more information from:

HealthyLearn®
www.HealthyLearn.com

American Academy of Dermatology
 866.503.SKIN (503.7546)
www.aad.org

See Self-Care / Prevention on next page



Dry Skin, Continued

Self-Care / Prevention

- Drink 8 or more glasses of water a day.
- Apply an oil-based lotion daily.
- Wear rubber gloves when you wash dishes.
- Take showers instead of baths. Use warm (not hot) water. Try sponge baths.
- Apply a moisturizing cream while your skin is damp. Use products with lanolin.



Drink plenty of water and other fluids.

- If you do bathe, do so for only 15 to 20 minutes in lukewarm water. Pat yourself dry. Do not rub.
- Put soap on a washcloth, not right on the skin.
- Use a mild liquid soap, like Cetaphil lotion or use a fatted soap. Avoid deodorant, medicated, or alkaline soaps.
- Don't use moisturizers with fragrances, preservatives, or alcohol.
- Use a night cream for the face.
- Stay out of the strong sun. Do not use tanning salons. When in the sun, use a sunblock with a sun protection factor (SPF) of at least 15.
- Don't scratch or rub dry skin.



Apply a night cream to the face.