



Tips for keeping your skin healthy this winter



Happy Holidays should come with happy skin! Freezing temperatures and low humidity can trigger dryness, chapping, and itching. Winter can also exacerbate underlying skin conditions, such as eczema and psoriasis. Stay ahead of problems by following these recommendations – and by visiting Aspire Dermatology for any and all concerns you may have!

Intensify your moisturizers by using creams and ointments

When it comes to moisturizers, the options at the store seem endless – lotions and creams and ointments, oh my! As a general rule, lotions tend to be thinner in consistency than creams, while ointments have the thickest consistency of all. Lotions are a great summer staple – but in winter, thicker creams and ointments are often needed to offset damage and to repair and hydrate the skin appropriately. At your next appointment, ask your dermatology provider for specific recommendations and samples. It may take some trial and error to find a moisturizer that meets your preferences for consistency and feel of application while also providing the level of hydration your skin needs. I like to tell my patients that I can help them find their new moisturizer "soul mate!" Once you have a product you like - remember to apply once or twice every day.

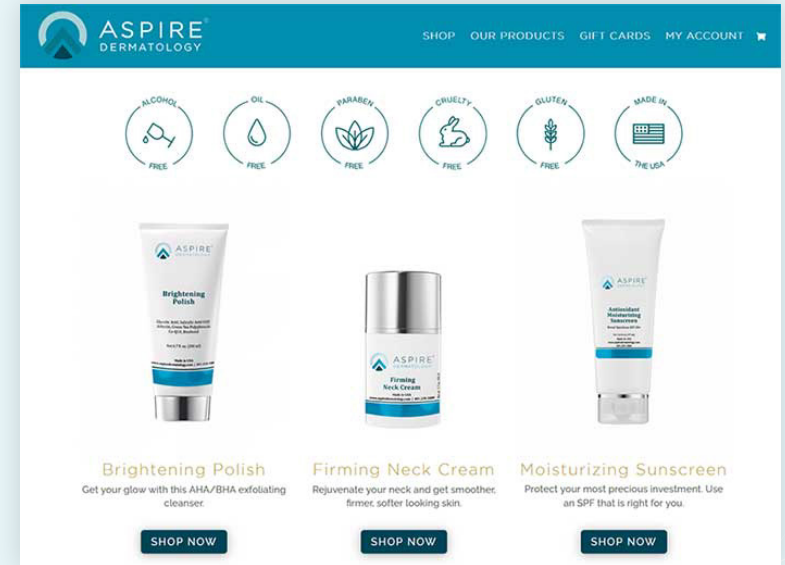


Creams & Ointments are best for Winter Skin



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Turn down the temp in the shower

Taking long hot showers (as appealing as they sound after coming in from the cold) can be tough on your skin. Hot water can strip your skin of moisture and aggravate underlying skin issues. To maintain healthy skin, keep the shower temperature on the cooler side, use a hydrating cleanser, pat the skin dry with a soft towel after showering, and then immediately apply your chosen lotion, cream, or ointment.



Pay extra attention to your hands



We've all been through it: dry hands that start off as scaly and itchy; then feel tight and irritated; and finally – and before you know it – they develop cracks, splits, and major chapping and stinging. And while this damage happens quickly, it takes a frustratingly long time to heal! Manage your winter-weather hands by using a gentle hand soap, applying a moisturizer after each hand washing, protecting your hands from harsh products such as

household cleaners, and applying a thick hand cream prior to bed. If your hands are very chapped, consider applying a thick ointment or cream, then donning cotton gloves before bed, keeping them covered during the night. Some hand eczema is severe enough to warrant a visit to Aspire Dermatology. We can provide further recommendations and prescribe topical medications to help heal your hands.

Don't forget your lips!

Just as you may experience intense chapping and dryness of your hands, the same goes for your lips. Even worse, the impulse to lick dry lips actually exacerbates the problem. Saliva contains enzymes intended to help break down food for digestion – the sensitive skin of the lips and facial skin is not designed to handle repeated



Stop “lip lickers dermatitis” by breaking the habit of licking the lips! Instead, keep a soothing lip balm close at hand for easy, frequent applications.

Don't skip SPF - even in the winter

Despite the cold weather, you still need daily sun protection. Each morning, apply a moisturizer with at least 30 SPF. If you apply it to your face, neck, ears, and the back of your hands, you've given your skin a good base of sun protection.

Seek professional treatment for your skin problems

As I mentioned earlier, the winter can cause or flare many different skin conditions. No matter what concerns you have with your skin, the providers at Aspire Dermatology have got you covered. We look forward to helping you keep your skin happy this winter and all year long!

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