



Winter Skin Tips:

Four Common Winter Skin Concerns and How to Combat Them

Happy Holidays should come with happy skin! Most people's skin will inevitably become more problematic in the wintertime. Stay on top of it, and don't allow your skin to get the winter blues.

1. Eczema

Are you experiencing dryness, itching, and skin irritation as the weather cools down? Resist the urge to warm up in a long hot shower or bath. As lovely as it feels at the time, this will only make your skin worse. If possible, keep showers brief and use luke warm water. Use Dove unscented white bar soap and lather only the necessary areas. Towel dry, then get into the habit of applying a thick moisturizing cream right away. Applying after bathing will trap the moisture into your skin. Creams tend to be

more moisturizing than lotions and are preferable. Eucerin Advanced Repair Cream or Cerave Cream are good options. In general, if you are experiencing itching, avoid fragrant soaps, body washes, lotions, or detergents. If you are still experiencing dryness or discomfort after following these steps, you may require a prescription strength cream or evaluation.



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2. Rosacea

Let's leave the rosy cheeks to Santa and the red nose to Rudolph! Wind, cold weather, stress, holiday cocktails, caffeine, spicy foods. All of these things are classic rosacea triggers and all very prevalent during the Holiday Season. If you notice your cheeks are becoming more red this time of year, you may have Rosacea. The good news is, there are many ways to alleviate the symptoms of rosacea. Aside from prescription medications, and lasers, there are a number of things you can try at home. First, try to find out what your triggers are--keep tabs of when your skin is flaring. Strong winds are a popular exacerbator, so when outdoors, cover your face with a soft cashmere scarf. Rough fabrics such as mohair or wool can actually cause irritation and worsen redness. Always wear a mineral-based sunscreen of SPF 30 or above. Many don't realize that some of the strongest sun you can get is when it is reflecting

off the snow. UV exposure will worsen rosacea, but chemical sunscreens will flare it as well. Look for the ingredients Zinc Oxide or Titanium Dioxide-- these are typically the best sunscreens for rosacea patients. Lastly, avoid red wine. Of all the alcoholic beverages, this one is the biggest culprit for rosacea flares. As well as it pairs with that holiday dinner, is it worth the hot, crimson cheeks? I'll leave that up to you.



3. Hand and Foot Dermatitis

Our hands and feet seem to particularly dislike the winter months. Most of us are still in the practice of frequent handwashing and sanitization, which is great for our overall health and avoiding any viruses or bugs, but isn't so great for our skin. Often we see patients with hands and feet that are so dry, they are cracking, fissuring, and bleeding. This can cause a lot of discomfort and affect activities of daily living. Water and alcohol-based sanitizers will dry your hands out further, but we don't want you to avoid them completely--they serve a very good purpose! Get into the habit of applying a moisturizing cream after every hand wash or pump of sanitizer. If your hands or feet are already fissuring, you can apply a heavy emollient such as Aquaphor or Vaseline and occlude them nightly with gloves, socks, or saran wrap. This forces the moisture into the hand and helps to heal those

uncomfortable cracks. If the skin on your feet is hard and thickened, remove dead skin or callus from feet with a pumice stone before applying the creams to allow better absorption. Affordable, and attainable. There are a number of options available to get your skin back under control, even during the cold weather that lies ahead this winter. If you think you are suffering from eczema, we urge you to book a consultation with any of our providers who can offer you some options to help!



4. Chapped Lips

Wind, snow, and lack of humidity in combination with the dry heat inside your home can suck the moisture out of your lips and break down the sensitive skin barrier. Do you feel like you are spending your whole day applying chapstick? Stop. You may actually be making your lips worse. While you may think that you are soothing your lips by applying chapstick often, many chapsticks include chemicals and flavors that can further irritate skin and trigger eczema or allergic contact dermatitis. They can also precipitate a vicious cycle of applying, lip smacking to spread the product, then further chapping. Choose ointments over balms or chapsticks as they are more effective at retaining moisture. Aquaphor, cerave healing ointment, or Vaseline, if you have a lanolin allergy, are typically the best products to use for dry lips. Using a humidifier and applying ointment liberally before bed can



help combat dry, cracked, lips. If the barrier on your lips becomes overly compromised by dryness and cracking, you risk developing a secondary bacterial or yeast related infection. If you are concerned about this, always seek in person evaluation as you may require a prescription ointment.

I hope these tips are helpful in keeping your skin in tip top shape through the Winter! Wishing everyone a very happy and healthy holiday season! Stay warm!

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